Dear Colleagues,

Welcome to the 2010 Annual Report of the American Psychiatric Association. It has been an exciting and historic year, and it is our privilege to highlight the progress of the APA and psychiatry over the past year. We are making strides in mentoring the next generation of psychiatric clinical and scientific leaders and in the ongoing research and unprecedented scientific endeavor of expanding the scientific basis for psychiatric diagnosis and classification in the DSM-5. We continue to advocate for psychiatry’s role in the house of medicine while working alongside internists, pediatricians, family practice physicians, and other practitioners to ensure effective patient care.

The most significant development in 2010 was the critically important passage of historic, comprehensive health care reform legislation. The APA actively represented our members and their patients throughout the development of
the Patient Protection and Affordable Care Act (P.L. 111-148), securing a series of benefits for psychiatric services in the reform package. View the timeline of health reform implementation and see APA’s comments on health reform legislation.

The APA has taken a leadership role in the implementation of the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008 (P.L. 110-374). We have worked to safeguard Congressional intent through the rulemaking process and to support the fullest implementation of this crucial legislation. View APA comments on the Mental Health Parity and Addiction Equity Act Interim Final Rule.

The year brought several developments in Medicare physician payment, including Congressional approval of a 12-month extension of Medicare physician payment rates. The APA joined the American Medical Association and other medical specialty societies to secure the 12-month “fix” to avoid disruption in Medicare payment for 2011. We will continue to work closely with our colleagues to assist Congress in efforts to assure a permanent solution to this perennial problem.

To help APA thrive in the coming years, the APA and its three subsidiary organizations were reorganized and consolidated into two business entities: the American Psychiatric Association and the American Psychiatric Foundation (APF). This consolidation will enable us to work more efficiently and effectively as the APA achieves its mission to provide education, advocacy and research on behalf of our patients and our field.

For those of you who are just learning about the American Psychiatric Association, we look forward to getting to know you even better. For those of you who are friends and colleagues, there is still so much more work to do. To stay abreast of these activities and more, I invite you to visit APA’s websites www.psych.org and www.HealthyMinds.org.

Sincerely,

Carol A. Bernstein, M.D.
President
Dear Colleagues:

The year 2010 was a productive one at the APA, resulting in several significant accomplishments. Some brief highlights include:

The DSM-5 website was launched in February and was open for public comment through April, giving patients, professionals and consumers a chance to comment on proposed changes to the manual. During that period, the site received more than 7 million visitors and over 8,600 comments. This unparalleled process has helped to make the revision process the most open and transparent of all editions of the DSM.

The planning for DSM-5 continues to be on track. The DSM-5 Task Force, work groups and cross-cutting study groups held more than 70 in-person meetings and more than 500 conference calls. Additionally, field testing was initiated at 11 sites. Field trials are designed to provide real-world testing of the proposed criteria, including the introduction of potential new disorders and the introduction of dimensional assessments, which will allow psychiatrists to more specifically tailor treatments to meet their patients’ needs.
In 2010, at the Board of Trustees’ directive, the APA changed its endorsed malpractice insurance carrier from PRMS to American Professional Agency, Inc. APA, Inc. will continue to meet our members’ malpractice insurance needs.

The financial uncertainty experienced in the past two years continued into 2010. To meet these challenges, the APA maintained fairly strict hiring practices and reduced expenditures where possible. The 2010 budget was conservatively planned and as a result of our cost-cutting efforts and careful spending practices, we ended the year with a surplus.

This year Information Systems (IS) launched or completed two large-scale projects: the development of the district branch website allows district branches to create a website hosted in the APA’s data center free of charge, was completed. The APA and IS also began work on the redesign of the APA website, with a goal to simplify the site’s navigation, enhance its page content, and enable better search capabilities, thereby allowing for a much friendlier member experience.

In November, we were pleased to receive notification that our ACCME reaccreditation application was awarded with commendation and renewed for six years, instead of the usual four years. Staff in the Office of Education reviewed the past six years of APA CME activities and programs under new and stricter policies and regulations. The ACCME wrote that the APA “met the standards with superior performance.”

After more than four years, a corporate reorganization was successfully completed. APA purchased the publishing business of American Psychiatric Publishing, Inc. on September 30, 2010 and now owns the rights to current and future proceeds of the DSM. The (c) (3) subsidiaries merged on October 29, 2010 into one entity, reducing administration and costs for the organization. The new American Psychiatric Foundation’s Board of Trustees held its first in-person organizational and strategic planning meeting in January 2011.

In the area of advocacy, the APA secured numerous legislative victories in 2010, including:

- The passage of five short-term postponements of a 23 percent reduction of the 2010 Medicare physician payment update that would otherwise have taken place on January 1, 2010.

- Passage of legislation to postpone both the 23 percent 2010 Medicare “SGR” payment reduction and the 2011 reduction for the entire 2011 calendar year.
• Passage of legislation to extend a special 5 percent payment “bump” for psychiatric CPT codes through all of calendar year 2011.

Had these major victories not occurred, APA members would have seen Medicare payment reductions averaging $20 per billed treatment session per patient in 2010-2011.

