

Tennessee Psychiatric Association

2024

CONFERENCE



An exciting and informative conference; our first LIVE conference in several years!
This event promises to be a catalyst for inspiration, collaboration, and growth.

LINK to Register: www.tennesseepsychiatricassociation.org/2024-annual-meeting



Optional
NETWORKING w/
Colleagues
Fri, Mar 15th 7pm



Conference Begins: Sat, Mar
16th at 8 am & includes a
NETWORKING HOUR &
Optional PAC Dinner



The Beautiful Lodge at
Fall Creek Falls State
Park. Spencer, TN

More Information:

Executive Director: Jackie Cavnar,
615-419-1492 or jackiecavnar@bellsouth.net

www.tennesseepsychiatricassociation.org



TENNESSEE
PSYCHIATRIC
ASSOCIATION

**SIX HRS OF CME &
AND MORE HOURS OF FUN!!!**

SCHEDULE

FRI MARCH 15TH

7:00 PM - 9:00 PM

REGISTRATION -
OPTIONAL NETWORKING EVENT

SAT MARCH 16TH

7:30 - 8:00 AM

REGISTRATION

8:00 AM - 9:10 AM

RESIDENT POSTER PRESENTATIONS

9:15 AM

INTRODUCTIONS

9:30 AM - 10:30 AM

PROBLEMS & SOLUTIONS Part I

10:30 AM - 11:30 AM

PROBLEMS & SOLUTIONS Part II

11:30 AM - 12:30 PM

Exhibitor Time & LUNCH

12:30 PM - 1:30 PM

NEWEST - EVIDENCE - BASED CARE

1:45 PM - 2:45 PM

PANEL: DEVELOPMENTS IN
PRACTICE MANAGEMENT

3:00 PM - 4:30 PM

TAKING CARE OF YOURSELF

4:30 PM - 5:30 PM

PANEL CALL TO ACTION W/ WORKGROUPS

5:30 PM - 6:30 PM

CLOSING, AWARDS &
NETWORKING HOUR

7:00 PM - 8:30 PM

OPTIONAL: PAC DONOR DINNER

**Fall Creek Falls Lodge & Conference Center
2536 Lakeside Drive
Spencer, TN**



ACCREDITATION

In support of improving patient care, this activity has been planned and implemented by American Psychiatric Association (APA) and Tennessee Psychiatric Association (TPA).

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Psychiatric Association (APA), the Tennessee Psychiatric Association. The APA is accredited by the ACCME to provide continuing medical education for physicians.

The APA designates this live activity for a maximum of 6.25 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

How To Get Your CME?

At the conclusion of the course, physician participants will be provided with a link to claim hours of participation and receive an official CME certificate by completing an online CME course evaluation.

Non-physician participants can also receive a certificate of participation. At the conclusion of the conference, participants should complete the online conference evaluation in order to print a certificate of attendance. Follow the instructions above but select "Certificate of Participation" as your certificate type.

Certificates will no longer be available after May 17, 2024.



TENNESSEE
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The American Psychiatric Association adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Medical Education. Any individuals in a position to control the content of a CME activity – including faculty, planners, reviewers or others – are required to disclose all relevant financial relationships with ineligible entities (commercial interests). All relevant conflicts of interest have been mitigated prior to the commencement of the activity.

FACULTY DISCLOSURES

Valerie Arnold, MD has no relevant financial relationships to disclose.

Keith Caruso, MD has no relevant financial relationships to disclose.

Chuck Cochran, MBA has no relevant financial relationships to disclose.

Greg Kyser, MD has no relevant financial relationships to disclose.

George Mathews, MD has no relevant financial relationships to disclose.

Elizabeth Shultz, DO has been a shareholder of Eli Lilly & Company since childhood.

Eveleigh Wagner, MD has received honorarium from HCP Live in October 2023 when speaking about Treatment Resistant Depression.

PROGRAM COMMITTEE DISCLOSURES

Michelle Cochran, MD. Dr Cochran is the Chief Medical Officer for the NeuroScience & TMS Treatment Center, PC and is the president and majority owner of the practice. In addition she is a co-owner of the MSO, Cromwell Medical. She did NOT receive an honorarium nor accommodations for her participation in the TPA program and instead paid for both the Cochran and Vedros accommodations, and the company, NeuroScience & TMS Treatment Center, sponsored both Friday & Saturday's Networking events. Dr Cochran is the upcoming Tennessee Psychiatric Association president and as such coordinated the TPA program. She is passionate about local and federal advocacy for psychiatrists and has been active with the Tennessee Medical Association, APA and TPA in this regard. Dr Cochran is a speaker for Janssen Pharmaceuticals.

