



Ohio Psychiatric Physicians Association
2025 Annual Psychiatric Update

Honoring the Past, Celebrating the Present, and Shaping the Future of Psychiatry



Join us for the 2025 Annual Psychiatric Update as OPPA celebrates the 75th anniversary of the organization and the evolution of the psychiatric profession. This grand event will feature nationally renowned speakers and offer an inviting educational opportunity for clinicians, researchers, and learners at all levels.

Attendees will learn about advances in treatments, professional updates, and critical reassessment of established practices within the field. Designed to inspire reflection, facilitate networking with peers, and enhance your practice, this conference promises to be a transformative and engaging experience for all participants.

March 1-2, 2025
Hilton Polaris, Columbus, OH



General Information

WHO SHOULD ATTEND

This program is designed specifically for Psychiatrists, Residents, Medical Students and other Physicians, including Primary Care and Pediatricians, as well as Psychologists, Nurses, Social Workers, Counselors and other Mental Health Care Professionals.

REGISTRATION

The preferred method of registration is online at www.ohiopsychiatry.org/annualpsychupdate. If you register by mail, please complete the registration form on page 11 and send with payment to: Ohio Psychiatric Physicians Association, PO Box 400, Dublin, OH 43017. Make check payable to OPPA. Your registration is not confirmed until payment is received. Non-member psychiatrists who join OPPA/APA by March 1, will receive \$150 applied to OPPA dues (please select this option on the registration form and a representative from OPPA will contact you with further details.)

HOTEL ACCOMMODATIONS

A limited number of rooms have been set aside until **February 7** at the rate of \$182 single/double, plus applicable tax at the Hilton Polaris, 8700 Lyra Drive, Columbus, OH 43240. To reserve a room please contact the hotel ASAP at 1-888-864-8055 and ask for the OPPA's room block or go to <https://www.hilton.com/en/attend-my-event/cmhpohf-913-14994e7a-fe0b-433b-bc5b-1a4d16c88d6a/>

AMERICANS WITH DISABILITIES ACT

If you need assistance related to sight, sound, or mobility, please contact the OPPA office as soon as possible so that we may accommodate reasonable requests.

SYLLABUS

In an effort to go green, an electronic syllabus will be posted online and made available to every registered attendee prior to the event. We will not be handing out printed copies onsite. If you wish to pre-purchase a printed and bound syllabus the cost is \$15. Please be sure to select this add-on when you register.

MEALS

A breakfast and lunch buffet will be provided on Sat., March 1 and a breakfast buffet will be provided on Sun., March 2.

CANCELLATION POLICY

If you are not able to attend, we encourage you to send someone in your place. Refund of the registration fee, minus a \$50 administrative charge will be allowed if request for cancellation is received in writing by Feb. 10, 2025. After this date no refund will be made.

SPONSOR A MEDICAL STUDENT

In an effort to give medical students more opportunities to experience psychiatry, including being mentored by a practicing psychiatrist, and receive cutting-edge psychiatric education, the Ohio Psychiatric Physicians Foundation (OPPF) encourages meeting attendees to "sponsor" a medical student by paying the registration fee for a medical student to attend the OPPA Annual Psychiatric Update. This is just one of the ways the OP PF is working to encourage students to consider psychiatry as their specialty.

Your support can be accomplished in one of two ways:

- 1) If you have a specific student whom you wish to sponsor, simply complete the registration form, making sure to include the student's contact information; or
- 2) If you do not have a particular student in mind, we will pair you up with a medical student who has indicated an interest in attending if there is a sponsorship available – simply complete the registration form, leaving that information blank and you will be contacted by the OPPA office closer to the time of the actual meeting. If you are unable to attend the meeting, you may still sponsor a student by making a tax-deductible contribution to the OP PF for this purpose.

In order to make this a tax-deductible contribution, the registration and the sponsorship must be processed in two separate transactions. If paying by check, please mail two checks. Please make the sponsorship check payable to Ohio Psychiatric Physicians Foundation (OPPF) and your event registration check payable to OPPA.

MEDICAL STUDENTS

Students, enrolled in an Ohio medical school program, may apply for a sponsorship by completing the [Medical Student Sponsorship Registration](#). Students will be notified by February 10, 2025 if there is a sponsorship available. Priority will be given to students who have not attended in the past. There will be time at a designated student breakfast to meet with other Ohio medical students and to learn from residents and others about psychiatry residency and career opportunities.

