GAP Circular Letter Post Meeting #658

Message from the President:

In my December message last year, 2020 was “an unforgettable year.” Who thought at that time that 2021 would top it? The pandemic has marched on, accentuating the social, economic, and political divides that have continued this past year. Even since our Fall meeting last month, the surging Omicron variant has called on the world and, more relevant to this article, GAP to continue to adapt. Our November virtual meeting, the second one this year and third since the pandemic began, reflects how the organization has persevered during the pandemic. Committees continue to meet and produce; the Publications Board, Board of Directors, Finance Committee, and Steering Committee continue to guide the organization; and the current group of Fellows are proceeding virtually with their dual roles of Committee membership and group planning for their plenary presentation next year. Frances further refined her event planning skills by arranging for virtual social breakout groups for the Fellows to meet with Board members on Thursday and for members to “get together” prior to the general membership meeting on Saturday morning. The meeting culminated with a plenary presentation by John Beahrs on “Traumatic Sensitization and the Victim Dilemma.”

While the pandemic has challenged us to adapt our meeting format over the past couple of years, a much more dynamic change is happening to GAP – in a very good way. Through the persuasive efforts of John Looney, Steve Sharfstein, and other GAP leaders, the GAP Fellowship has received funding from long-term friends of GAP, professional organizations, and the generosity of GAP members. As a result, all 12 current GAP Fellowships are now fully endowed, with commitments for future Fellowships! Our benefactors, in order of their GAP contributions, are:

Phillips-Van Buren Family Foundation (Dear Abby/Jeanne Phillips) – multiple contributions since 2003
Cotswold Foundation (I. Wistar and Martha Morris) – multiple contributions since 2012
Professional Risk Management Services (PRMS) - 2018
Adler Family Fund (David and Jill Adler) – 2019
GAP Guardians (members of GAP) – 2019
Institute of Living – 2019
In addition, following the November meeting, GAP received a generous donation from Sheila Hafter-Gray, a long-time member and former Chair of the GAP Professionalism and Ethics Committee. Gravely ill, Dr. Hafter-Gray attended our virtual fall meeting from her hospital bed. I was able to speak with her on the phone to thank her for her important contributions to GAP, and I am saddened to report that she passed away on December 21st. GAP was important to her, and she had expressed her plan to provide additional support for the Fellowship program from her estate. We are honored that Dr. Hafter-Gray would include the GAP Fellowship as part of her legacy.

It is truly gratifying that our unique Fellowship is being recognized and so generously supported. With increased funding, the Fellowship Committee and the Board will take up the task of “right sizing” the Fellowship Program to enhance the Fellows’ experience and follow the intent of our donors. Stay tuned!

Looking ahead to next year, we are still planning to have our delayed 75th Anniversary Gala Celebration during the Spring Meeting (in person with a virtual option) at the Hyatt Greenwich in Greenwich, Connecticut April 7-9, 2022 - details to follow. We will continue to monitor the COVID situation, as safety is paramount. In the meantime -stay safe - and thank you for your continued flexibility, resilience, and dedication to GAP.

Wishing you a very Happy, Healthy 2022!

Larry

PUBLICATIONS BOARD MEETING MINUTES
Present: Drs. Adler, Barber, DeFaria, Dube, Erlich, Flaherty, McIntosch, Nadelson, Notman, Robinson

1. Update on Manuscripts/Books:
   a. There were no new Psych News columns from the Psychotherapy Committee approved and submitted.
   b. There were 8 submitted and approved manuscripts, and two letters approved.
      1. Two manuscripts from the Psychopathology Committee on Credibility and a second on Racism were approved and accepted by JNMD.
2. The Religion Committee’s manuscript on Faith and LGBQT was approved and accepted by Psych News and their manuscript on St. Joan was approved.
3. The College Student manuscript on Telemedicine was approved.
4. The Gender Committee’s manuscript on Women and Minorities was approved and their Pregnancy and Covid appeared in the Oct. 2021 issue of JNMD.
5. The Committee on Professionalism and Ethics manuscript on Capacity was approved.
6. Two letters to the editor were approved from the Committees on Arts and Religion.
7. The Neuropsych Committee’s manuscript on Anosmia was approved.

c. The Committee on Adolescence is progressing to the end of their book on Teenage Pregnancy with Springer. The Publications Board has reviewed and approved 6 chapters, one is currently under review, one has yet to be submitted and we are awaiting revisions on the original 3 chapters we have not seen since March 2020.

OPERATING COMMITTEE REPORTS:
Committee on Administration and Leadership:

Members attending: Victor Buwalda, Mark D’Agostino, Brian Hepburn, John Lauriello, Jorge Petit, Sy Saeed, John Santopietro, Stuart Silver, Giovanna Sobrinho, and Tobias Wasser.

Fellow attending: None

Guests attending: Britta K. Ostermeyer

Welcome and Introductions

Approval of the Agenda

Agenda was approved as submitted.

Approval of Minutes (Committee Chairs Report) from Spring 2021 meeting

Approved as previously recorded and submitted

Current Projects

- International survey on psychiatric administration and leadership and the effects of COVID-19 pandemic on the needs of psychiatric administrators.
  - Changes to a few questions were made/added in light of COVID-19. The modified version will be sent to GAP publications board for approval. After that, it will go to Farooq to pursue IRB approval/exemption.
- Follow-up on the survey of residency training directors
  - Victor, Giovanna, Farooq, Tobias, and now Britta, will attempt again to review the survey instrument and suggest changes, if so needed. Sy will then send the
survey to the publication board for review once he received the revised version from this subgroup (Victor, Giovanna, Farooq, and Tobias). After the approval from the publications board, we’ll pursue IRB approval/exemption. As a reminder, Farooq had previously received IRB exemption from St. Elizabeth, but AADPRT decided not to send the survey due to a change in their policies.