With a slightly smaller, more integrated organization, I look forward to working with you to make 2011 a successful one for the APA.

Sincerely

James H. Scully, Jr., M.D.
CEO and Medical Director
Welcome

2010 ANNUAL REPORT OF THE AMERICAN PSYCHIATRIC ASSOCIATION

CEO's Report

President's Report

APA Board of Trustees

APA Board of Trustees

Photo: David Hathcox

The New Generation of Psychiatry
American Psychiatric Association
2010 Annual Report
Welcome

2010 ANNUAL REPORT OF THE AMERICAN PSYCHIATRIC ASSOCIATION

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Steve Hyun Koh, M.D.
APA/Diversity Leadership Fellow

Past President
Richard K. Harding, M.D. (Parliamentarian)

Guests
Sandra Walker, M.D.
Paul Po-Jen Yeung, M.D.

Medical Director & CEO
James H. Scully, Jr, M.D.
The Division of Advocacy strives to raise the voice of psychiatry through government relations, internal and external communications, and ensuring patient access to mental health services.
Office of Communications and Public Affairs (OCPA)

The Voice of the Psychiatric Community

The Office of Communications and Public Affairs (OCPA) is the APA’s interface with members, the media and the public. The department is responsible for delivering information to the media about APA policies, programs, and activities, and for providing public information on psychiatry and its impact on those suffering from mental illnesses. The following are key issues and accomplishments for 2010.

Publicizing the DSM-5

OCPA provided key communications support for the revision process for the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders. The DSM-5, which will be published in 2013, is going through its first major revision in over ten years, a development that has drawn much media attention and promises to remain a major priority for the APA for the next few years.

Expanding Our Toolbox

OCPA is expanding the APA’s use of video in its communications initiatives. This year the office worked with Dr. Carol Bernstein to produce a monthly APA
President’s Video address, now available on the APA website. OCPA also assisted the Office of Minority and National Affairs (OMNA) in creating a video to highlight OMNA’s collaborative efforts to help address the mental health needs of Haitians in the aftermath of last year’s devastating earthquake.

**Getting the Story Out**

The OCPA kept up a steady pace of media initiatives to raise the profile of the APA and of psychiatry in 2010. We continued to work with the news media on a variety of issues, assisting with press releases, public statements, letters to the editor, and responding to a large volume of media requests for information and interviews. As a result, APA members and leaders were quoted in a large range of media outlets, including *The New York Times*, *The Wall Street Journal*, National Public Radio, CNN, ABC News, the BBC and the Associated Press, to name just a few.

**Becoming More Connected**

Social media sites have become integral to the APA’s overall communications strategy, linking the organization to more members of the public than ever. This year the OCPA increased the APA’s presence on social media networks, including pages on Facebook and Twitter. The number of fans and followers continues to increase through continuous promotion and regular updates and tweets.

**Supporting the Annual Meeting**

Each year the OCPA hosts a busy press room in order to accommodate the many journalists who cover the organization’s Annual Meeting. In 2010 the OCPA coordinated two press conferences, one live and one online on new research, which garnered much press interest from top-tier media outlets, including *Time Magazine*, the *Los Angeles Times*, the *Washington Post*, and ABC News. OCPA established a new Annual Meeting blog, which provided an opportunity for members to share their thoughts about the meeting in New Orleans. A team of bloggers was recruited to make on-the-spot videos of attendees providing reactions to the meeting. OCPA also produced four issues of *The Daily Bulletin*, an Annual Meeting tabloid-style newspaper that provided meeting news, updates and information about the sights and sounds of New Orleans.

**Keeping Members Informed**

This members-only electronic newsletter, APA Member Update, includes timely updates and
news from the APA and the district branches and state associations. In 2010 the office also created a “News from APA” newsletter providing original articles and news items for our District Branches to incorporate in their member communications under their own branding.

**Engaging the Public**

The APA’s consumer-oriented website continued to grow and to attract new visitors through the regular posting of fresh and timely content. HealthyMinds.org included a blog written by APA member/experts with expertise in a variety of psychiatric issues.

**Tackling the Issues**

This year the OCPA produced two new brochures in its *Let’s Talk Facts* series of brochures, including the brochure *What is a Psychiatrist? And Electroconvulsive Therapy (ECT).*

**Reaching an International Audience**

In 2010 OCPA collaborated with Drs. Carol Bernstein and Bruce Hershfield on an overview of psychiatry in the U.S. for the journal *International Psychiatry.*
Office of Healthcare Systems & Financing
Optimizing Care Within the Health Care Framework

The Office of Healthcare Systems & Financing (OHSF) empowers psychiatrists and works within the health care system to ensure that patients have access to mental health care. This year OHSF worked hard to ensure that insurers are in compliance with mental health parity act regulations and helped educate physicians on the economic aspects of psychiatric care.

Implementing Mental Health Parity

This year the APA took a leadership role in establishing the Parity Implementation Coalition, a partnership of health organizations that is providing legal and educational resources to ensure that the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act (Parity Act) is appropriately implemented. The coalition's resources are publicly available.