Overview

OVERALL LEARNING OBJECTIVES

At the conclusion of this educational event, participants should be able to:

Sat., Mar. 1

- ◆ Discuss the numerous clinical changes in psychiatry as a medical specialty over the past 75 years
- ◆ List the various scientific advances in psychiatry since 1950 when the OPFA was established
- ◆ Recognize the current and future opportunities for psychiatry as a medical and scientific discipline
- ◆ Gain familiarity with the epidemiology of older-age bipolar disorder (OABD) and the assessment and treatment of individuals with OABD
- ◆ Identify the characteristics of school shooters, areas of inquiry in evaluating potential school shooters and potential interventions to reduce school shootings
- ◆ Describe the limitations to interpersonal connection brought by the pathway of medical training, the current understanding and impact of loneliness, and the imperative to focus on the development of a resilient workforce
- ◆ Discuss the paradigm of improvisational theatre and its applications to the workforce and to medical training

- ◆ Consider how experiences of improvisation might facilitate enhanced clinical encounters, decrease the experience of loneliness, and aid in the development of a resilient group of resident trainees

Sun., Mar. 2

- ◆ Appreciate the historical development of Kraepelinian and neo-Kraepelinian psychiatric classifications
- ◆ Examine how questions of classification have intersected with questions about the nature of mental illness
- ◆ Recognize contemporary developments in dimensional approaches to psychopathology
- ◆ Summarize the current state of mental health in our community.
- ◆ Discuss the impact of cultural norms and stigma on seeking treatment.
- ◆ Outline personal, institutional, and societal strategies to enact change.
- ◆ Describe several domains in which meaning effects profoundly shape treatment outcomes
- ◆ Recognize and diagnose common psychodynamics interfering with optimal medication outcomes
- ◆ Use psychodynamically-informed interventions to address dynamics driving pharmacologic treatment-resistance

CONTINUING EDUCATION

PHYSICIANS

In support of improving patient care, this activity has been planned and implemented by the American Psychiatric Association (APA) and the Ohio Psychiatric Physicians Association (OPPA). The American Psychiatric Association (APA) is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

The American Psychiatric Association designates this live activity, ***Honoring the Past, Celebrating the Present, and Shaping the Future of Psychiatry*** for a maximum of 9 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

EVALUATION

This educational activity will be evaluated utilizing an online evaluation form to evaluate the effectiveness of the CME activity in meeting the identified educational needs and stated learning objectives in terms of satisfaction, knowledge, skills and any perceived commercial bias. At the conclusion of this educational event, you will be provided with a link to the evaluation form. After completing the evaluation you will be provided with an opportunity to print a certificate for continuing education credit.

CME CERTIFICATE

Instructions with an access code for obtaining your CME certificate online, directly from the APA, will be provided during the conference. You will complete an evaluation form online. Once you complete the evaluation and attest to the number of hours of credit you are claiming for this educational event, a certificate will be available for immediate download/printing.

PLANNING COMMITTEE DISCLOSURE

It is the policy of the APA to comply with the ACCME Standards for Commercial Support of CME. Planning committee members and related staff disclosures are on file and disclosed on program materials. Faculty participating in sponsored or jointly provided meetings of the APA are required to disclose to program participants any financial relationships with commercial interests that they (or their spouse/partner) have related to the content of their presentations. Faculty disclosures are identified as a faculty cover sheet with their respective syllabus/handout materials. Faculty are also responsible for disclosing any discussion of off-label or investigational use of a product.

The following individuals of the planning committee have indicated neither they, nor their spouse/partner, have any financial relationship with any commercial source: Awais Aftab, MD, Nita Bhatt, MD, Karen Jacobs, DO, Victoria Kelly, MD, Poojajeet Khaira, MD, Janet Shaw, MBA, Doug Smith, MD, Kristi Williams, MD, and Heather Wobbe, DO.



Call for Poster Abstracts



The Ohio Psychiatric Physicians Association (OPPA) and Ohio Psychiatric Physicians Foundation (OPPF) invite all OPPA members, resident/fellows and medical students to participate by submitting an abstract for consideration to display a poster during the upcoming Annual Psychiatric Update to be held on March 1-2, 2025.

In 2025, all abstracts meeting the specified requirements will be accepted and scored by judges. If an abstract ranks in the top 20 of all submissions, the submitting author(s) will be asked to create a poster to be displayed at the OPPA meeting. At least one author will be expected to register, attend the meeting, and display their poster. Authors are encouraged to be available during break times to showcase and discuss their poster with meeting attendees. Please note that posters will be for display purposes only and will not be judged on-site.

PURPOSE

Creating a clear, concise, and informative abstract is crucial for effectively summarizing your research and preparing a visual poster for display, whether on-site at the meeting or digitally on the OPPA website.