- Britta will be joining the subgroup. It was suggested to frame questions for training directors and chairs. Britta will possibly bring it to the Association of Chairs of Departments of Psychiatry (with about 120 members) for their feedback and possible dissemination there.
- Adding further dimension, and a possible new project in the future (senior leadership development) to this topic:
  - Idea of how chairs are now recruited through search firms. What are these professionals looking at? What would it look like to build a pipeline of future chairs?
  - How do we prepare/support/engage leaders of other sectors: private healthcare, health technology, and public sector outside of academics?

- Training Manual/Curriculum for Residents
  - Victor suggested to wait for results of the training directors survey and then returning to AAPAL on how to take next steps about product development.

- APPI Textbook of Administrative Psychiatry
  - Current Status of the textbook: content has been submitted to the publisher (APPI), and most recently accepted. The textbook is now in production.
  - John pointed out how much the editorial board brought the project together with better perspective. Pointed out how Sy has been the ultimate leader for this book. He wishes this book to be useful.
  - Mark D’Agostino brought up topic about form of media. Giovanna pointed out that likely e-books will be the most useful. Sy broadened this to how most are being published as e-books, and how symposiums will also serve to keep this content updated and alive. John expanded this on how to market/distribute: sponsors, podcasts, how to get it to every training director.
  - Reviewed the table of contents.
  - Timeline of publication: unknown, but perhaps another 12-18 months.
  - How would we like to present the new textbook at the APA in collaboration with AAPAL (its 60st anniversary)? A question to continue to discuss as a timeline for publication is finalized.
  - Sy mentioned that Dr. Laura Roberts (APPI editor-in-chief and one of the co-editors of the textbook) had asked whether GAP can provide an “endorsement” of the textbook. The publication board usually does not “endorse” books. Sy brought this up in the GAP board meeting and the recommendation at the board was that GAP president could review the textbook and offer a statement that can go on the cover jacket or some place in the book, or its promotional materials.
Meetings Presentations

- Possible presentation at international congresses and the APA. Since book will not be released in time for the next APA annual meeting, idea of a symposium was tabled. It is the hope that it could be a symposium in the future.

Committee membership and leadership discussions

- Reminder that Pam Weinberg has resigned due to move to Georgia. Eindra Khin Khin has also resigned due to new responsibilities. Sometime ago we decided 12 people was a good number of people, we currently have 11.
- Reminder that usual process is inviting guests for two expense-paid visits, then committee votes on whether to join, then steering committee votes. Sy had previously invited Laura Roberts but she asked to place this invite on hold due to multiple responsibilities. Other recommendations from the committee members included Robert Accordino (CMO of OnTrak health), Ken Rogers (Univ of Texas, now commissioner of South Carolina), Javeed Sukhera, Arpan Parikh, Jeanne Steiner, Lumig Li, Sarah Vincent. We concluded to send Robert Accordino an invite, then Sarah Vincent, then Lumig Li will be asked.
- Sy to confirm with steering committee about cost for early career psychiatrists as Giovanna considers joining after vote was passed in this committee, and if not, suggesting to GAP leadership that there should be.

GAP 75th Anniversary

- There will be a big gala and in-person meeting early next year. The Renaissance Westchester Hotel in White Plains has closed permanently. Hyatt in Greenwich CT has been chosen with similar cost. Spouses will be invited. More information to come from GAP.

Potential Guests at the Fall 2022 Meeting

- See above

Other business:

- None

Adjournment

- 11:57am EST on November 12, 2021.

Committee on Adolescence:

Present: Dan Becker, Lois Flaherty, Gordon Harper, and Jean Wittenberg
Guests: Liwei Hua

Current Projects and Progress:

1. “Teen Mothers” paper – This paper is being formatted for re-submission.
2. “Teen Mothers” book – The group reviewed progress on completing the chapters. Including the relatively brief “Introduction” and “Conclusion” sections, there are 12 chapters: 8 have been approved by the Publications Committee; 1 is awaiting initial review (“Adolescence”); 1 has been reviewed and is being revised accordingly (“Policy”); and 1 has been reviewed and revised, and is awaiting a Publications
Committee decision (“Stigma”). Our final chapter, the “Conclusion,” is now in the process of being written—and this was the focus of our work in this meeting.

**Between-Meeting Work:**

We will meet again, by Zoom, on Dec. 14th. At that time, we plan to finalize the “Conclusion” section of the book.

**Focus of Work for the Next Meeting:**

The group is tentatively planning to attend the Spring meeting in-person. That meeting will be devoted, at least in part, to choosing our next project.

**Committee on Aging:**

Our Committee on Aging met virtually during the GAP fall meeting to review progress on current projects and consider new projects for the future. We also used part of our time to discuss the organization and working of our committee and review how our activity reflects the historic mission of GAP. We welcomed a new member, Dr. Sehba Krautter and enjoyed the participation of a former member, Dr. Warachal Faison. We reviewed, briefly, where we stand in revision of a paper on the Art and Science of Disclosure of a Dementia Diagnosis. This manuscript was deemed ready for a final editing to be followed by submission to the publications committee. Next, we heard a very interesting presentation from Dr. Krautter on work she's doing with respect to bleeding risk (especially GI and intracranial) associated with SRIs and how that risk is increased by co-prescribed anticoagulants. Her project is evolving into a brief paper which will include helpful practical clinical guidelines for clinicians following patients at risk for bleeding related to these medications. We also discussed some additional ideas about what the Committee might tackle next - and there was a lot of interest in exploring podcast production as a way of communicating with different audiences. Dr. Ellison has reached out to the Media committee for further guidance on this.

**Committee on Arts and Humanities:**

Attending October pre-meeting and November meeting: Don Fidler, Andrew Lustbader, David Sasso, Ken Weiss, Christopher Magoon (fellow), October pre-meeting only: Anish Dube, Christopher Snowdy, Helena Winston, Fernando Espi-Forcen (guest)

We continued work on our fellow Christopher Magoon's project, which we will pitch to Psych Times: "Top Screen Portrayals of Mental Health Issues in 2021," focusing on highlighting portrayals of mental health issues in a manner that is accurate, contextual, and not sensationalized, nor stigmatizing, marginalizing, or exaggerated for purposes of effect. Does the portrayal feel true to both the experience of those with similar diagnoses as the characters as well as with our expertise as psychiatrists?

