WHO AM I?

Ricardo A. Juarez, M.S.
Director, District Branch and International Relations

12+ Years of APA Experience:
• Membership
  - Engagement and Product Development
• Governance
  - Procedures and Operations
• Diversity and Health Equity
  - Fellowship Programs
• International
  - Policy and Resource Development
• District Branch / State Association
  - Communications and Relations
APA works daily on Capitol Hill and around the country to advance the profession and promote the highest quality care for patients and their families. Through advocacy, APA:

- **Shapes policy, legislation and regulation** working with the legislative and executive branches
- **Educates the public** about mental health, psychiatry, and evidence-based treatments
- Assists affiliated District Branches/State Associations and individual members achieve their goals

Advocacy can only work if **APA members are involved** at the local, state, and national level.
STAYING CONNECTED

• Suicide Deaths Climb Dramatically in U.S., Nearly Double for Women
• 2019 Fee Schedule Proposes Flat Rate for E/M Services
• APA Receives $14.2 Million Grant to Expand Care to SMI Population

• Thinking About Schizophrenia in an Era of Genomic Medicine
• Translating Developmental Neuroscience to Understand Risk for Psychiatric Disorders
• Supporting Providers After Drug Overdose

• January: Levels of Care in Adolescents with SUDs
• February: Psychiatrists and the Treatment of Pain
• March: TMS Therapy for the Treatment of Depression
WELL-BEING AND BURNOUT

Taking Steps to Avoid Isolation is Key to Preventing Burnout

• “isolation is a serious problem for physicians and an important cause and effect of burnout”
• “the experience of being in a large room filled with colleagues connecting with one another [is] affirming and fulfilling”
• “the importance of physicians connecting with one another through peer supervision, discussion groups, early recognition of peers who are struggling”

Self-Care Is Patient Care: Physician Burnout Can Endanger Our Patients

• Self-care is patient care
• Connections are key
• Model wellness
• Seek medical and/or psychiatric help when you need it
“For me, being in the APA/APAF Leadership Fellowship is being constantly inspired by 19 other amazing colleagues to dream, learn, do, and become so much more.”
- Adrian Jacques H. Ambrose, M.D., 2018-2019, APA/APAF Leadership Fellowship Chair

“The Minority Fellowship Program (MFP) has fostered a supportive community for like-minded fellows to collaborate and pursue their passion in reducing healthcare disparities among underrepresented minority populations.”
- Emily Wu, M.D., 2018-2019, Minority Fellowship Program Chair

“As a Jeanne Spurlock Congressional Fellow, I am looking forward to learning about the legislative process and how tough compromises are made that lead to downstream disparities I have seen in the clinic. I'm hoping to then be in a better position to address disparities head-on as a psychiatrist.”
- Kali Cyrus, M.D., 2018-2019, APA/APAF Spurlock Congressional Fellow
“we are constantly bombarded with opportunities and events related to psychiatry.”

“Some are very academic, others more social. Some are local, while others are national or even international.”

“Given the overwhelming number of choices with which we are faced and the sacrifices they entail, why should a resident choose to attend APA’s Annual Meeting?”

“As a resident, it is easy to become suffocated in the routine of clinical work.”

“APA’s meeting will feel like a blast of fresh air with its thousands of attendees, more lectures than you can ever imagine, caucuses for many special interests, ample networking opportunities, and many social events.”

“The variety of lectures is a testament to the mosaic that is the field of psychiatry.”

“As residents who have not yet committed to a specific area, the meeting allows us to explore different subtopics.”

Nadia Daly, M.D.
PGY-5, Université de Montréal
2019 Meeting Theme

Revitalize Psychiatry:
Disrupt, Include, Engage & Innovate

Over 650 sessions | 38 Courses | 8 Tracks | 40 CME Hours | Experiential Formats | Network with Colleagues | Discover New Treatments
History of Psychiatry Through Four Eras

• **Era 1:** The advent of organized medicine in caring for people with mental illness (Colonial times-1844)
• **Era 2:** The dawn of the modern era: reforms in care and treatment (1844-1944)
• **Era 3:** Advancing diagnosis, treatment, and reduction (1944-Present)
• **Era 4:** Shaping the future of psychiatry: breakthroughs in research and delivery of clinical care (looking ahead)
History of Psychiatry as Related to M/UR Groups

• American Indian, Alaska Native and Native Hawaiian Psychiatrists
• Asian American Psychiatrists
• Woman Psychiatrists
• Global Psychiatry
• Black Psychiatrists
• Hispanic Psychiatrists
• IMG Psychiatrists
• LGBTQ Psychiatrists

175th Anniversary Special Edition of MindGames
APA 175th Anniversary Gala

- San Francisco City Hall
- $225 until April 30, $250 thereafter. Fellows/RFM/Med Students: $100
- Purchase tickets at apafdn.org/gala
- Commemorative gift for attendees
2019 WPA WORLD CONGRESS - LISBON

19TH WPA WORLD CONGRESS OF PSYCHIATRY
LISBON, 21-24 AUGUST, 2019

PSYCHIATRY AND MENTAL HEALTH: GLOBAL INSPIRATIONS, LOCALLY RELEVANT ACTION
2019 NCPS RECEPTION - SAN FRANCISCO

Save the Date

NCPS Hosted Reception
Cocktails, Hors D’oeuvres and City Views

Mix & Mingle with other California DB, CPA, and APA members, staff & executives at this Premier 11th floor lounge and rooftop venue with amazing 270-degree skyline views of our “City By The Bay.”

You won’t want to pass this up!

Thank You To Our Event Partners:

American Psychiatric Association, Inc.
PRMS
Traditions Behavioral Health