Shambhavi Chandraiah, MD, FRCPC, DLFAPA. Dr. Chandraiah graduated from Memorial University in Canada. She completed a rotating internship and half of her psychiatry residency at the Clarke Institute of Psychiatry (U. of Toronto Hospitals). She finished her psychiatry residency and Consult/Liaison Fellowship at Medical College of Virginia (Virginia Commonwealth University). Dr. Chandraiah has been primarily in academia starting with 2 VAMCs in Richmond and Ann Arbor, then University of Alabama at Birmingham, and University of Mississippi Medical Center - primarily as outpatient director with involvement in resident teaching and clinical supervision. She has been at Quillen College of Medicine, East Tennessee State University since 2014. She is currently Professor, Associate Chair for Clinical Affairs, and Adult Psychiatry Program Director. Dr. Chandraiah also serves as the treasurer of the Tennessee Psychiatric Association.

Jackie Cavnar, MBA. Jackie has served as the Executive Director for Tennessee Psychiatric Association for 7 seven years. She completed her undergraduate degree at the University of Tennessee, Knoxville and her graduate degree at Lipscomb University. She does not have any relevant financial relationships to disclose.



PRIZE FOR TOP POSTER

PSYCHIATRY RESIDENT POSTER COMPETITION

Criteria: Abstracts contain original material relevant to the field of psychiatry. The abstracts will be rated on scientific merit, quality of presentation, and compliance with these guidelines and instructions by a panel of judges. Posters can be co-authored, but at least one abstract author must be a psychiatry resident physician. The poster deemed the best by a panel of judges will be awarded a five-hundred-dollar (\$500) prize at the end of Saturday's conference during the closing networking hour. The winner must be present at the meeting to present the poster and receive the award.

Technical Requirements: The abstracts must be submitted electronically via email. Abstracts should be organized under the following five headings: Objective, Background, Design/Methods, Results, and Conclusions, and not exceed 300 words. Please include the title, all authors' names and affiliations with a residency program, and any pertinent disclosures regarding the research. **Please submit an electronic copy of your poster by March 1, 2024,** to TPA's executive secretary, Jackie Cavnar, jackiecavnar@bellsouth.net, as both Microsoft word documents (.doc) and as a Portable Document Format (.pdf). The poster will be evaluated for appropriateness in the poster session. Edits may be suggested during this time. If you are submitting more than one abstract, please e-mail them separately.

Presentation: The author should be present to hang their poster beginning on **Saturday 16 March 2024 at 7:30 am. The author should remain with their poster until 9:10 am during which time meeting attendees and judges will review posters.** Judges will score posters and presentations based upon topic, quality of the work and the compliance with these guidelines and instructions. The posters should remain throughout the day for meeting attendees to see and may be removed by or after the evening networking hour. Posters which are not removed by Saturday, March 17, at 8:30 pm will be disposed of by the TPA staff and the facility.

General Poster Guidelines: A poster should be self-contained and self-explanatory, allowing different viewers to proceed on their own while the author is free to supplement or discuss particular points raised in inquiry. Presentations should be kept simple and clear; a mixture of text and graphics is recommended. Remember that the viewer determines the time spent at each poster; the author doesn't determine the time spent at the poster, as would be the case in slide presentations.

Poster Layout & Content: Residents are expected to print their posters on paper, cardboard, or fabric to display for the attendees to review. Poster should be no larger than 36" wide X 48" tall. The poster content should be arranged in columns, rather than rows as it is easier for viewers to scan a poster by moving along it rather than by zigzagging back and forth in front of it. An introduction should be placed at the upper left and a conclusion at the lower right. Figures should be designed to be viewed from a distance and should use clear, visible graphics and large type. Each figure or table should have a heading of one or two lines. Additional essential information should be provided below in a legend. Photographs should have good contrast, sharp focus and, if necessary, an indication of scale. For text, minimize the narrative and use large font type in short, separated paragraphs. Numbered or bulleted lists are effective ways to convey a series of points. Do not set entire paragraphs in uppercase or boldface type. Titles and captions should be short and easy to read, in a sans serif font for preference. Use large lettering as this means a number of people can read the poster from a distance without overcrowding. Remember to caption your poster with the abstract title, authors' names, and affiliations. Headings should be a minimum of 50 Point font size. Smaller fonts for body of the poster are acceptable, but smaller than 20 point would make the font illegible for some. All significant disclosures and/or conflicts of interest should be disclosed in the lower left corner of the poster.