SUBMISSION GUIDELINES

- General members and residents/fellows members must be an OPPA member; medical students must be members of APA.
- Submission areas may include research reports, research-in-progress, case reports, and posters that have already been presented elsewhere within the past year.

GENERAL DISCLOSURE POLICY

- Every author must complete a [Disclosure of Financial Interests form](#) through the [OPPA's online submission site](#).
- Each author must make every effort to ensure meaningful disclosure of limitations on data (e.g. ongoing research, interim analysis, preliminary data, or unsupported opinion).

DEADLINES

- Oct. 1** OPPA begins accepting poster abstracts
- Dec. 31** Deadline to submit abstracts by 11:59 p.m.
- Jan. 2** Poster judges score qualifying abstracts
- Jan. 15** Primary author(s), will be notified of the scoring of the abstracts
- Feb. 28** All poster PDFs must be received by OPPA/OPPF for posting on the website

REQUIRED INFORMATION FOR ASTRACT

- Title
- Key Contact (name, affiliation, phone number and email address)
- Information of all author(s) (name, institution name, and email address)
- Name of person(s) who will be on-site (if abstract chosen)
- Abstract (500 words or less), which will be scored by judges—it is helpful to include the following section headings for organization:
 - Background, Methods, Discussion, Conclusion, and References
- The disclosure form must be completed by all authors at the time of the abstract submission.
- All submission materials must be completed online.

Click [HERE](#) to access the submission form or go to: www.oppa.org/foundation, under Awards section.

- Incomplete submissions will be not be accepted.

REVIEW PROCESS AND SCORING

- Abstract submissions will be reviewed for acceptance and scored by the judges, based on the following criteria: educational value, quality of writing, topic diversity, type of research (cohort vs. case-controlled vs. quality improvement, vs. literature review). Note: **Original research will score higher than literature review.**
- Top 20 highest-scoring abstracts will be displayed as a poster on-site at the OPPA Annual Meeting (as well as on the OPPA website as a PDF).
- Authors of abstracts that do not score in the top 20 are encouraged to create a poster PDF for display on the OPPA website.

SATURDAY, MARCH 1

TIME	Please note: The opinions expressed by presenters are their own and do not necessarily reflect the views of OPFA.
7 – 8:30 a.m.	Registration/Visit Exhibits
7:15 – 8:15 a.m.	Buffet Breakfast
7:15 – 8:15 a.m.	Medical Student Meeting/Breakfast
7:30 – 8:15 a.m.	OPFA Annual Business Meeting and Installation of Officers
7 – 5 p.m.	Poster Displays
8:25 a.m.	Welcome and Opening Remarks - Awais Aftab, MD and Karen Jacobs, DO, 2025 Program Co-Chairs
8:30 – 9:45 a.m.	<p data-bbox="272 506 1179 573"><i>Paradigm Shifts and Seismic Changes in Psychiatry Since the OPFA was Founded 75 Years Ago</i></p> <p data-bbox="272 594 1531 651">Henry Nasrallah, MD, DLFAPA Professor of Psychiatry, Neurology and Neuroscience, University of Cincinnati College of Medicine</p> <p data-bbox="272 663 1474 709">No medical specialty has undergone as dramatic a transformation as psychiatry since the OPFA was founded in 1950. Here is an overview of major changes:</p> <ul data-bbox="272 718 1523 1100" style="list-style-type: none"> •From Freudian theoretical dominance to empirical neurobiology •From non-existent diagnostic system to DSM schemas •From lifetime institutionalization and lack of treatment to myriad pharmacological and neuromodulation therapies. •From total ignorance about brain changes in psychiatric disorders to advanced structural and functional neuroimaging techniques •From guesswork about heritability of mental illness to molecular neurogenetics, GWAS, risk genes, CNVs, mutations and epigenetics •From behavioral changes in psychotic and mood disorders to cortical and synaptic neuroplasticity •From psychodynamic jargon to neuroscience terminology •From 1 board certification to 6 •From theory-based psychodynamic psychotherapy to evidence-based cognitive behavioral therapy •From intense stigma of mental illness to increased understanding and less stigma •From physician prescribing to nurses and psychologists prescribing •From clinical "hunches" to biomarkers and precision psychiatry <p data-bbox="272 1119 1463 1165">The evolution of psychiatry as a medical and scientific discipline will continue unabated. Psychiatrists will morph into behavioral neuroscientists at the OPFA's 100th anniversary!</p>
9:45 – 10:15 a.m.	Break and Visit Exhibits
10:15 – 11:15 a.m.	<p data-bbox="272 1241 927 1272"><i>Top Research Findings From the Past Year</i></p> <p data-bbox="272 1276 1500 1333">Christopher Aiken, MD, DFAPA Editor in Chief, The Carlat Psychiatry Report and Assistant Professor, NYU School of Medicine</p> <p data-bbox="272 1352 1466 1402">Dr. Aiken will cover clinical trials that are changing how we practice, including updates on lithium, benzodiazepines, alcohol use disorder, stimulants, and treatment resistant depression.</p>
11:15 a.m. – 12:15 p.m.	<p data-bbox="272 1514 1495 1581"><i>What's new with the old? An update on emerging research in Older-age Bipolar Disorder (OABD)</i></p> <p data-bbox="272 1600 1503 1717">Martha Sajatovic, MD, DLFAPA Professor of Psychiatry of Neurology, Willard Brown Chair in Neurological Outcomes Research, Rocco L. Motto Professorship in Child & Adolescent Psychiatry, Director, Neurological and Behavioral Outcomes Center, University Hospitals Cleveland Medical Center, Case Western Reserve University School of Medicine</p> <p data-bbox="272 1736 1520 1955">Older Age Bipolar Disorder (OABD) refers to patients with bipolar disorder (BD) aged 50 and over. Given rapid and unprecedented changes in global demographics, there has been increasing attention paid to expanding the limited evidence base on epidemiology, assessment recommendations and understanding therapeutic options for this highly vulnerable group of patients. OABD represents a complex subgroup of BD, with a distinct clinical phenotype including poor physical health and impaired cognitive functioning, all limiting and complicating treatment and recovery. Within the OABD "umbrella" are individuals who have onset of illness in young adulthood (the most common age of onset) as well as those who have illness onset later in life. Research on OABD has been scarce, prohibiting evidence-based guidelines tailored specifically to OABD across the globe. Newer research, including recent findings from the Global Aging & Geriatric Experiments in Bipolar Disorder (GAGE-BD) project will be presented in order to provide a better understanding of BD across the life-span.</p>

