

# INDO-AMERICAN PSYCHIATRIC ASSOCIATION

## NEWSLETTER

December 2023



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Vanita Sahasranaman, MD

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# President's Message

**Dear members of IAPA,**

Hello there! These past two months have been quite busy. We had a successful **IAPA fall meeting in Chicago, Illinois**. During the afternoon meeting, we discussed ongoing projects such as the 2024 IAPA Outstanding Achievement Awards, plans for the annual meeting, and seeking new sponsors. We were honored to have Dr. Viswanathan, the president-elect of the American Psychiatric Association, join us and share his future endeavors. Please take a moment to read the announcement details for the 2024 IAPA Outstanding Achievement Awards in this newsletter. If you know someone who deserves to be nominated for any awards, we encourage you to do so.

I have been asked by the Association of Physicians of Indian Origin (AAPI) CME chair to assist in arranging the **"DEA lecture series."** This series consists of eight CME hours that IAPA members can acquire freely by attending monthly seminars related to substance dependency issues. Our first seminar was a success, and we had around 230 physicians join the Zoom session. Please stay tuned for further announcements. If you know someone interested in participating as a speaker to discuss substance-related issues, or if you would like to participate, please let me know.

We have successfully negotiated with Professional Risk Management Services (PRMS) to become our annual platinum sponsor. Additionally, we are actively reaching out and dealing with other potential sponsors for our annual meeting in May 2024.

During late October, I visited **Little Rock, Arkansas**, to explore the possibility of starting a new chapter. I had the pleasure of meeting some young, enthusiastic psychiatrists who expressed interest in doing so.

Our board of trustees is working diligently to advise the young executive committee. I appreciate their guidance and advice as we navigate my first year as president.

It is time to nominate for the IAPA's prestigious awards. Please look at more information below.

Dr. Vanita Sahasranaman and I have spent several hours working with our webmaster to enhance your experience when you visit our website. We plan to update our website by January 2024.

**Tarak Vasavada, MD**

**IAPA President**

tarak@vasavada.us

# **2024 IAPA OUTSTANDING ACHIEVEMENT AWARDS**

## **Seeking Nominations – Due December 31<sup>st</sup>, 2023**

Dear Members,

Each year, the IAPA recognizes exceptional Indian-American psychiatrists residing and practicing in the US for their mental health contributions. I am sure you know many good candidates qualified to be nominated for these awards. Please take some time, review the criteria, and nominate someone. Drs. Karuna Poddar, Tanuja Gandhi, and Rohit Chandra lead the committee to work on our esteem project. Remember, your nomination should reach us by **12/31/23**.

### **Requirements**

The nominee should be

- A life member in the calendar year before the year of award nomination – i.e., for 2024, the nominee should have been an IAPA member in 2023.
- A physician in good standing and licensed to practice medicine in the United States and or Canada.
- Willing to travel at their expense to attend the IAPA annual meeting, where they will be recognized and awarded a plaque. The Outstanding Academician awardee should also be agreeable to doing an educational presentation at the IAPA Scientific meeting.
- Nominees should have significantly contributed to the growth and development of mental health.

### **Exclusion Criteria**

- Be a prior recipient of an IAPA award (except the Outstanding Resident award)
- Be a current member of IAPA's Executive Committee (President, President-elect, Secretary, Treasurer)
- Self-nomination: IAPA awards are given to members recognized as "outstanding" by their peers & colleagues. No self-nomination is allowed.
- For Chapter Award: Be a recipient of an IAPA Chapter Award within the past five (5) years.

### **Guidelines for submitting nominations**

#### **Required Information:**

- Name and contact information of the nominating person
- Name, address, and contact information of the nominee
- The type of award the nomination is for
- A brief description of the nominee's outstanding work can be in the body of the email.
- Recent C.V. of the nominee

## **Description of awards:**

**Outstanding Academician Award:** An IAPA life member who has significantly contributed to the mental health field through research, teaching, and administrative activities is awarded for their academic achievements.

**Outstanding Service Award:** Given to an IAPA life member who has significantly contributed to the growth and development of the national organization (IAPA) or a local chapter of IAPA.

**Outstanding Public Sector Award:** Given to an IAPA life member who has made significant contributions as a psychiatrist towards the betterment of the community.