We continued work on our ongoing History Video series, planning to resume work on the Enlightenment era video.

Committee news: Our history videos were shown at the Department of Psychiatry at Aga Khan University in Pakistan, with Ken Weiss answering questions for the viewers.
Our history videos were also presented in Portugal at the World Psychiatric Association meeting by our committee member, Anish Dube.

**Committee on Climate Change:**
Members attending: Elizabeth Haase, Janet Lewis, Beth Mark
Guests attending:
Joshua Wortzel, PGYIV, plans to join as soon as he is done with fellowship, a leader in the field already
Jeremy Wortzel, MSIV, about to enter psychiatry, author of the Coco’s fire book
Thomas Schultze, MD, senior researcher and section lead for WPA, to discuss possibility of research on eco-anxiety. Dropped in and out, totally overextended, don’t think we will pursue engagement as a member
Ferdnand Oswuagu, ECP, chair of APA Climate Caucus, seemed interested in participating more in GAP, very thoughtful, not sure he has time to do real work.
Emily Schutzenberger, PGY3 at George Washington University, very gifted, trained in human centered design. Hope to engage her as a committee member
John Sullenbarger, ECP, active in many aspects of climate psychiatry, demonstrated ability to work, interested in GAP membership. Hope to engage as a committee member

Current projects:
Fast Track:
Just completed:
**Coco’s Fire, children’s book**
Current effort: Publicity, finding an official publisher rather than amazon
REQUEST: Contact with GAP Publicist when available, consultation with media committee on how to broaden impact

Climate Change Curriculum study
Data collection completed 11/15
First draft anticipated by 12/15, submission to Academic Psychiatry special edition by 1/15/22.
Anticipated audience: Medical students, residents, training directors, ACGME

New projects:
Psychology of climate transitions/changing behavior rapidly under traumatic threat - topic in development, but chosen
Anticipated Audience: all mental health professionals, educated general public, policy makers
Clinical Climate Assessment - topic in discussion
Anticipated Audience: Practicing psychiatrists, residents, and training directors

Work this meeting: 50% strategizing for practicalities of finishing first two projects
50% open discussion of new ideas

We have met monthly and will continue to do so. Next meeting we should be ready to start to move forward on the new projects. For now, we are gestating ideas.
Guest suggestions helpful.

Committee on College Student:
Present: Kring, Notman, Keable, Ackerman, de Faria, Siggins
Fellow: Isobel Rosenthal
Guests: Francesco Peluso, Meera Menon
The College Student Committee is concerned about the delivery of on-campus psychiatric services and the mental health issues of college students post pandemic.

1. Tele-Mental Health for Students in the Post-Pandemic College of Ludmila de Faria and GAP College Student Committee.
This paper has been reviewed and approved by the GAP Publications Board and submitted for publication to the Journal of Medical Regulation. Ludmila de Faria is the lead author. The resubmission of the final author’s proof is planned for 12-1-2021.

2. The Effects of the COVID-19 Pandemic on the Emotional Development of College Students
The Committee member actively worked on developing this paper. Our main hypotheses are:
A. Introduction
B. Case vignettes
C. Theoretic models for student emotional development
D. Cognitive and brain development
E. Quantitative findings of large-scale surveys
F. Proposals for response by the health services in institutions of higher education

Introduction:
The COVID-19 pandemic is a mass trauma for our society as a whole (Bridgeland, 2021), but various segments of the population such as college students were particularly vulnerable. Multiple studies emphasize that the unimaginable loss of life in families, economic devastation of communities, uncertainty about the future and unanticipated sudden stay-at-home orders in March 2020 took on especially heavy emotional toll on young adults aged 18-24 years (Czeisler, 2020). Such highly stressful and traumatic experiences shatter previously fundamental benign assumptions about the self, the world, and the future (Park, 2013).

The public physical and mental health emergency was compounded by the simultaneous eruption of the Black Lives Matter movement for social justice, the xenophobic prejudices and attacks on Asian and Asian American and Pacific Islander communities, and the looming climate crisis. Young people feel compelled to take to the streets because grown-ups and the leaders of our society seem unable to agree about what actually is factual and real and what amounts to a conspiracy theory.

Young people distrust the commitment of the grow-up generation to effectively address the public health of the population, keep us safe and address the degradation of the planet wrought by climate change.

This will be submitted to Psychiatric Times. The review is pending with the Publications Board.
Focus of Work Accomplished During the Meeting:
Awaiting author’s proof by 12-1-2021. We rewrote and expanded various sections of the paper, edits are due by December 13, so we can submit the paper to the GAP Publications Board for review before the major winter holidays.

Plans for Between Meeting Work: Continue to work on current project with the plan to submit it to *Psychiatric Times* in early 2022. Our committee will be meeting monthly via Zoom January, February, and March 2022.

Focus for Next Meeting: The effects of the stay-at-home orders and isolation from peers on the emotional development of students. Prepare paper for submission to *Psychiatric Times* in early 2022.

The Committee proposed two new members: Meera Menon, Ohio State University and Francesco Peluso, Yale University

**Committee on Cultural Psychiatry:**
Present: Weiss, Aggarwal, Fung, Like, Gogineni, Parekh, Bhui, L Hinton, Lewis-Fernandez
Fellow: Wong
Guest: Kirmayer

The Committee is working on “Integrating Neuroscience in Psychiatric Theory and Practice: An Ecosocial Systemic Approach” with the final draft near submission to be sent to the Publications Board November 8, 2021. This will be targeted to practicing psychiatrists, psychiatry residents, training directors, psychologists/other mental health professionals, general public and social scientists. This will be submitted to *British Journal of Psychiatry*.

Focus of Work Accomplished During the Meeting: Discussed the near-final version of the manuscript.