SATURDAY, MARCH 1

TIME	
12:15 – 1:15 p.m.	Buffet Lunch
1:15 – 2:30 p.m.	<p><i>Jeopardy</i></p> <p>Similar to APA's national residency team competition known as MindGames, OPPIA will host its own version of this fun experience for residents and other participants to test their knowledge on patient care, medical knowledge, and psychiatric history while earning bragging rights and raffle tickets for the winning team!</p>
2:30 – 2:45 p.m.	Break and Visit Exhibits
2:45 – 4 p.m.	<p><i>School Shooters: Troubled Teens or Cold Blooded Killers?</i></p> <p>Phillip Resnick, MD, DLFAPA Professor of Psychiatry at Case Western Reserve University</p> <p>School shootings have increased sharply in the last few years. The goal of this presentation is to help psychiatrists recognize potential school shooters in their own practice and to improve their skills in assessing students who have made threats to attack schools. Participants will learn to identify red flags for high risk. Prevention by schools of these tragedies will also be discussed.</p>
4 – 4:15 p.m.	Break and Visit Exhibits
4:15 – 5:15 p.m.	<p><i>Bringing Improvisation to Life: Experiences to Build Resilience, Address Loneliness, and Enhance our Curiosity and Everyday Experience</i></p> <p>Jeff Katzman, MD Director of Education, Silver Hill Hospital; Director, Silver Hill Academy of Research and Education (SHARE); Professor Adjunct, Yale Department of Psychiatry; Professor Emeritus, University of New Mexico, Department of Psychiatry</p> <p>We live amidst an epidemic of loneliness and many in our world feel disconnected. Loneliness correlates with multiple medical and psychiatric presentations and is often a clinical challenge. Simultaneously, many clinicians themselves feel burned out and overwhelmed, and the call for resilience can further deepens this feeling. This presentation will underscore the potential role that the guidelines from improvisational theatre can have to impact our lives, our teams, and our patients, and will feature both didactic and experiential components.</p>

SATURDAY, MARCH 1 - Evening

TIME	FUNCTION
	<p><i>OPPIA 75th Anniversary Gala & Silent Auction</i></p> <p>(See page 9 for more details. Schedule and activities subject to change slightly)</p> <ul style="list-style-type: none"> • Cocktail Hour • Silent Auction • OPPIA Annual Meeting & Awards • Special Guest Speakers • Dinner • Entertainment/Dancing