Poster Panel Allocation: A numbered area will be randomly allocated for each poster and conference staff will be on hand to advise you of your numbered area during the set-up time (7:30 am) for your session.



IN ORDER OF PRESENTATION

BIOS FOR SPEAKERS

Keith Caruso, MD, President of TPA. Dr. Keith Caruso graduated Cornell University Medical College, New York, NY and completed his residency training in psychiatry at the National Naval Medical Center (NNMC), Bethesda, MD. After two years with the Second Marine Division, Dr. Caruso completed fellowship training in forensic psychiatry at Walter Reed Army Medical Center, in Washington, DC in a joint program with the FBI Profiling and Behavioral Analysis Unit in Quantico, Virginia, the Clifton T. Perkins Hospital Center in Jessup, Maryland, Georgetown University Law School and the U.S. Disciplinary Barracks at Ft. Leavenworth, Kansas. Dr. Caruso was subsequently appointed chief of the inpatient psychiatry service at Walter Reed while concurrently serving as chief of the forensic psychiatry service at NNMC Bethesda. He also served as the Uniformed Services district branch president of the American Psychiatric Association. Dr. Caruso has been in private practice in forensic and general psychiatry in the Nashville area since October 1999. He is the President of the Tennessee Psychiatric Association and an American Psychiatric Association Assembly Representative. He is one of very few fellowship-trained, board-certified forensic psychiatrists in Tennessee. He is also licensed in Kentucky, North Carolina, Georgia, Alabama, and Mississippi. He is a physician consultant for Unum Disability Insurance Company. In addition to his clinical practice, Dr. Caruso has performed evaluations for criminal and civil courts, independent medical evaluations, cadet screening for the Chattanooga Police Department, fitness for duty evaluations for the Chattanooga and Memphis Police and Fire Departments, Worker's Compensation evaluations and capacity evaluations. Dr. Caruso also teaches as a volunteer faculty member at Meharry Medical College, the University of Tennessee Health Sciences Center, and East Tennessee State University Medical College.

Elizabeth Shultz, DO. Dr. Elizabeth Shultz joined the faculty at Vanderbilt University Medical Center in 2013 as one of the adult inpatient physicians. Her interests include teaching, neuromodulation (ECT and TMS), LGBTQ+ mental health, perinatal psychiatry, and adult inpatient psychiatric care.

George Mathews, MD. Dr. Mathews is a past TPA president and current member of the Executive Committee. He is a board-certified psychiatrist in Murfreesboro, TN and has more than 40 years of experience in the medical field. He graduated from Grant Medical College, Maharashtra University of Health Sciences in 1979. He is affiliated with Trustpoint Hospital and Ascension Hospital System. He is the author of "Our Father" published in 2023.

Eveleigh Wagner, MD. Dr. Eveleigh Wagner, received both her undergraduate degree and Doctor of Medicine from Emory University in Atlanta, GA. She then moved to Nashville, and completed a psychiatry residency at Vanderbilt University Medical Center. Following residency she became board-certified and joined the Mount Auburn Psychiatric Group in Cambridge, Massachusetts specializing in psychopharmacology, as well as, Women-Focused and Geriatric Psychiatry. In 2022, Dr. Wagner returned to Middle Tennessee, and joined the NeuroScience & TMS Treatment Center team in the Franklin Road, Brentwood location. Doctor Wagner's professional interests include helping patients with treatment-resistant depression and anxiety disorders, including post-traumatic stress disorder (PTSD) and obsessive-compulsive disorder (OCD) and using interventional treatments to help treatment resistant patients (TMS, Esketamine, and VNS). She enjoys working with patients to help create treatment plans that meet their individual goals.

Chuck Cochran, MBA. Chuck is an experienced healthcare administrator. He is the majority owner of Cromwell Medical Corporation which is a Management Service Organization working primarily for psychiatric practices and consulting for psychiatric and interventional practices. He has an MBA from Vanderbilt University and a business degree from University of Tennessee, Knoxville. While you might get a glimpse of him in one of the four locations of the NeuroScience & TMS Treatment Center, he is usually tucked away in the back office working on accounting, insurance, and general operations.