Plans for Between Meeting Work: Continue to work on other committee products, such as a revised version of the GAP-REACH tool to assess the use of race/racialization, ethnicity, and culture concepts in psychiatric research, for implementation in *Psychiatric Services*.

The Committee has met five times virtually since November 2020.

Focus for Next Meeting: Discuss progress on GAP-REACH and continue to discuss additional papers on (a) culture and neuroscience and (b) the sociocultural formulation.

**Committee on Military and Veterans:**
   a. The book could start and end with an analysis of the overall trajectory of research, clinical experience, lessons learned and recommendations
   b. The biggest obstacle would be getting copyright permission
   c. The Committee will approach GAP’s Oxford Press contact for guidance

2. Psychedelic-Assisted Psychotherapy for PTSD
   a. The research base continues to grow and FDA approval for MDMA-assisted psychotherapy for PTSD seems increasingly likely
   b. The Committee is considering development of an Op Ed calling for a proactive approach to developing capacity across VA and other health systems

3. Update on the status of the Uniformed Service University of the Health Sciences
   a. The Center for the Study of Traumatic Stress and the Center for Deployment Psychology will retain their funding for the foreseeable future.
4. Update on the Defense Health Agency/TRICARE
   a. Plans are underway to send thousands of military retirees out of military treatment facilities (MTFs) and into TRICARE services in the community
   b. The Committee is considering developing one or a series of Op Eds with focus on VA as the provider of choice for military retirees in different venues for different audiences
5. Update on the Mission Act
   a. VA is now contracting through a limited number of large health care programs to provide Community Care
   b. Roughly half of all Veterans are now enrolled in VA but only one third use VA health services within any given year
      i. Many if not most of these are simultaneously receiving other medical care through community providers NOT enrolled in VA’s Community Care system
   c. Although significant funds are flowing from VA into Community Care, VA’s in-house capacity and services continue to grow
      i. Thus far, VA has not been pushed to “privatization” as feared- but only time will tell
   d. The Mission Act requires that Community providers be trained in military culture and clinical issues specific to Veterans
      i. The level of uptake or application of this training is unclear and a matter of concern
6. Update on Military and Veteran Suicide
   a. While not a focus of today’s meeting, GAP members are playing important roles in suicide prevention through involvement in programs such as national Governor’s Challenge to Prevent Military and Veteran Suicide a well as through other activities
7. Update on Ask the Question
   a. Interest in launching a community outreach program: “What Every Citizen Can Do to Support Service Members, Veterans and their Families”
      i. A replication of the Mental Hygiene Movement which gave birth to VA
   b. Ironically, the size and scope of VA has lulled citizens, clinicians, health planners, and policy makers into the fallacy of believing that VA can or should take care of ALL Veterans and their family members.
      i. If every patient in every healthcare setting were asked “Have you or someone you love served in the military?” at least one out of six Americans would answer, “Yes”
   c. Op Ed Opportunity: “Veterans Need to Move from Being Patients to Partners in their own Healthcare”
8. Opportunities for Military and VA Psychiatry through the Solid Start Program which guides transition from service member to Veteran status.
   a. Op Ed Opportunity: Speak to the importance of building brief, longitudinal measures of Well Being into Solid Start so that transitioning service members can
better frame and develop and implement their own Whole Health priorities and plans

9. Moving towards a Whole Health Perspective in Military and Veteran Psychiatry
   a. Op Ed opportunity: Op Ed on VA’s Whole Health approach as a focus for patient-centered care across American Health

10. Is it time for our committee to request a Fellow?
    a. The Committee has reached out to the lead for GAP Fellowships to see if we might be funded for a Fellow

11. Other Business from the floor
    a. We see ourselves as partners with DoD, VA, Congress, Veterans, and their families and VSOs- not critics!
    b. Consider partnering with others (Wounded Warrior Program?) to jointly develop a survey of Veteran’s experiences with DoD and VA health services to be used in advocacy and to be shared with the public at large.
    c. A proposed project: Develop and share a clear and concise explanation of who is eligible for VA services and who is not and then lay out pathways by which transitioning service members, Veterans and their families can effectively connect with the services they need.

Committee on Neuropsychiatry:
The GAP Neuropsychiatry Committee has been meeting every 4-6 weeks.

After having completed our contribution to *Psychiatric Times* — “COVID-19 Brings Anosmia to the Attention of Psychiatrists”— we spent quite a bit of time brainstorming about what our next project would be.

We decided to tackle the Psychiatric Mental Status Exam for our next paper. We have begun to discuss various perspectives on this topic and have started to outline the main points we would like to make in our paper. We feel that this is an important subject, in part because it affects the work of every psychiatrist.

Committee on Planning, Communications and Marketing:
Present: John Looney, Jack Bonner, Harvey Ruben, Seth Powsner, Saul Levin, Mary Barber, Lois Flaherty, William Sledge, Harsh Trivedi, Robert Boland as a Guest, Frances Bell and Amy Franklin from 12-1.

We welcomed Bob Boland to the Committee as a Guest and will propose him for membership at this meeting. His leadership at the Menninger Clinic returns to GAP a Menninger presence since the GAP founding in 1946 with William Menninger, Walt Menninger and John Oldham as prominent GAP members and leaders.

The first item of business was an update on fund raising from John Looney. With especially John’s extraordinary leadership we have now secured funding for the GAP Fellowship in perpetuity. We have in hand nearly $750,000 in funds that were restricted by the GAP Board yesterday for the support of the Fellows. Currently we have 12 Fellows but this could expand
with the funds raised and future prospects for donations. The GAP Fellows were identified as a compelling GAP “product” at the Strategic Planning Retreat in 2016, the funds raised have stabilized GAP finances for the foreseeable future. Now the challenge is to find other compelling product that can help GAP rise to the next level of prominence in our field.