**Outstanding Resident Award:** A letter from the program director or a faculty member at the resident's institution is required commenting on the abilities of the applicant in the following areas: Outstanding leadership skills, Professionalism, Heightened cultural awareness in mental health, Clinical/Psychiatric Knowledge; Strong role model and mentorship ability; and Scholarly activity. (Participation/ contribution to IAPA activities will be considered.)

### **Outstanding Chapter Award:**

Given to a chapter based on the (a) number of meetings in a given year, (b) initiatives and contributions in its respective region, and (c) number of new members (Previous Chapter Award winners from over five years ago can reapply).

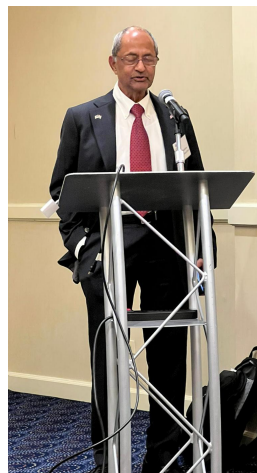
### **Submission:**

**For all awards nominations, please send the nominating letter and nominees CV electronically by 12/31/2023 to:**

**Dr. Karuna Poddar @ [drkarunap@gmail.com](mailto:drkarunap@gmail.com) and copy IAPA president Dr. Tarak Vasavada at [president@myiapa.org](mailto:president@myiapa.org)**

## IAPA Fall Meeting and Illinois Chapter Meeting

**IAPA Fall Meeting: The Illinois IAPA Chapter** hosted a successful meeting in conjunction with the IAPA Fall meeting for national leadership in October 2023. After a day of business meetings in the Chicago area, local members joined for a dinner event and had an evening full of fun and learning. Our national leadership, including **President Dr. Tarak Vasavada, President-Elect Dr. Tanuja Gandhi, Secretary Sachin Mehta, Treasurer Rhot Chandra, Board of Trustees representative Dr. Bhagi Sahasranaman, American Psychiatric Association (APA) President-Elect Dr. Ramaswamy Viswanathan**, and others joined. Julia Bajereanu represented Professional Risk Management Services (PRMS), IAPA Platinum Sponsor. The audience appreciated an educational talk on cariprazine sponsored by Abbvie Pharma. The banquet chief guest, APA President-Elect Dr. VIswanathan, spoke about his vision for APA. The non-psychiatrist physicians of Indian origin were invited and overwhelmingly joined. Local Illinois chapter leaders, IAPA Illinois chapter President Dr. Tapan Parikh, Illinois chapter President-elect Dr. Sudhakar Shenoy, and Indian American Medical Association of Illinois President-elect Dr. Radhika Chamita, expressed gratitude to the IAPA for being in Chicago for the IAPA Fall national chapter meeting.



*Left: American Psychiatric Association President-Elect Dr. Ramaswamy Viswanathan addresses meeting attendees. Right: IAPA President Dr. Tarak Vasavada with IAPA Platinum sponsor PRMS.*



*Left to Right: National IAPA Leadership and Chicago meeting attendees pictured with APA President-Elect Dr. Ramaswamy Viswanathan at the October 2023 meeting. Bottom: IAPA Executive Committee and Extended Executive Committee members at the IAPA meeting in Chicago.*

# IAPA Chapter Updates:

## Illinois Chapter Annual Meeting

The IAPA Illinois Chapter, led by Illinois chapter president Dr. Tapan Parikh and President-elect Dr. Sudhakar Shenoy, hosted a successful annual meeting. The Illinois chapter's annual conference was held in conjunction with the national IAPA Fall Meeting in October 2023 at the Oakbrook Marriott. See above for more.

## Maryland Chapter Meeting

The Maryland/DC chapter had an educational Zoom meeting on **Strategies to Overcome Microaggressions in the Workplace and in Life**. Ranna Parekh, MD, MPH, Chief Diversity, Equity and Inclusion Officer at the University of Texas MD Anderson, Karuna Poddar, MD, MS Attending Psychiatrist at Thomas Jefferson University Hospital, Dhruv Gupta, MD, MS Attending Forensic Psychiatrist at NY State Office of Mental Health and Rohit Chandra, MD Attending Psychiatrist at Massachusetts General Hospital were the panel speakers. Dr. Vani Rao, the chapter president, organized the meeting.