Lauren Vedros, Director of Operations. Upon graduating from Mississippi State University with an undergraduate degree in Psychology, Lauren began working in community mental health for 6 years before taking a TMS Technician position at NeuroScience & TMS Treatment Centers. Lauren has always had a passion for mental health, but she has discovered her love for healthcare operations and logistics through her experience in the field. Lauren has had the pleasure of working alongside Dr. Michelle and Chuck Cochran for the last four years; the last two years she has been Cromwell Medical's Director of Operations. Lauren, her husband Zach, and their two dogs, Axel and Nova, moved to Nashville almost 8 years ago. She and Zach like to complete DIY projects around their house and try to be outside as much as possible.

Anne S. Arney, Esquire, Attorney. Anne Arney concentrates her practice in the areas of business and healthcare law. She has more than 30 years of experience in representing healthcare providers, practitioners, and entrepreneurs. Her clients include medical practices, individual practitioners, and growing businesses in both healthcare and non-healthcare industries. Ms. Arney assists her clients with all of the corporate and business law aspects of their companies or practices.

Michael Baron, MD, MPH, TMF Medical Director. Dr. Baron, MD, MPH, is the Medical Director of the Tennessee Medical Foundation (TMF). He previously served as medical director for The Ranch, a 120-bed residential treatment center located in Nunnally, TN. He is Board certified in psychiatry, anesthesiology and addiction medicine and he has practiced in the Nashville area since 1998.



BIOS FOR SPEAKERS/PANELISTS

Adam Chan, MD. Dr. Chan is currently a Child and Adolescent Psychiatry Fellow Physician at the UTHSC Department of Psychiatry in Memphis, TN. Apart from his time caring for patients and their families, and teaching medical students, he has interests in organizational leadership and mental health advocacy, extending to the local and national levels of the American Psychiatric Association. He has a passion for the advancement of minoritized and underserved populations, receiving grants for diversity and inclusion efforts, and seeks the expansion of innovative healthcare delivery systems and technologies to address the ever-increasing mental and emotional healthcare needs in the community. Upon completion of fellowship training, Dr. Chan is seeking both inpatient and outpatient opportunities - specifically working with patients across the lifespan and Interventional Psychiatry modalities including ECT and TMS. Fun Fact: in 2023, Dr Chan was voted one of Memphis Tennessee's top 20 adults under 30 years old.

Valerie Arnold, MD, DFAPA, DFAACAP, ACPsych. Dr. Arnold is a member of the Executive Committee of TPA. She is a Professor and Chief of the Child and Adolescent Psychiatry Service at the University of Tennessee Health Sciences Center faculty in Memphis. Her areas of teaching focus on Child and Adolescent Psychiatry, Attention Deficit Hyperactivity Disorder, School Based Treatment, Treatment of Adolescent Sex Offenders, and organized Medicine. She has completed more than 200 clinical trials as a PI and 200 as a Subl ranging from ADHD, Mood Disorders, Anxiety, Trauma, Autism, Alzheimer's, Gambling, OCD, fibromyalgia, insomnia, to Migraines, C-Diff, and Diabetes, and is currently involved in 20 clinical trials, one NIH study, and Pediatric Mental Health Care Access Collaborative. Her areas of Clinical Care Focus are the Shelby County Schools Day Treatment Consult, Psychiatric Consult Service - Le Bonheur Children's Hospital, Medical Director-Adolescent Sexual Offender Program, Parkwood RTC, Consultant - Emergency Room, and the Le Bonheur Children's Hospital. She is professionally very interested and has served in the governance of psychiatric societies as the current TPA secretary, and the District Branch representative for Tennessee to the American Psychiatric Association Assembly. She has also been active in organized medicine at the AMA delegation, at the AACAP-Assembly, as a representative of the APA to the ABPN, as the past president of the Memphis Medical Association, with the TN Child & Adolescent Psychiatry Association, on the Board of Trustees of the TMA, and she has served on APA Maintenance of Certification Committees. In her spare time, Dr Arnold enjoys gardening and is a Master Gardener with the Tennessee Agricultural Extension Service.