Steve Sharfstein provided an update for the 75th Anniversary celebration scheduled for our in person meeting April 7-9, 2022. The meeting will take place at the Hyatt Regency in Greenwich, Connecticut as the Westchester Hotel is closed, a victim of the pandemic. Harvey Ruben and his wife Diane visited the property and find it most suitable for GAP and Frances has signed a contract for the April and next November meetings. Steve chairs the 75th planning committee consisting of 15 GAP members which has met twice. Highlights include identifying possible premeeting field trips and activities for members and significant others, an expanded invitation list to include other leaders in American psychiatry and behavioral health, publishers of GAP books and other reports, donors over the years and others. We are working on a Plenary speaker who would be a leader in American medicine to talk to the future the significance of GAP as “America’s Think Tank for Mental Health”. We will have a Gala with music and dancing provided by David Sasso and his band of New Haven psychiatrists. We are hopeful that Dear Abby (Jeanne Phillips) will attend. The 75th Anniversary provides an opportunity for GAP to ramp up our visibility in the field and more broadly. We have initiated a contract for a part time publicist (Amy Franklin) to help us with this working with the Media Committee of GAP (see below).

We then had an extended discussion of the idea to establish a nonmember category and role for GAP supporters and contributors. Proposed 2 years ago by Lois Flaherty as an Advisory Board, this idea has gone through several iterations, most recently since last meeting as a group that might be called “Friends of GAP”. A two page proposal was brought to the Finance Committee and Board yesterday for discussion. There was broad support for the proposal with several suggestions. These included term limits for the appointees (4 years), a pilot period with possible sunset in 4 years, a process for proposing members for to come to GAP as guests and then proposed for appointment at the Steering Committee similar to how GAP members are proposed, required assignment to a committee. Current ongoing consultants to several committees would be offered initial appointment. Lois and John will revise the proposal and will be brought to the Finance Committee and the Board at the Spring meeting with the goal to implement by the November 2022 meeting. We looked again at the name and settled on “Allies and Friends of GAP”. We are almost there!

The next item we discussed was the possible agenda for Strategic Planning at the November 2022 meeting. It has been five years since the last GAP Strategic Plan and there are many issues that need in depth discussion and review. These include:

1. Review of membership and dues structure. Geographic distribution of special concern. How to improve our membership by geography, age, diversity, etc. We need data on current membership.
2. Size and purpose of the GAP Fellowship
3. Creation of a new Fellowship category for early career psychiatrists (Is this another fund raising opportunity?)
4. Other projects that would generate funds for GAP
5. Other ways to ensure GAP’s continuing leadership for psychiatry

A subcommittee was formed to flesh out the ideas further consisting of Mary Barber as Chair and include John Looney, Jack Bonner and Will Sledge with Barbara Long Ex Officio as GAP President in 2022. Frances will also be on the committee, especially to help with logistics. Last time we set aside Saturday morning and early afternoon for the Strategic Planning Retreat. We included all the Committee Chairs, the Board and other selected invitees for a total of around 40 individuals.

A final item for our meeting was meeting Amy Franklin, our new public relations person who will help us increase the visibility and relevance of GAP to the profession and the field and more broadly in the community. Amy has been hired for the next 6 months to The Committee met with Amy Franklin, newly hired publicist working with GAP.

- On Monday, I will ask about timely topics that we have seen and get back to the group on what is needed

Topics of High interest at this time

- How to target the redflags and when seeing the red flags, what are the next actions, in response to the shooting in Michigan
  - What is the school’s responsibilities?
  - Stigma of raising up mental health as an issue?
- Highlighting the GAP 75th interviews
- Taking away Roe V Wade and forced birth → what are the mental health consequences of a forced birth?
- GAP Report is also coming out and can be sent as well
- Child mental health of Tiktok via Ashvin Sood and his work
- Mental Health consequences of COVID
- Massive resignations in the work force
- Mental health work force of young people
- 3 schools with multiple suicides across colleges
- Schizophrenia and severe mood disorder → how is this a risk factor for COVID outcomes

Logistics of getting word out about GAP

- Most efficient way to get publications: David Adler with publications meeting with Steve
- Weekly emails to Amy with active publications from all committees, with Steven Sharfstein and David Adler CC’d to the email. Consistency is important
- Imperative that GAP’s name is in every publication that is sent out to the media via Amy

Amy’s Brief

- Consistently getting out the word about GAP through different mediums highlighting who GAP is, what their mission is, and what the experts are going to highlight in this publication / podcast / speech

Current progress
• We are at the beginning. We do not have a layout in which we can get Amy the publications and we are also not well known. We also need to have our brand formalized as well as have a strong website that people can refer to.

Next Steps

• Improve website
  o Get quotes from someone and send to the financial committee
  o Have the website expert hear our brand, provide them the raw information that we want posted
  o Press kit for the front page on the media website
• Create a manner in which we get topics to Amy
  o Weekly emails
  o Have CC’d Steven Sharfstein and David Adler to weekly emails regarding publications
  o Updated results on a monthly basis of our efforts
• Social media
  o Cannot come into existence until brand and website are running
  o Ashvin, Jack, and Chris will meet to discuss how we can make Twitter and LinkedIn page more active after website has been created.

Committee on Professionalism & Ethics:
Philip Candilis, MD, reporting

The ethics committee met remotely over the three-day conference period this past November. Dr. Gray formally stepped down as chair, with co-chair Phil Candilis assuming her duties. The committee expressed its deep appreciation and gratitude for Dr. Gray’s 10-year tenure as chair.

The committee received word of the acceptance of its latest publication, “Assessing patients who seek help ending their lives,” in *Psychodynamic Psychiatry*. It is slated for publication in vol. 50, no. 3, in 2022.

Current projects include a piece on overcoming vaccine hesitancy, for which *Psychiatric Times* has expressed interest, and an empirical project comparing suicide rates among jurisdictions with and without assisted dying statutes. For the latter project, the committee invited Michelle Hume, MD, to assist in the research. Dr. Hume is a former APA ethics fellow with a background in empirical ethics. The committee would like to invite her to the next GAP meeting as its guest.