SUNDAY, MARCH 2

TIME	FUNCTION
8 – 8:55 a.m.	Visit Exhibits/ Buffet Breakfast
9 – 10 a.m.	<p><i>Changing Views of Psychiatric Diagnosis and Classification</i></p> <p>Awais Aftab, MD Case Western Reserve University, Cleveland and Southwest General, Middleburg Heights</p> <p>Psychiatric classifications work within certain assumptions about the nature of mental illness that are taken for granted. This presentation will provide an overview of the historical development of Kraepelinian and neo-Kraepelinian psychiatric classifications and will examine how questions of classification, especially the tension between description and hypothetical-conjectural methods, have intersected with questions about the nature of psychiatric disorders in modern history. Ongoing controversies, including the rise of dimensional approaches, currently exemplified by HiTOP and by ICD-11's adoption of a dimensional model of personality disorders, will also be examined, and the talk will conclude with preliminary remarks on future directions.</p>
10 – 10:30 a.m.	Break and Visit Exhibits
10:30 – 11:30 a.m.	<p><i>Removing the Mask: 2.0 - How a Surgeon's Mental Health Story Can be a Catalyst for Improving Mental Health Care</i></p> <p>Carrie Cunningham, MD, MPH Associate Professor of Surgery at Harvard Medical School, Section Head of Massachusetts General Hospital Endocrine Surgery Unit, Boston, Massachusetts</p> <p>In this session, Dr. Cunningham will discuss the current mental health crisis among health care professionals. Through her own lived experience, she will discuss the current state, barriers to care, and a multifaceted approach to enacting change in mental health awareness, reducing stigma and increasing resources for those who are struggling in our community.</p>
11:30 a.m. – 12:45 p.m.	<p><i>Psychodynamic Psychopharmacology: Person-Centered Approaches to Pharmacologic Treatment Resistance</i></p> <p>David Mintz, MD Director of Psychiatric Education, Associate Director of Training, and Team Leader, Austen Riggs Center, Stockbridge, MA</p> <p>Though psychiatry has benefited from an increasingly evidence-based perspective and a proliferation of safer and more tolerable treatments, outcomes are not substantially better than they were a quarter of a century ago. Treatment resistance remains a serious problem across psychiatric diagnoses. One likely reason is that the systems within which psychiatrists are working often create pressures to adopt a reductionist framework, neglecting the fundamental role of psychosocial factors in shaping pharmacotherapy outcomes.</p> <p>Psychodynamic Psychopharmacology is a psychodynamically-informed, patient-centered approach to psychiatric patients that explicitly acknowledges and addresses the central role of meaning and interpersonal factors in pharmacologic treatment. While traditional objective-descriptive psychopharmacology provides guidance about what to prescribe, the techniques of Psychodynamic Psychopharmacology inform prescribers about how to prescribe to maximize outcomes, not only in terms of addressing symptoms, but also in ways that support the patient's development, increase in the patient's personal authority, and foster general wellbeing.</p> <p>This presentation will touch on the evidence base connecting meaning, medications, and outcomes, and will review psychodynamic concepts relevant to the practice of psychopharmacology. We will explore how psychodynamic issues may interfere with optimal outcomes, particularly in patients with a history of early adverse experiences. Then we will consider techniques for identifying and addressing treatment-interfering dynamics.</p>

Please note: The opinions expressed by presenters are their own and do not necessarily reflect the views of the Ohio Psychiatric Physicians Association (OPPA).



Speakers



Awais Aftab, MD, is a psychiatrist at Southwest General Medical Center and a Clinical Assistant Professor of Psychiatry at Case Western Reserve University in Cleveland, Ohio. His academic, educational, and public-facing work focuses on conceptual and critical issues in psychiatry. His peer-reviewed work has been published in top psychiatric journals such as *JAMA Psychiatry*, *American Journal of Psychiatry*, and *World Psychiatry*. He has written for the *New York Times* and has been quoted in publications such as the *LA Times*, *VICE News*, and the *Rolling Stones Magazine*. He led the interview series "Conversations in Critical Psychiatry" for *Psychiatric Times*, and a book adaptation is forthcoming from Oxford University Press. He is a senior editor for the journal "Philosophy, Psychiatry, & Psychology." He writes online on his Substack newsletter *Psychiatry at the Margins*, which has more than 8000 subscribers from 110 countries. (<https://psychiatrymargins.com/>).



Chris Aiken, MD, DFAPA is the editor-in-chief of the *Carlat Psychiatry Report* and an assistant professor of psychiatry at New York University and Wake Forest Schools of Medicine. He hosts the weekly *Carlat Psychiatry Podcast* and is the author of peer reviewed papers and books, including 2022's *Prescribing Psychotropics*.