Improving Health Care Delivery

APA staff was actively involved in numerous initiatives that were established to implement integrated care as mandated in the health reform legislation passed in 2010. The APA’s involvement means that psychiatry will be at the table as new
entities such as Accountable Care Organizations and Medical Homes—the future of health care delivery in the U.S.—are created.

**Ensuring Payment for Psychiatry**

Staff and members of the APA Committee on Resource-Based Relative Value Scale (RBRVS) Codes and Reimbursement worked closely with the American Medical Association Specialty Society Relative Value Scale Update Committee (RUC) and the Current Procedural Terminology (CPT) Editorial Panel to ensure that psychiatry codes were appropriately valued.

**Supporting District Branches and State Associations**

This year Office of Healthcare Systems & Financing (OHSF) staff worked closely with District Branches and State Associations, providing assistance on state-focused issues. When private insurers within the states proposed limiting access to psychiatric treatment in ways that were clearly counter to the regulations issued to implement the Parity Act, and when Medicaid programs proposed limiting access to psychiatric treatment in response to state budget shortfalls, the OHSF guided our DBs in taking action. The result is better compliance on the part of states for the protection of mental health care.
Department of Government Relations
Connecting to the Legislative Process

The Department of Government Relations works to ensure that APA delivers a consistent and focused message to policymakers, the media and the public.

Promoting Health Reform

The early part of 2010 saw the fruition of many years of steady APA advocacy through the passage of a major historic piece of legislation. On March 23, President Obama signed the Patient Protection and Affordable Care Act (H.R. 3590, PPACA) into law as Public Law 111-148. PPACA covers uninsured Americans via employer-based, individually purchased, or state government insurance. Included in the law is a provision for coverage for mental illness and substance use disorder treatment, on par with all other types of treatment. The implementation of reform is complex and will take place gradually over the next five years (some parts will take longer to be fully implemented). See an informative timeline for implementation emphasizing issues of interest to APA members.

Supporting the Medicare Sustainable Growth Rate

On December 9, 2010 the U.S. House of Representatives passed H.R. 4994, the
Medicare and Medicaid Extenders Act of 2010, providing a 12-month extension of Medicare physician payment rates and blocking a drastic 25 percent cut from taking effect on January 1, 2011. The legislation also extends the five percent “bump” for psychiatric codes for 2011. This is a major victory for APA members, other physicians, and all medical specialties.

**Making Our Voices Heard**

The APA hosted its Annual Advocacy Day event on February 7-11, 2010. Despite the blizzard—aptly nicknamed “the snowpocalypse”—that hit the DC area during that week, nearly half of the invited APA members made it to the event. Members learned about key health and mental health policy priorities, including permanently fixing the Sustainable Growth Rate (SGR), implementation of health information technology (HIT) efforts that emphasize privacy, and the vital role of mental health services within our nation’s healthcare system. In spite of the blizzard, some members were able to meet with their Members of Congress and their staff on Capitol Hill. DGR staff also followed up with an advocacy training webinar for participants who were unable to fly in. Members can access the webinar [here](#).

**Honoring the Champions of Mental Health**

On September 16, the APA presented Senator Olympia Snowe (R-ME) with the APA’s highest award in advocacy, the Jacob K. Javits Award for Public Service.

James Scully, M.D. presents Senator Olympia Snowe (R-ME), with APA’s highest award in advocacy, the Jacob K. Javits Award for Public Service.

Senator Snowe has worked throughout her career to end the unfair distinction between mental disorders and general health conditions. One of her most significant accomplishments in
mental health was joining forces with Senator John Kerry (D-MA) to champion Medicare co-payment parity. Their hard work was realized in a provision of the 2008 Medicare Improvements for Patients and Providers Act. Its passage eliminated the unjust co-pay imbalance for mental health outpatient services, which were 50 percent compared to 20 percent for other medical services. Established in 1986, the Jacob K. Javits Public Service Award honors the legacy of Senator Jacob K. Javits from New York, who served for 24 years and used his position on the then-Labor and Public Welfare Committee to spearhead health legislation, achieving multiple successes on behalf of the mentally ill and on substance abuse issues.
Shaping Congress — APAPAC

The APA’s Political Action Committee contributed more than $400,000 to federal candidates in the 2010 election cycle, over 85 percent of whom won election, ensuring an abundance of friends of psychiatry in the 112th Congress.

Maintaining Momentum

APAPAC is striving to build upon the historic successes achieved during the 2008 election cycle. After a decline in 2010 participation, APAPAC must be prepared to play a major role in 2012’s presidential election cycle to secure a strong political voice for psychiatry and mental health.

Meeting New Leaders

Just as Congress will see new leadership in 2011, APAPAC continues to see strong growth in political activity among the younger members. These members recognize “strength in numbers” and are proactive in political initiatives. The efforts of these APA members signal a powerful future for psychiatry and for patients.

Vice President Joe Biden & Louis Kraus, M.D.
The **Division of Education** is dedicated to offering members continuing education and tools for professional development and performance improvement. Through meetings and innovative media, the division helps members stay at the cutting edge of mental health diagnosis and treatment, and provides all the tools for Maintenance of Certification and state licensing.
Preserving our Heritage

Melvin Sabshin Library and Archives

The Melvin Sabshin Library & Archives serves as custodian of the Association’s heritage through the collection, preservation and organization of APA records and other materials and artifacts related to the history of American psychiatry. Every year, scholars from around the world visit the APA to peruse the primary source materials held in the Archives.