Committee on Psychiatry & the Law:
Guests: D. Cash (Assistant Vice President of Risk Management at PRMS); Sally Satel (visiting, not a candidate for the committee)
Project information: Website
Title: Forensic Psychiatry for the House Officer
Status: First draft mostly completed
Anticipated Date of Completion: Spring 2022
Anticipate Audience: Practicing psychiatrists; psychiatry residents
Where would the Committee like the manuscript to be published? We are arranging a website for the project
Any ways in which the Publications Board might be helpful? Not at present. We will plan to submit to the Publications Board later in the winter or spring when the final drafts are complete.
Focus of Work Accomplished During the Meeting: Unassigned sections were assigned. Much of the meeting focused on the logistics of generating a uniform and user-friendly product.
Plans for Between Meeting Work: We will continue to interact via email and meet in smaller groups as needed.
How many times have you met virtually since April 2021? Only once as a full group but we have also had several smaller meetings to plan the website.
Focus for Next Meeting: We will aim to have a working model of the website by the next meeting.

Committee on Psychiatry & the Media:
Present: Carol Bernstein, Jack Drescher, Jessi Gold, Jeffrey Freedman, Peter Kramer, Lorenzo Norris, Gail Saltz
Fellow: Ashvin Sood
Guests: Chris Heath, Sally Satel
Focus of Work Accomplished During the Meeting:
The Committee continued its discussions of the GAP Brand and how best to work with Amy Franklin, the publicist GAP has hired, in promoting that brand and to whom it should be promoted.

There was willingness to begin teaching GAP Fellows (and any other GAP members who wanted to join in) about media training (Drescher/Saltz/Bernstein), podcasts (Bernstein/Norris/Saltz/Heath), and social media platforms like Tik-Tok (Sood), twitter (Gold, Heath) and Youtube (Heath). Jack reached out to Lorraine Lothwell who thinks it is a good idea to offer this to the Fellows.

The Committee is also available to continue consulting with other committees wishing to promote their work products – both the Committees on Climate Change and Religion asked for consults.

Chris Heath was invited to be a member and accepted. Sally Satel will be invited back to future Zoom and meetings and the April meeting as well.
Plans for Between Meeting Work:
The Committee will meet on December 4 with Amy Franklin; we will also set up a series of zoom meetings for the GAP Fellows.

We will consult with Committees on Climate and Religion in January via Zoom.

How many times have you met virtually since November 2020? 10 times

Focus for Next Meeting:
Meeting with publicist; arranging trainings for GAP Fellows and interested GAP members.

Committee on Psychiatry & Religion:
MEMBERS ATTENDING: Brian Fallon MD, Salman Majeed MD, Keith Meador MD, Joseph Merlino MD, Jenifer Nields MD, Michael Norko MD, MAR (chair), James Phillips MD

FELLOW ATTENDING: Hunter Neely MD
GUEST ATTENDING: David Saunders MD, PhD.
LGBTQ+ Committee members attending: Christopher McIntosh MD, Mary Barber MD

PROJECT INFORMATION

1. 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

The booklet was completed in September 2020 and posted online at https://indd.adobe.com/view/60414ed6-6711-4192-96c1-40b7528c7ff2 and on the GAP homepage.

Dr. Norko wrote an article published in Psychiatric Times reporting the APA commendation and discussing the publication and its content:


Colleagues in Finland have also now published translations of the publication, adding local resources and studies.

Finnish version:

Swedish version:
https://evl.fi/documents/1327140/0/Hur+kan+HBTQ-personer+%281%29.pdf/dfce004ba-5fae-1d22-9649-647e73b9696a?r=1632138463003

Dr. Caitlin Ryan has offered to use some of her funding to print the booklet for distribution to various faith communities. Dr. Norko to update the research and resources for the revised version, which will be re-designed for optimal print appearance.

2. “Living in Fear”

Project Leader: Dr. Majeed

Fast track: OpEd piece
Anticipated audience: general
Any ways in which the Publications Board might be helpful: submitted to Board 4/14/21
Work accomplished during meeting: discussed revision of the article based on Publication Board feedback, and whether to reframe to target professional rather than public audience.
Plans for between meeting work: Committee members to provide feedback to Dr. Majeed about proceeding.

3. Dear Abby Spiritual But Not Religious (SBNR) question
Project Leader: Dr. Saunders, Dr. Norko
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: Our request for response to the survey was printed in the Dear Abby column on May 24, 2021. We have received more than 18,000 responses to date. We will close the survey Dec. 31, 2021. We reviewed descriptive analyses of preliminary data, which are very promising.
Plans for between meeting work: The data will need to be cleaned, then we will engage statistical consultation. Members will review the preliminary data analysis and the survey questions to compile a list of hypotheses to test via the data. We will generate a potential article list, with leaders identified for the various components of the analysis.

4. Biographical Essays on mental health attributes of major religious figures
Project Leader: Dr. Phillips
Fast track: series of journal articles
Potential journals: History of Medicine and Allied Sciences; Philosophy, Ethics, and Humanities in Medicine
Any ways in which the Publications Board might be helpful: already approved by Publication Board
Work accomplished during meeting: Discussion of rejection by two journals thus far, related to length of article. Discussed other alternatives, identified above.
Plans for between meeting work: Dr. Phillips to submit to the identified journals and report on progress.

5. Study of psychoeducation, yoga, and mindfulness meditation on reducing COVID-19 related anxiety
Project Leader: Dr. Fallon
Fast track: journal article
6. Women’s Mental Health / peripartum mental health
Project Leader: Dr. Neely

Description: project to assess positive and negative effects of religion/spirituality on mental health among participants in women’s health group, via qualitative inquiry using semi-structured interview.

Dr. Neely approached group members, who were not interested in the research project. There may be other ways to approach the topic, for further consideration. This project is tabled for now.

7. Religion/spirituality curriculum for psychiatry residents
Project Leader: Dr. Neely

Description: Dr. Neely proposed developing such a curriculum in her residency program. She has since become involved in another curriculum development project for medical students. This project is tabled for now.