Carrie Cunningham, MD, MPH is a clinician scientist in endocrine surgery, who aspires to improve patient outcomes by providing expert, innovative, evidence-based clinical care and by performing state-of-the-art research. Since her promotion to Associate Professor, she has been supported for her research program, published broadly (~40 publications since 2018), and been invited to speak nationally and internally for her health services research. As a teacher, mentor, and member of the Harvard Faculty of Medicine, she looks forward to training and mentoring future surgical leaders and scientists, with a focus on endocrine disorders and cancer. She has served as a leader in a number of different organizations and was elected as the President of the Association for Academic Surgery. As the platform for her presidency and continued publication, speaking, and advocacy, she continues to advocate for mental health destigmatization, removal of barriers and access to affordable resources, and cultural change.



Jeff Katzman, MD is Emeritus Professor of Psychiatry at the University of New Mexico and Adjunct Professor at the Yale School of Medicine. He currently works as the Director of Education at Silver Hill Hospital and as the medical director for multiple ECHO programs in resilience for health care workers. Prior to this, he directed Behavioral Health Care services at the New Mexico VA Health Care System and programs for veterans with PTSD in Los Angeles. He is a longtime student and teacher of psychodynamic psychotherapy and attachment as well as a practitioner of Intensive Short-Term Dynamic Psychotherapy. Dr. Katzman has held multiple leadership roles in the American Academy of Dynamic Psychiatry and Psychoanalysis and is also an original board member of the Mentalizing Initiative in Los Angeles. He has received multiple recognitions as an outstanding teacher from trainees and has been published for his research and original ideas in multiple peer reviewed journals. He has also participated in improvisational theatre for decades and has held a passion for understanding its application for interdisciplinary hospital teams, psychiatric trainees, psychotherapists, and patients. He has presented these ideas at multiple international conferences and has published two books about the application of improvisation to our lives. His original research has demonstrated the critical role improvisation can play in becoming comfortable with the unknown. He has also been identified as an Amazon Breakthrough Novel Quarterfinalist for his original novel, *The Storymaker*.



David Mintz, MD is the Director of Psychiatric Education and Associate Director of Training at the Austen Riggs Center in Stockbridge, Massachusetts, a psychoanalytic therapeutic community specializing in the treatment of patients who are complex, co-morbid, and treatment refractory. He is the author of *Psychodynamic Psychopharmacology: Caring for the Treatment-Resistant Patient*, and dozens of other publications that explore patient-centered approaches to pharmacologic treatment-resistance. Dr. Mintz is also the recent past Leader of the Psychotherapy Caucus of the American Psychiatric Association.

Speakers



Henry A. Nasrallah, MD, DFAPA is a widely recognized neuropsychiatrist, educator and researcher. Following his psychiatric residency at the University of Rochester, and neuroscience fellowship at the NIH, he served for 12 years as chair of psychiatry at Ohio State and 6 years as chair of Psychiatry at Saint Louis University and 4 years as Associate Dean at the University of Cincinnati College of Medicine, where he is currently Emeritus Professor of Psychiatry, Neurology and Neuroscience. Dr. Nasrallah has published 14 books and 670 articles. He is Editor-In-Chief of three scientific journals. He is a Distinguished Life Fellow of the APA and Founding President of the OPPF. He has received numerous research and teaching awards. He is ranked in the top 1% of world researchers in terms of citations, and listed as one of the Best Doctors in America.



Phillip Resnick, MD, DLFAPA is a Professor of Psychiatry at Case School of Medicine in Cleveland, Ohio. Dr. Resnick served as a consultant in many high-profile cases, including those of Jeffrey Dahmer, Susan Smith, Timothy McVeigh, Andrea Yates, Scott Peterson, Casey Anthony, Nikolas Cruz, Theodore Kaczynski, the Unabomber, and James Holmes, the Aurora, Colorado Batman movie shooter. Dr. Resnick is a past president of the American Academy of Psychiatry and the Law. He has published over 215 articles and book chapters. He has lectured in 49 states and 25 countries.



Martha Sajatovic, MD, DLFAPA is a Professor of Psychiatry and Neurology at Case Western Reserve University (CWRU) School of Medicine in Cleveland, Ohio. She is a researcher, educator, and clinician focusing on hard-to-treat populations with brain disorders. Dr. Sajatovic holds the Willard Brown Chair in Neurological Outcomes at University Hospitals Cleveland Medical Center (UHCMC) and directs the Neurological and Behavioral Outcomes Center at UHCMC/CWRU. She has subspecialty certification in Behavioral Neurology & Neuropsychiatry. Her research interests include enhancing health outcomes in people with chronic psychiatric conditions such as hypertension and diabetes and self-management of chronic physical health conditions. She is a lead Principal Investigator of the Global Aging & Geriatric Experiments in Bipolar Disorder (GAGE-BD) project, focused on advancing knowledge on older-age bipolar disorder. Dr. Sajatovic has received multiple research grants and has authored or co-authored over 350 peer-reviewed publications and has published over 40 chapters/books. She has also been recognized with several prestigious awards for her work.