The Archives is also the APA “attic” storing a treasure trove of rare books, manuscripts, photographs and other memorabilia, including Benjamin Rush’s walking stick, the APA Presidential medallion, the bell rung each year at the opening session of the Institute on Psychiatric Services, a number of early electro shock therapy machines, a metal sculpture chair in the likeness of Freud, pens used by U.S. presidents to sign landmark mental health legislation, the gavel used by the first Assembly chairman, and beautifully
transcribed membership financial ledgers (from a time when annual dues ranged from two to seven dollars). The Library is also a working medical library for APA and District Branch staff and APA members, providing ready reference, in-depth research, literature database searches, and delivery of full-text journal articles and other documents for research, teaching and clinical practice purposes.
Maintaining Accreditation

The APA was awarded Accreditation with Commendation by the Accreditation Council for Continuing Medical Education (ACCME). For reaccreditation, during the past year APA staff reviewed the previous six years of APA continuing medical education (CME) activities and programs under ACCME’s new and stricter policies and regulations. ACCME wrote that the APA “met the standards with superior performance.”

Keeping Track of Member Education

The Division of Education maintains member Continuing Medical Education (CME) transcripts and delivers online CME courses, practice guidelines, buprenorphine training, and the Annual Meeting Online, which include CME tests, certificates, and transcript data through the new APA Learning Management System (LMS). Live since last May, hundreds of psychiatrists have received CME credits from the APA offerings. Non-APA CME activities can also be entered into the individual’s transcript.

Sharpening Our Skills

*FOCUS: Journal of Lifelong Learning in Psychiatry* challenges members to keep growing professionally, and subscribers continue to increase. Each quarterly issue
Division of Education

THE APA’S PATHWAY TO PSYCHIATRIC EXCELLENCE

offers five hours of CME credit and an annual self-assessment exam (approved by ABPN and the Royal College of Canada for Maintenance of Certification) offers an additional 20 hours CME credit. The FOCUS 400 Psychiatry Review book features a review for members’ recertification exam to help them prepare for maintenance of certification. Sample Performance in Practice modules provide CME credit and promote practice improvement about Major Depressive Disorder and PTSD.

Learning from the Best

This year over eleven thousand professionals took part in the CME scientific programs in New Orleans and Boston. The Annual Meeting featured world-renowned scientists in the fields of biological psychiatry, neuroscience, bioengineering and genetics. Nora Volkow, M.D., director of the National Institute of Drug Abuse (NIDA), headlined a meeting track on the latest translational research and promising new modes of addiction treatment. Many meetings focused on state-of-the-art clinical practice, while other sessions focused on health care policy and services, practice management, cross-cultural and minority issues, and special populations such as victims of disasters, persons with HIV/AIDS, and military veterans and their families.

Training Psychiatry’s Leaders

The Division of Education’s Office of Graduate and Undergraduate Education assists Psychiatric Educators, Residents/MIT’s and medical students interested in psychiatry. In 2010 the 6th APA Chief Resident Leadership Program was held at the APA Annual Meeting in New Orleans, LA. Sponsored through an unrestricted educational grant from Eli Lilly, this conference brought psychiatry chief residents from across the US and Canada for a day of leadership training. Over 160 chief residents participated in this year’s program.

Thinking Critically

This year The Division’s Office of Graduate and Undergraduate Education and the Council on Medical Education’s launched a joint project on how to critically evaluate scientific literature. The first course is now available online on the APA Learning Management System apaEducation.org.

100% Clubs

All psychiatry training programs with 100% membership in the APA join the 100% Club. Training programs receive a major textbook of their choice from American Psychiatric

Melvin Sabshin Library and Archives

Education
Publishing, Inc. and a poster created specifically for them, and all residents receive a free online subscription to FOCUS for all their residents. More than thirty residency programs are currently in the club.

Getting Students Involved

It's never too early for psychiatry students to get involved and learn about their field of choice. To meet this need, the Education Division continues to support the Psychiatry Student Interest Group Network (PsychSIGN), which fosters student leaders. This year PsychSIGN held its annual conference in conjunction with the APA Annual Meeting in New Orleans and accommodated over 80 students from the US and Canada. To help them prepare for leadership roles in psychiatry, PsychSIGN is run by medical students who identify the needs of students and find ways to serve their peers. PsychSIGN members engage in a broad range of activities, especially those focused on community service projects involving mental health and illness.