8. Psychedelics and religion
Project Leader: Dr. Neely

Description: The GAP fellows are planning a plenary on psychedelics for the April 2022 meeting. Dr. Neely is interested in a separate project of exploring the history of the use of psychedelics in religious/spiritual practice. She will conduct some research on the topic for our further discussion at subsequent meetings.

Other projects being considered:

a. Religious Literacy in Psychiatric Education
Project Leader: Dr. Nielsds

Anticipated audience: practicing psychiatrists, psychiatry residents, training directors, psychologists & other MHPs
Work accomplished during meeting: tabled
Plans for between meeting work: n/a

b. The decline in faith in medicine
Project Leader: Dr. Merlino

c. COVID effects on faith services
Meeting with LGBTQ+ Committee representatives: We reviewed the updates on the LGBTQ+ Committee’s Dear Abby project and their recent publication of the data in JNMD:
https://journals.lww.com/jonmd/Abstract/9000/The_Dear_Abby_Project__A_Qualitative_Investigation.99069.aspx

We also reviewed the LGBTQ+ Committee’s projects related to curricula development. We reviewed with them our Dear Abby-sourced project, noted above.

PLANS FOR NEXT MEETING (likely early February interim Zoom meeting)
Dr. Norko to send out a Doodle poll for meeting dates to review interim progress on projects. Committee members to work on projects, as outlined above, for our review at that time.

Committee on Psychopathology:
Present: Adler, Berlant, Brunette, Dixon, Erlich, Goldman, Oslin, Siris, Talley
Fellow: Erlich, Wagner
A fast track manuscript will be the next project. While we do not yet have a title we are going to use one of the complex psychiatric disorders to illustrate the past, present and unknown future directions that are facing the field of psychiatry. We have chosen a topic to be completed Summer 2022, targeted to practicing psychiatrists, psychiatry residents, training directors, psychologists/other mental health professionals and the general public. This will be submitted to The Journal of Nervous and Mental Diseases or Psychiatric Services.

Focus of Work Accomplished During the Meeting: We are in that wonderful time of idea creation and wide-ranging discussion that always leads to interesting topics and ultimately manuscripts. The best of GAP!

The next meeting is scheduled for December 2020 by Zoom to continue working on our chosen topic.

We welcomed Fellow and Ethel Ginsburg Fellow who both participated in our two manuscripts that were approved and published in 2021 in the JNMD.

Committee on Psychopharmacology:
Present: Dave Baron, Cal Sumner, Amir Garakani, Larry Gross, Janet Pine, Jeanne Leventhal, Rajiv Radhakrishan
The Committee is starting a new paper on “Psychedelics; What the Clinician Needs to Know.” This project will be completed Fall 2022. This will be submitted to the Journal of Clinical Psychiatry.

We finalized the topic for our next paper.
Plans for Between Meeting Work: Continue our bimonthly zooms, having met 6 times since November 2020.
The Committee is likely to invite a guest from Harbor-UCLA who is a national expert in this area.
Present: Franklin, Kennedy, Lazar, Knoepflmacher, Mellman, Plakun, Unterberg, Welton, Yeomans
Guest: Jeffrey Katzman, very involved in psychotherapy education in psychiatry and Levy, PhD
Ittleson Consultant: Meiram Bendat

The Committee is working on “Teaching Psychotherapy Principles to Residents”. The idea is that many psychiatry residents do not go on to be full-blown psychotherapists but that they could benefit from certain basic psychotherapy principles that they can apply in all patient-doctor to enhance their communication and empathy skills.

Kenneth Levy, PhD who was an Ittleson Consultant a number of years ago and, since then he has agreed to help us out with his encyclopedic knowledge of the research on psychotherapy when it is relevant to us.

Meiram Bendat has been such an asset to the group that we don’t know what we’ll do without him. I am very grateful for GAP’s support of his consultant role all these years. It has been a wonderful, mutually beneficial relationship for a long time.

This will be targeted to psychiatry residents and training directors.

Focus of Work Accomplished During the Meeting:
We focused on the need to improve teaching of basic psychotherapy principles to the many psychiatry residents who will not become practicing psychotherapists – we feel that learning these principles will enhance all doctor-patient interactions. The idea is for a “basics of psychotherapy” curriculum that could be written up in a book.

Plans for Between Meeting Work: An online meeting on December 9 to further discuss this project. An online meeting on January 31 for general committee business.

How many times have you met virtually since November 2020? This meeting was our 4th virtual meeting since then.

Committee on Research:

MEMBERS ATTENDING: Drs. Keith, Kramer, Rahmani, Josephson, Behrs, Swann, Swift, and Copans

GUESTS ATTENDING: Dr. Harper and Ms. Claudette Beahrs

PROJECT INFORMATION: Research Committee is well into the development of a book-length project, “Utilizing the Context,” exploring the role of various context factors in the development, diagnosis, and treatment of psychiatric disorders. Chapter topics have been identified with authorship determined via committee processes. The monograph would be appropriate for psychiatrists, other mental health professionals, and interested general public. Ideally, the work would lead to more discussion of where the psychiatric world is between comprehensiveness and reductionism in its approach. Based on the work in progress, and the enthusiasm of all committee members, as well as permanent guests, the Chair predicts completion of a good first draft during 2022. The current publisher target is Oxford University Press.

WORK BETWEEN MEETINGS: Research Committee has met monthly since November 2020, alternating one-hour and two-hour meetings, with extra time almost always being used,
thus 2.5 hours alternating with 1.5 hours each month. This schedule works well and is anticipated to continue during the next phase of the project. We greatly prefer in-person meetings twice yearly, plus monthly Zoom meetings in-between, as the GAP-as-a-whole process positively influences committee creativity.

**RESEARCH COMMITTEE MINUTES: John Beahrs, Context Project Co-Chair**

Our committee met by Zoom for 4.5 hours for our semi-annual GAP meeting. Present were Dave Keith, Doug Kramer, Mariam Rahmani, Allan Josephson, Alan Swann, Gordon Harper, Bill Swift, John and Claudette Beahrs, and Stu Copans. In comparison to most prior meetings, more attention was given to updating participants’ personal and professional status, deferring our “Utilizing the Context” book until near the end of a long productive discussion. Here are some selected highlights.