Gala and Silent Auction

Join us for a fun and entertaining evening of networking with colleagues, both seasoned and new! Celebrate OPPA's 75th Anniversary in style, enjoy a delicious dinner, dance, and take home some amazing silent auction items. It's the perfect opportunity to connect, celebrate, and make lasting memories. Don't miss out on this special milestone event!



Saturday, March 1, 2025 - Hilton Polaris, Columbus

Purchase a Table

- Listed among table sponsors in program
- Purchase a table for 10 and sit with friends for this fun-filled evening!

\$950

Give \$75 for 75

- Listed among contributors in program brochure

Whether you're an individual member, prospective member, clinician, family member, business colleague, and anyone who knows someone with a mental illness, including substance use disorder, we appreciate all you do to support and improve the lives of so many!

\$75

Bring a Friend

- Bring a friend incentive! Exciting news! When you invite a friend to the Gala, both of you will receive a raffle ticket for use during the Gala! It's a fantastic way to enjoy the event together and increase your chances of winning some incredible prizes!



Silent Auction

Join us in celebrating OPPA's 75th Anniversary with a Silent Auction and Raffle on Saturday, March 1, to benefit OPPA's Foundation. The Silent Auction will take place in the evening, during OPPA's anniversary gala, offering a variety of exclusive items and experiences for attendees to bid on. Throughout the day, we will also be selling tickets for numerous raffle baskets, giving everyone the chance to win exciting prizes while supporting a great cause.

Attendees are welcome to donate an item for the Silent Auction! Your donation may be tax-deductible, and your generosity will help raise funds for the Ohio Psychiatric Physicians Foundation. Our mission is to advance the field of psychiatry and improve mental health care for all Ohioans. We appreciate all donations with a minimum value of \$50. To donate an item or cash, please see the contribution form. Thank you for your support and contribution to this important cause!



Keep checking the OPPA website to see silent auction items as they are donated!



OPPF Silent Auction

Saturday, March 1, 2025



We are excited to announce that the Ohio Psychiatric Physicians Foundation (OPPF) will be holding a silent auction fundraising event on Saturday, March 1, 2025, at the Hilton Polaris in Columbus, Ohio

We need your help!

To help make the Silent Auction a success, we need your donation! Donating items for the auction is a great way to support the OPPF and participation in the auction is a lot of fun! Items from members as well as companies with which you might do business are both welcome. The value of **your donated gift is tax deductible** as allowed by law, and your particular tax situation. You will receive a thank you letter from the Foundation stating the estimated value of the donation (as indicated by you) and that no goods or services were exchanged for the donation. Your generous donation will benefit the Foundation, and those that suffer from mental illnesses through the programs that OPPF offers.

Recognition

For your donation, you will receive:

Acknowledgement on the Auction Bid Sheet

Listing of your donation and name on the OPPF webpage and in the event program (you may choose to remain anonymous if you so desire)

To donate, simply complete the form below or online and send your donation to: OPPF, 6457 Reflections Drive, Ste. 130, Dublin, OH 43017, **no later than February 1, 2025**. The sooner we begin to receive donations, the sooner we can help to build interest by mentioning them on the website. Although we prefer that donations be received in our office no later than February 1, if your donation is large or not easily/safely able to be transported, and you wish to bring your donation with you on the day of the event, please contact the OPPF staff so arrangements can be made. **Questions? Please contact OPPF Staff Member, Michelle Mazza at (614) 763-0040.**

Please provide information as you would like it to appear on the bid sheet and the OPPF webpage:

Name of item: _____
Estimated value of item (\$US) _____
Minimum bid you would recommend (\$US) _____
Donor Name (your name or company) _____
Description of Item _____

Contact Information (not for publication)

Name _____
Address _____
City/State/Zip _____
Phone: _____ E-mail: _____

Thank You for Your Generosity!!