Testing Our Knowledge

Each year at its Annual Meeting, the APA sponsors a Jeopardy-style game show designed to test the knowledge of psychiatry residents. This year residency teams throughout the US and Canada participated in the online qualifying test for teams of contestants. The top three scoring teams advanced to the final event, called Mind Games, a lively competition held at the APA meeting in New Orleans. The finalist teams were Boston University, Carilion-Virginia Tech and Brown University (Butler Hospital). The Brown University team emerged as the 2010 champions.
The Division of Finance and Business Operations makes sure that our membership dollars are well spent.
Division of Finance and Business Operations

KEEPING THE APA ON FIRM FINANCIAL FOOTING

APA 2010 Revenues

- Private Award Revenue $2.5M 5%
- Foundation & Other $0.7M 1%
- Continuing Medical $10.5M 22%
- Federal Awards, Research & OMNA $1.3M 3%
- Publishing $22.7M 46%
- Membership $2.5M 5%
Division of Finance and Business Operations

KEEPING THE APA ON FIRM FINANCIAL FOOTING

APA 2010 Expenses

- Membership $1.7M 4%
- Governance & Components $1.8M 4%
- Business Operations $9.7M 22%
- Private Award Expenses $2.6M 5%
- Foundation $1.1M 3%
- Continuing Medical Education $6.1M 14%
- Federal Awards, Research & OMNA $3.5M 8%
- Publishing $12.8M 30%
- External Affairs $3.7M 9%
Membership Services

Recruiting and Retaining Members

Recruitment efforts are an ongoing job at the APA. In 2010, this included several mailings to former members, non-member psychiatrists who became new Diplomates of the American Board of Psychiatry and Neurology (ABPN), and non-member residency training directors who belong to the American Association of Directors of Psychiatric Residency Training (AADPRT).

The APA also exhibited at several psychiatry conferences to promote membership, including the Nevada Psychiatric Association’s Psychopharmacology Update and meetings of the Canadian Psychiatric Association, The American Academy of Child and Adolescent Psychiatry, and the U.S. Psychiatric and Mental Health Congress.

Providing Incentives

Approximately 60 membership applications were received at the 2010 APA Annual Meeting in New Orleans in response to the APA Annual Meeting Rebate Program.
Applicants were allowed to use the rebate equal to the difference between the non-member and member meeting registration fee towards pro-rated 2010 membership dues, with the balance applied to 2011 dues.

Approximately 100 members referred a colleague for membership through the Member Get-a-Member Campaign. Those who recruited new members under the program had their names entered into a quarterly drawing to win an American Express gift card, and they were also able to be part of a year-end drawing for one year of free membership. The program ended on December 31, 2010.

This year 24 general psychiatry residency training programs were enrolled in the 100% Club. The APA 100% Club encourages residents throughout the United States and Canada to join APA and to do so with all of the other trainees in their programs.

**2009–2010 100% Club Members:**

Albany Medical Center  
Albert Einstein Healthcare Network  
Allegheny General Hospital  
Bergen Regional Medical Center  
Case Western Reserve/MetroHealth  
Cleveland Clinic Foundation  

Creedmoor Psychiatric Center Program  
Dartmouth-Hitchcock Medical Center  
Jamaica Hospital Medical Center  
Lincoln Medical and Mental Health Center  
Medical College of Georgia  
Maimonides Medical Center  
Mount Sinai School of Medicine (Elmhurst)  
NSLIJHS-Albert Einstein College of Medicine at Long Island Jewish Health Center  
San Mateo County Behavioral Health and Recovery Services  
Thomas Jefferson University  
University of Florida College of Medicine  
University of Kansas – Wichita  
University of Kentucky College of Medicine  
University of South Alabama  
University of Toledo  
Wake Forest University School of Medicine  
West Virginia University (Charleston Division)/Charleston Area Medical Center  
Wright State University
American Psychiatric Publishing, Inc. (APPI), is the world’s leading publisher in the field of psychiatry. This year APPI books and products continued to uphold the highest editorial standards while adapting to a fast-moving and ever-changing publishing landscape. Making news and research available to our members in a variety of media is an ongoing challenge, and as publishing technologies evolve, we will continue to search out new ways to keep members informed about the latest developments in psychiatry.
APPI published a total of 32 publications in 2010, including five new textbooks that will help educate mental health practitioners and give clinicians the information they need to provide the best possible care. APPI continued to expand its offerings in the digital marketplace in 2010 and now has over 250 eBooks available through third-party eBook vendors. Print books continued to sell at a rapid pace on the internet, and APPI’s largest reseller of books, Amazon.com, sold nearly $3 million worth of APPI books in 2010.

**Electronic Publishing and PsychiatryOnline.com (POL)**

Psychiatry Online continues to grow in both its content and popularity. POL offers the most comprehensive online access to psychiatry books, journals, and professional development tools, including the *Diagnostic and Statistical Manual of Mental Disorders* library, *The American Journal of Psychiatry and Psychiatric Services*, Practice Guidelines, and self-assessments. POL will achieve nearly $2 million in revenues in 2010 and continues to enjoy an over 90 percent renewal rate among subscribing institutions, which span the globe.
Psychiatric Services

_Psychiatric Services_, the premier journal examining issues in mental health care delivery, is the highest-ranked mental health journal by impact factor in the category of Health Policy & Services. Of the 49 peer-reviewed journals ranked by Impact Factor in this category, _Psychiatric Services_ is ranked fifth. No mental health journal is ranked higher than _Psychiatric Services_ in this category.
Psychiatric News