Doug described a recent transformative experience when, awakening in the middle of the night, “My self told my mind, and my mind told me, ‘It’s time to move on to the next phase of your life,’” resulting in a sense of “living in the moment” that felt extremely positive. Claudette related to this, and cited Eric Berne’s discussion of thinking at both an Adult and “Little Professor” level. Doug also cited the late Walter Freeman’s talk of “forgettery” as an illustration of stepping outside of unnecessary over-thinking, and the value of an experience of “trying to live like a hunter-gatherer.” Also his passion treating the female prison population.

Allan Josephson is in the throes of legal proceedings after having been wrongly “canceled” for having simply suggested that further data-gathering was needed before prematurely ratifying a young girl’s seeking of irreversible “gender-affirming” treatment. He received massive support from our committee, who share his concerns. There was considerable positive reference to the efforts of now 90+ year old Paul McHugh.

Along similar lines, Bill Swift talked of both “late-onset” trans-gender phenomena, and particularly, late de-transitioning or “de-prescription” -- when possible. I made analogy to the recovered memory controversy, when strong legal intervention turned a seemingly hegemonic groupthink. There were also references to the phenomena of metallization and burnout. Re’ sexuality, I cited George Engel’s separate 1962 chapters on the “normative development of the man,” and “… the woman” re’ the sex differences that are being so de-emphasized today.

Mariam Rahmani is to be congratulated for her recent promotion to Associate Professor, is feeling well, and touched base on her pending book chapters on individuals’ context (recent update just received), and a difficult and important one on the tradeoffs inherent in social media.

Dave Keith came in at several points about the role of creativity and stepping outside the bounds of rigorous quasi-logical language. Someone asked whether one can treat a person with a problem without labeling it – implicitly recognizing how labeling biases things. I replied that no, labeling is necessary, but that we best recognize and deal with its biasing effects. Dave is well focused on the limits of referential logical thinking, and the need to communicate differently.

Stu Copans made many comments about child and adolescent psychiatry. One was the role of siblings. Another was the value of using “genograms,” referencing Meg Cary’s recent
AACAP presentation, to make the context more visually accessible. Yet more, was to ask what a particular child loves, who gives him/her the most support, etc. Stu is also scheduled to introduce me for tomorrow’s plenary, and I’ll send him a biographical update.

My own efforts have been focused most recently on tomorrow’s plenary address: Traumatic Sensitization and the Victim Dilemma, and I only briefly mentioned my ongoing work on the “reality question” and its link to my first book (1977), That which is: An inquiry into the nature of energy, ethics, and mental health. George Engle wrote a beautiful Foreword for the book which I will distribute to committee members as requested.

Alan Swann is in the midst of a massive DVA study of suicidality. Most completed suicides happen on the first attempt, but surviving such increases the likelihood of another. Data suggest that suicidal ideation correlates with early death from a variety of seemingly independent causes such as accident, medical illness, and others. We also discussed the extreme emotional load on suicide, socially, its use in symptomatic coercion, and difference of suicidality from martyrdom. Most interesting is the fact that suicide is minimally predictable, despite massive correlational data. I noted that the same thing holds true of both trauma and resilience. Many of us returned to how resilient many if not most human beings actually are.

We concluded with a brief touching base re’ our pending “context” book. Alan is attempting to re-contact the representative from Oxford University Press, and I reiterated that committee members write their current drafts in concise outline form.

Overall: Very positive and productive discussion. Thank you, all. John Beahrs, MD

Committee on Systems Innovation and Transformation:
Present: Julie Ranz, Deepika Sastry, Donovan Wang, Manish Sapra, Nubia Lluberes, Colleen Bell, Michelle Joy, Wes Sowers
Guest: Kenn Ashley

The meeting began with updates from those attending on their recent activities, both professional and personal.

We were joined by Kenn Ashley at 10:00 AM, who is the chair of a new committee on Social Justice. The committee is meeting for the first time today, and so has not yet developed an agenda. We discussed developing a partnership, related to our interest in structural issues. We shared our interest in a project using the SMART tool, and Sunmolu provided a brief overview of the instrument, and we began a conversation about how we might use parts of the tool to assess our own committee as a pilot for a broader look at the other GAP committees.

Kenn indicated his interest in pursuing this partnership, and we agreed to continue contact around this project. After he left the group to attend to other obligations, the committee continued a discussion around the identification of those parts on the tool that could be applied to committee work. We began the process of examining the tool, and selecting various items that are relevant: Recruitment, Retention, Leadership, and Mentorship were selected from the first domain. Within the culture domain the committee identified intentional anti-racism culture, facilitating conversations re: race, implicit bias assessment, trauma informed sensitivity, formal training and reporting. We will be piloting these items in our committee’s future meetings.
We also discussed the change of leadership for the committee. Julie noted that he would like to step down as co-chair of the committee. He provided some history of the committee and its leadership and then introduced the nomination of Sosunmolu as the new co-chair of the Committee. The committee enthusiastically endorsed his selection.

Our group also discussed the name change that we began to consider last meeting. We discussed several options and narrowed this down to **Systems Innovation and Transformation**. We felt that this more accurately represents our activities and will be more attractive to potential recruits.

We adjourned with the intention of meeting again in late January or early February of 2022.

**Committee on Work & Organizations:**
Work and Organizations met virtually in November 2021. The Committee discussed membership of the Committee, noting its thankfulness for the extension on GAP Fellow status for Committee member Ashley VanderCar, an invaluable member of the team. Discussing leadership, the Committee selected Christopher Flinton, M.D., to be the next Chair of Work and Organizations. The Committee discussed progress on the Alcohol and the Workplace project. The Committee has current drafts discussing the effect of alcohol on absenteeism, stress, work errors and injuries, and professional relationships and aspires to eventually published through an ongoing partnership with *Psychiatric Times*. The Committee also discussed future directions and topics of interest.