Greg Kyser, MD. Dr. Kyser has been board certified in psychiatry by the American Board of Psychiatry and Neurology since 1993. He is a graduate of the University of Arkansas and completed medical training at the University of Arkansas for Medical Sciences. Additionally, he completed a master's degree in clinical psychology from Trinity University. He has been in private practice in Nashville since completing psychiatric training at Vanderbilt University Medical School in 1991. His areas of interest and specialization include adult outpatient psychiatry; workers compensations; evaluation and treatment; and, forensic psychiatry; fitness for duty evaluations; independent medical evaluations (IME); and medical malpractice. In addition to his clinical practice, Dr. Kyser serves as the legislative representative for the Tennessee Psychiatric Association. Since 2003, Dr. Kyser has been a Distinguished Fellow in the American Psychiatric Association. Dr. Kyser is certified by the state of Tennessee Medical Impairment Registry.

Anjanette Eash, Membership Director, Tennessee Medical Association. In her role with TMA, she directs all aspects of association membership, including recruitment and retention of physician members, and working to help meet the changing needs of today's medical professionals. Prior to TMA, Mrs. Eash worked for the Tennessee CASA Association, the Tennessee Bar Association and for other nonprofit organizations in the greater Nashville, Tenn. area. She was a founding officer of the National Association of Youth Courts and is a certified Building Strong Brains Trainer. She holds bachelor's degrees in Public Relations and International Relations. Eash resides in Murfreesboro with her husband and their two teenagers.

Amelia Mitchell, Senior Public Policy Advisor at Schmidt Government Solutions. Prior to joining Schmidt Government Solutions, Amelia served as the Senior Policy Advisor in the Tennessee General Assembly for House Majority Leader Rep. William Lamberth. During her time in this position, she was responsible for the management of legislation which ranged from identifying and researching possible legislative issues to filing amendments and scheduling bills to be heard in House Committees. Amelia also played a key role in intergovernmental communication as she worked closely with the Governor's staff and liaisons from various state agencies to fulfill legislative asks. Before moving into her Senior Policy Advisor position, Amelia spent over 10 years gaining insight into the legislative process as a Research Analyst for various committees within the Tennessee General Assembly. She worked with a wide array of policy subject areas during this time as she served on committees such as Local Government, Criminal Justice, and Children & Family Affairs. Amelia also served as a Fiscal Analyst for the General Assembly's Fiscal Review Committee where she was responsible for the collection of data from agencies as well as the estimation and communication of the impacts of proposed legislation. Amelia earned her Bachelor of Science degree in Mass Communication from Middle Tennessee State University and lives in Nashville.

Jim Schmidt, TPA Lobbyist. Jim provides government affairs services for businesses, organizations and associations to help guide them through TN state government and the General Assembly. For more than 20 years, he has worked with the legislature and offers valuable assistance to those who are impacted by various bills. He graduated with a BA in Communications and Business from the University of Memphis and began learning and lobbying while working at Baker Donelson as a Senior Public Policy Advisor from 2002 - 2011. Since 2011, he has worked as the President of Schmidt & Associates and became the lobbyist for TPA in January 2024.

PAID ADVERTISEMENTS



Save the Date

Sept 11-15, 2024

Southern Psychiatric Association

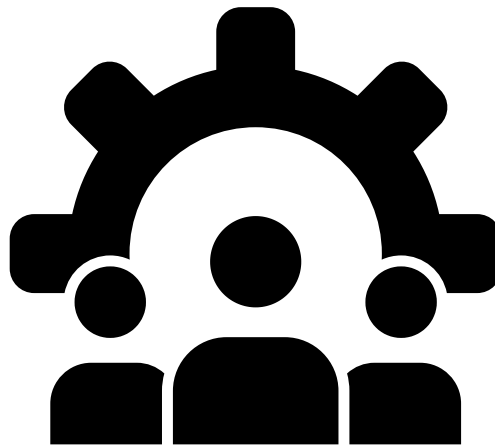
&

Tennessee Psychiatric Association

Joint meeting

Westin Chattanooga Hotel

www.sopsych.org



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Chuck Cochran MBA, chuck@cromwellmc.com



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Thank You

Exhibitors

AbbVie - Exhibitor

Alkermes - Exhibitor

Axosome - Exhibitor

Inter-Cellular Therapies - Exhibitor

Janssen Neuroscience - Exhibitor

LivaNova - Exhibitor

Oasis TMS - Exhibitor

Teva - Exhibitor

Sponsor for Networking Hour Appetizers

NeuroScience & TMS Treatment Center

Special thanks to:

**Michelle Cochran, MD & Jackie Cavnar,
Executive Director, for coordinating the program logistics,
and to Shambhavi Chandraiah, MD for coordinating the Resident Poster
Presentation & Judges**