Psychiatric News is a “must read” among members and is the publication they turn to for news about APA and their profession. In 2010, the bimonthly newspaper Psychiatric News continued to keep APA members informed of news that impacts the practice of psychiatry and promotes the provision of high quality, cutting-edge care to patients. The biggest story of the year was the passage of health care reform, and a number of follow-up stories addressed the ways in which psychiatrists and their patients will be affected by aspects of health care reform as they are phased in. Other timely topics included the use of health information technology, implementation of the parity law and its relation to health care reform, the Medicare fee update controversy, and workforce and educational issues. Psychiatric News also reported on a wide range of clinical and research topics, from breaking news to updates on important areas to clinicians.
American Journal of Psychiatry

AJP delivers cutting-edge research that helps its readers stay abreast of developments in psychiatry and mental health care. In 2010, AJP saw its impact factor rise nearly two full points from the previous year to 12.522. Of the more than 7,000 scientific, technical and medical journals indexed by Thomson Reuters, The American Journal of Psychiatry’s latest impact factor places it in the top 100 at number 89. AJP also has the top ranking in the immediacy index (the average number of times an article is cited in the year it is published), an indicator of journals publishing in emerging areas of research. And, as it has for many years, AJP remains far and away the leader among psychiatric publications in total citations.
The Division of Research promotes physician education related to new and emerging research, with a special emphasis on the translation of research into clinical practice.
One of the APA’s most important activities this year was the process of updating the Diagnostic and Statistical Manual of Mental Disorders, currently in its fourth edition. This year the DSM-5 Task Force leaders finalized their draft diagnostic criteria and began implementing field trial testing of proposed changes to the DSM. Field trials that will examine the suggested revisions commenced in the fall of 2010 to test the criteria in real-world settings. In order to capture the full range of viewpoints, these trials are being conducted in large academic-medical settings as well as in solo and small-group clinical practices. Regular updates continue to be reported in the APA’s biannual journal Psychiatric Research Report and on the DSM-5’s website.
Harnessing Technology

The APA staff responsible for developing APA Practice Guidelines for the Treatment of Psychiatric Disorders was awarded a three-year grant from the National Library of Medicine to inform the development and dissemination of clinical practice guidelines with a web-based, searchable clinical tool. In 2010, the Division of Research began conducting a clinician needs assessment as an initial step in this project.

Monitoring Treatment Practices

The Practice Research Network (PRN), in collaboration with the Walter Reed Army Institute for Research, began collecting data for a study that will characterize routine practices in Army behavioral health treatment settings. The findings will inform future research on the delivery of evidence-based care for disorders such as posttraumatic stress disorder, traumatic brain injuries, and substance use disorders, conditions to which military service members are vulnerable.

Educating Clinicians

Not only is APIRE participating in research about mental health services for military members and veterans, it is also helping to educate physicians in the latest findings. Preliminary results from PRN’s ongoing study on disseminating evidence-based care for the
treatment of posttraumatic stress disorder were presented at key scientific conferences. Collaborating with the APA are personnel at Ft. Meade and Ft. Belvoir Army bases, who are assisting PRN in developing a course for military treatment facility clinicians.
Committee on Psychiatric Dimensions of Disasters

Offering Hope in Times of Disaster

Each year, the APA Committee on Psychiatric Dimensions of Disasters (CPDD) provides information and resources when disaster strikes. This disaster response support is accomplished by an extensive infrastructure, with a three-tiered approach: The CPDD develops and tracks the latest disaster psychiatry resources, and provides essential expertise when the need arises.

Almost all APA District Branches have a Disaster Chairperson or contact (Chairpersons are kept current via a listserv); click here to see the most up-to-date Disaster Psychiatry resources available to APA members and the public.

Activities in 2010 included:

Haiti Earthquake: The CPDD provided information and resources to psychiatrists on the scene of one of the most catastrophic natural disasters in recent memory. In June, CPDD members attended the Haiti Mental Health Summit in Miami to formulate a response to this tragedy. An Executive Summary and a video of participants’ comments are available here.
**Pakistan Floods:** CPDD members supported response efforts in Pakistan by providing information and support on Psychological First Aid to local relief organizations’ training staff. While some organizations provided direct practical assistance, the APA helped to address the psychological trauma of the victims, which can outlast the rebuilding phase of a disaster response.

**New Zealand Earthquake:** CPDD provided outreach to The Royal Australian and New Zealand College of Psychiatrists following the earthquake in Christchurch by supplying them with disaster psychiatry materials and resources.

**Gulf Oil Spill:** This year’s Gulf oil spill was by far the worst oil spill disaster in U.S. history. The resulting economic and emotional fallout put area residents under extreme stress and uncertainty as to when their lives would return to normal. CPDD supported the networking of regional psychiatrists through conference calls and collaboration with family physicians. A symposium on the oil spill was presented at the meeting of the Institute on Psychiatric Services on October 16, 2010 in Boston.
Office of HIV Psychiatry