If you are not sure of what to donate, following are some suggested items which have been contributed to our silent auction in the past: artwork (created, purchased or donated), books (those signed by an author might be very popular), wine, sports memorabilia, gift certificates to a restaurant, for services (such as a trip to the spa) or supplies (office supplies, art supplies, etc.), weekend get-a-way to a bed and breakfast, week-long vacation get-away if someone has a vacation home, etc. Any donated items will be much appreciated and will benefit the Foundation in achieving its mission!

Registration

Register online:
www.oppa.org

Ohio Psychiatric Physicians Association
PO Box 400
Dublin, OH 43017

(614) 763-0040

(614) 481-7559

1 Contact Information

Please print

Name _____

Address _____

Degree ___ MD ___ DO ___ PhD ___ APN ___ LISW ___ LPCC

___ Other (please specify) _____

City/State/Zip _____

E-mail _____

Phone _____ Fax _____

2 Registration Information

MEMBERS

Registration Type	Early Bird Rate By Dec. 1	Regular Rate	Late Rate After Feb. 15
Annual Psychiatric Update (March 1-2, 2025)			
OPPA Member	<input type="checkbox"/> \$225	<input type="checkbox"/> \$275	<input type="checkbox"/> \$325
OPPA Resident-Fellow Member	<input type="checkbox"/> \$150	<input type="checkbox"/> \$175	<input type="checkbox"/> \$200
75th Anniversary Gala** (per person)			
Please select your entrée:	<input type="checkbox"/> Grilled Salmon <input type="checkbox"/> Roasted Chicken with Lemon Piccata Sauce Special Dietary Request: <input type="checkbox"/> Vegan <input type="checkbox"/> Vegetarian <input type="checkbox"/> Gluten Free		

Registration Total \$ _____

NON-MEMBERS

Registration Type	Early Bird Rate By Dec. 1	Regular Rate	Late Rate After Feb. 15
Annual Psychiatric Update (March 1-2, 2025)			
Non-Member Psychiatrist, other Physician, APRN, Physician Assistant or Psychologist	<input type="checkbox"/> \$375	<input type="checkbox"/> \$400	<input type="checkbox"/> \$450
Non-Member Resident-Fellow	<input type="checkbox"/> \$225	<input type="checkbox"/> \$250	<input type="checkbox"/> \$275
Counselor, Social Worker or Other Clinician	<input type="checkbox"/> \$250	<input type="checkbox"/> \$300	<input type="checkbox"/> \$350
75th Anniversary Gala** (per person)			
	<input type="checkbox"/> Grilled Salmon <input type="checkbox"/> Roasted Chicken with Lemon Piccata Sauce Special Dietary Request: <input type="checkbox"/> Vegan <input type="checkbox"/> Vegetarian <input type="checkbox"/> Gluten Free		

Registration Total \$ _____

3 Payment Information

Registration Total \$ _____
(from the left)

Additional Options

75th Anniversary Gala Sponsorship

As a friend of OPPA, I would like to donate \$75 in support of its 75th Anniversary. \$75

I would like to support the OPPA 75th Anniversary by sponsoring a table (includes dinner tickets for 10* people). \$950

**OPPA Staff will contact you for names and meal selections of the individuals sitting at your table.*

Bring a Friend Incentive (see page 9 for details).

Name(s) _____

Medical Student Sponsorship

\$125

I would like to sponsor AND mentor an Ohio Medical Student to attend the OPPA Annual Psychiatric Update, March 1-2, 2025

I am unable to serve as a mentor during the meeting but would like to sponsor an Ohio Medical Student to attend the OPPA Annual Psychiatric Update, March 1-2, 2025 \$125

I am unable to sponsor a student at this time but would like to serve as a mentor at the OPPA Annual Psychiatric Update, March 1-2, 2025

**To make this a tax deductible contribution see details below*

Student Name _____

Email _____

If you do not have the name of a specific medical student, we will be happy to match you with a student who has expressed interest in attending if a sponsorship is available.

I am a non-member psychiatrist and want to receive \$150 off my OPPA dues when I join the OPPA/APA by March 1, 2025.

Grand Total \$ _____

Method of Payment:

Check payable to OPPA (registration fees)

Check payable to OPPF (student sponsorship)

If you wish to pay by credit card please [register online](http://www.oppa.org)

** Tickets to the 75th Anniversary Gala and Silent Auction are sold separate. Click [HERE](#) for more details about the event or go to www.ohiopsychiatry.org/annualpsychupdate.

* In order to make this a tax-deductible contribution, the registration and the sponsorship must be processed in two separate transactions. If paying by check, please mail two checks. Please make the sponsorship check payable to Ohio Psychiatric Physicians Foundation (OPPF) and your event registration check payable to OPPA. If you are paying by credit card, you will see two transactions on your statement.