Addressing the Needs of a Special Population

The Office of HIV Psychiatry is dedicated to providing comprehensive psychiatric education in the direct care and support of HIV patients. Psychiatry's role of the psychiatrist in treating the more than one million HIV-infected Americans is becoming increasingly important as HIV-infected patients continue to experience comorbid neuropsychiatric and psychiatric illness despite advances in antiretroviral treatments. To ensure adequate attention to these clinical issues, the Office of HIV Psychiatry provides HIV-related training and education, develops curricula and clinical resources, promotes collaboration with other specialties, and provides technical support to a network of psychiatrists and other mental health professionals working in the AIDS arena. In 2010 the Office of HIV Psychiatry conducted 26 local/regional training programs, 6 psychiatric residency trainings, and 3 allied health care trainings; coordinated the Minority Medical Student Elective in HIV Psychiatry; provided comprehensive symposia and community outreach trainings at the Institute on Psychiatric
Services meeting and the APA Annual Meeting; completed development of Psychiatrist’s Pocket Guide to HIV Healthcare; and began its seventh AIDS education contract with the Center for Mental Health Services. Watch the slideshow that highlights the clinical issues and education activities of the Office of HIV Psychiatry.
This year APA continued to address physician education about the treatment of opioid dependence. Training courses on the use of Buprenorphine to treat such addictions were offered at the 2010 Annual Meeting, as well in other arenas. In mid-2010, an updated online Buprenorphine management course was launched at www.apaeducation.org to teach clinicians how to oversee patients who utilize the medication. The course features recordings of live lectures, case vignettes and supporting materials.

In mid-year, the APA, along with the American Academy of Addiction Psychiatry (AAAP) and the American Osteopathic Academy of Addiction Medicine (AOAAM), received a grant from the federal Center for Substance Abuse Treatment to operate the Physicians’ Clinical Support System for Buprenorphine. As part of this initiative, APA has launched a monthly webinar series for physicians who treat opioid dependence in an office-based setting and for other interested clinicians. Offered the second Tuesday of each month, the webinars featured nationally...
prominent researchers, clinical experts, and government officials. Recordings of each webinar are available on APA's website.

A third edition of APA’s *Practice Guideline for the Treatment of Patients With Major Depressive Disorder* was published in October 2010. Also, the practice guidelines project was awarded a 3-year medical informatics grant from the National Library of Medicine to fund technical innovations related to guideline development and research on the clinical information needs of psychiatrists.
The Office of Minority National Affairs (OMNA) works to promote diversity and cultural competence and to eliminate disparities in mental health.
OMNA on Tour

Expanding Awareness

Illuminating Dimensions of Diversity in New England

OMNA on Tour, OMNA’s traveling disparities education program, took the form of a special meeting track at Institute on Psychiatric Services 2010 meeting, themed Illuminating Dimensions of Diversity in New England. The track featured an interesting mix of presentations touching on a variety of aspects of the mosaic of diversity issues in mental health care. Featured presenters included Anita Diabate, Vice President of the International Medical Interpreters Association, who gave an enlightening description of medical interpreting in mental health. Jarrett Barrios, Vernon Rosario, MD, PhD, Assistant Clinical Professor at the David Geffen School of Medicine, Department of Psychiatry, University of California at Los Angeles leads a session within the IPS OMNA on Tour track titled “Inner-City Latino Transgender Youth.” Also pictured is the session moderator Bradford Lewis, MD.
President of the Gay and Lesbian Alliance Against Defamation, lectured on the social and mental health issues of same-sex marriage. (The meeting highlighted a focus on GLBT issues.) Margarita Alegria, Director for the Center for Multicultural Mental Health Research at Cambridge Health Alliance, explained how disparities get embedded in patient-provider interactions. Mental health professionals’ role in political asylum cases and Latino transgender youth, along with a session on mental health issues of African-American veterans and women rounded out this program.

This year, OMNA on Tour visited Albuquerque, New Mexico with a poster session showcasing promising practices in the collaborative care of American Indian and Alaska Native patients using both traditional and western or allopathic approaches. The “Integrating Physical, Mental, and Spiritual Health: Promising Practices Using Traditional Healing and Western Medicine with American Indians and Alaska Natives” meeting poster session was held in conjunction with the Indian Health Services’ Annual Advances in Indian Health Conference in April in Albuquerque, NM in April 2010.
Haiti
Addressing the Greatest Need

Haitian Mental Health Summit

The Haitian Mental Health Summit was held on June 26-27, 2010 at the University of Miami in Coral Gables, Florida. The Summit brought together more than 60 professionals from academia, government, community-based and social service organizations, and medical and professional associations from the US, Haiti, and Canada to develop action plans to respond to the mental health needs of Haitians in the wake of the devastating earthquake in January 2010.

Organizers of the event included the Office of Minority and National Affairs of the American Psychiatric Association, the Haitian American Psychiatric Association, the University of Miami Miller School of Medicine, and the University of Miami.
School of Education, Department of Educational and Psychological Studies.

The purpose of the Summit was to:

- Increase awareness of mental health issues in Haiti and among affected members of the Haitian community in the Diaspora.
- Develop specific strategic goals and action plans for working collectively in addressing the mental health needs of Haitians in the Diaspora.
- Create a network of mental health professionals and stakeholders aimed at addressing the mental health needs of Haitians.

**Haitian Mental Health Network**

OMNA, with the Boston-based Haitian Mental Health Network as a partner, held a Haitian Mental Health Forum on October 17 in Hyde Park, MA. The three-hour event was geared to acquaint Haitians living in the Boston area with Boston-based initiatives that provide mental health relief to people in both the US and in Haiti affected by the earthquake. About 75 people attended the event, which also included a dance performance by a Haitian dance troupe and heart-wrenching accounts from actual Haiti earthquake survivors. Representatives from local community health centers, the Massachusetts Department of Public Health, and the Tufts Medical Center were among the presenters.
The American Psychiatric Foundation (APF) seeks to reduce stigma by advancing the public’s understanding of mental illnesses. Through a combination of grants, programs, research funding and awards, the foundation raises awareness of mental illnesses and the effectiveness of treatment, the importance of early intervention, the necessity of access to care and the need for high-quality services and treatment.
APA Conversations
Giving a Voice to Patients and Experts

Conversations is a speaker series that features unique perspectives that offer candid, insightful, and often revealing stories from well-known personalities. Each year, a special guest is interviewed about a personal experience with mental illness. Designed to mimic Bravo TV’s popular Inside The Actor’s Studio series, past guests have included Brooke Shields, George Stephanopoulos, and Carrie Fisher.

Partnership for Workplace Mental Health

Mental Health Works, the signature publication for the Partnership for Workplace Mental Health, is sent to a distribution of over 40,000 employers, APA members, health plans, employee assistance programs, health benefit...
consultants, and Capitol Hill. Each issue of *Mental Health Works* features examples of successful employer approaches to promoting mental health in the workplace.

**Healthy Minds TV Series**  
*Promoting Awareness and Understanding*

The *Healthy Minds* TV series works to remove the stigma that prevents people with mental health problems and their families from seeking help. Each half-hour in the 16-episode public television series humanizes a specific mental health disorder through inspiring personal accounts and interviews with leading mental health experts. These doctors provide the latest information about diagnosis and treatment. By allowing individuals who are recovering from mental illness to share their experiences, the series provides intimate stories about living with a mental health issue. To get every perspective, the show also includes family members who can relate their experiences of helping a loved one cope with mental illness. Each episode shows that with help, there is hope.

The series, which is produced by New York’s WLIW21 for WNET.org, is hosted by APA member Jeffrey Borenstein, M.D. and supported by the American Psychiatric Foundation. In 2010, two episodes were nominated for New York Emmy Awards by the New York Chapter of the National Academy of Television Arts and Sciences.

**The Voice Awards**  
*Recognizing Excellence in Communications*

On October 13, the APF sponsored the 5th Annual Voice Awards to celebrate the writers and producers of TV and film who raise awareness about behavioral health issues by accurately and sensitively portraying people in recovery from mental health and substance use problems. At this year’s Voice Awards, the Substance Abuse and Mental Health Services Administration (SAMHSA) honored former First Lady and champion for mental health awareness Rosalynn Carter.
Carter’s 40-year campaign to improve the nation’s mental healthcare and to educate the public about the impact of behavioral health on American families, especially military families, has reduced the misconceptions associated with mental illness and encouraged more people to seek recovery. The event—co-hosted by Emmy Award winner Hector Elizondo and Academy Award winner Louis Gossett, Jr.—took place on Wednesday, October 13, 2010, at Paramount Studios in Hollywood, Calif. The annual award ceremony brought together representatives from across the entertainment industry as well as the behavioral health community for an evening celebrating the contributions people living with mental health and substance use problems make to their communities.

The Judge Leadership Initiative
Educating Judges

All too often, those living with mental illness come into contact with a legal system that is not equipped to meet their needs. To help remedy this problem, the APF launched the 2010 Judge Leadership Initiative. This campaign forged a
partnership among the American Psychiatric Foundation, the Judges’ Criminal Justice/Mental Health Leadership Initiative (JLI) and the Council of State Governments Justice Center to improve collaboration between judges and psychiatrists. This program will serve the twin goals of inaugurating the Judge Leadership Initiative’s mission with a new Psychiatric Leadership Group, as well as uniting the groups in developing training for judges on mental illness.

**Typical or Troubled?**
*Helping Schools Help Adolescents*

Since 2001, the American Psychiatric Foundation has advanced education on student mental health through its signature social marketing program, Typical or Troubled?™. So far, the program has been adopted in 35 states, educating approximately 21,000 school staff in over 300 urban, rural and suburban schools. Typical or Troubled?™ has connected with more than 300,000 students, primarily adolescents, who are at the age when many mental health problems emerge. The APF is a part of a growing willingness to address student emotional and behavioral health as integral to a supportive school climate.

Typical or Troubled?™ held its first Advisors Summit entitled, “Driving the National Dialogue on Student Mental Health,” on October 28, 2010. The Foundation invited Kevin Jennings, Assistant Deputy Secretary of Education, Office of Safe and Drug-Free Schools to discuss the Department of Education’s commitment to student mental health and well being. Leaders in mental health and education discussed the landscape of student emotional and behavioral health issues and spoke about the latest research, evidence-based educational programs, and the evolving needs of the school community to address prevention, intervention, treatment and support for student mental health. The adoption and use of technology and social media as powerful tools for advancing awareness were also explored.
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