## Georgia Chapter Annual and Diwali Meeting

IAPA Georgia Chapter organized an Annual Meeting and Diwali celebration on October 28, 2023. The meeting was planned and led by Dr. Suneel Katragadda, President; Dr. Ritu Chadha, President-Elect; and Dr. Arun Munjal, Immediate Past President, with help from Mrs. Lavanya Katragadda, Mrs. Dipti Munjal, Dr. Jagan Chilakamarri, Mrs. Chilakamarri, Mr. Dhavan, and many other past presidents and members. The event began with members visiting exhibit booths while enjoying appetizers. The main event started with a prayer by Dr. Ritu Chadha, a welcome speech from Georgia Chapter IAPA President Dr. Suneel Katragadda, and an address by Chief guest, President of GPPA and founding president of IAPA Georgia Chapter, Dr. Dilip Patel. As a guest, Dr. Geetika Dembla, founding president of the inaugural South Carolina IAPA chapter, also attended the Georgia IAPA chapter meeting. Dr. Patel encouraged members to be active in GPPA/APA and recognized Georgia Chapter members Dr. Harshad Patel, Dr. Kalpana Prasad, and Dr. Arun Munjal for their contributions to the Georgia chapter of IAPA. This was followed by presentations from the two Platinum sponsors and the Grand sponsor, Corium International. The Evening was full of activities with fun quizzes, songs sung by the Georgia IAPA members, and dancing, including Garba. Attendees received sweets and diya as departing Diwali gifts.



**Do you have any updates on your IAPA state or local chapter activities? If you want your state or local IAPA chapter activities featured in the IAPA newsletter, contact IAPA at [IAPAnewsletter@gmail.com](mailto:IAPAnewsletter@gmail.com).**

# Upcoming Events

## Stay tuned in for the AAPI-organized DEA lecture series.

The Indo-American Psychiatric Association collaborates with The American Association of Physicians of Indian Origin (AAPI). Stay tuned for more details on the topics, dates, and times for future AAPI-IAPA DEA lecture series lectures.

## American Psychiatric Association (APA) Election 2024

The APA Nominating Committee reports the following slate of candidates (in alphabetical order) for the 2024 Election. For more information, email [election@psych.org](mailto:election@psych.org). For more information, visit the APA website at

<https://www.psychiatry.org/membership/awards-leadership-opportunities/elections>

<b>President-Elect</b>	<b>Theresa M. Miskimen Rivera, M.D.</b> <b>Michele Reid, M.D.</b>
<b>Treasurer</b>	<b>Steve Koh, M.D., M.P.H., M.B.A.</b> <b>Cheryl D. Wills, M.D.</b>
<b>Trustee-at-Large</b>	<b>Farha Abbasi, M.D.</b> <b>Patricia Westmoreland, M.D.</b>
<b>Early Career Psychiatrist (ECP) Trustee</b>	<b>Sudhakar K. Shenoy, M.D.</b> <b>Muhammed Zeshan, M.D.</b>
<b>Area 1 Trustee</b>	<b>John C. Bradley, M.D.</b> <b>Manuel (Manny) Pacheco, M.D.</b>
<b>Area 7 Trustee</b>	<b>Mary Hasbah Roessel, M.D.</b>



# Member in Spotlight: Geeta Jayram, MD



**Dr. Geeta Jayaram** is a Professor of Psychiatry at the Johns Hopkins Schools of Medicine, Public Health, and Nursing. She is on the faculty of The Armstrong Institute for Patient Safety. She is a Distinguished Life Fellow of the APA.

Her scholarship includes over 150 articles, abstracts, online teaching modules, and book chapters. She has authored books on Women Psychiatrists and Patient Safety.

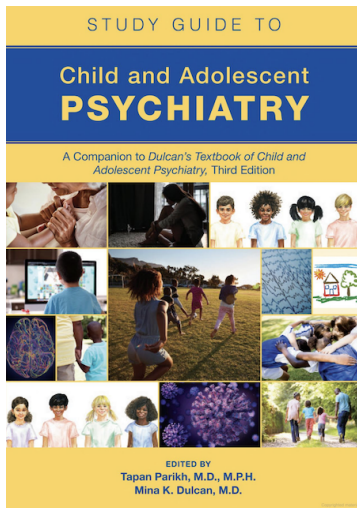
She is the Past President of the Association of Women Psychiatrists, the Past President of the American Association of Psychiatric Administrators, and the Past Chair of the Global Caucus. She is the Area 3 elected Trustee for the American Psychiatric Association.

She has received national and international awards for her leadership, teaching, and clinical service and has been named 'Best Doctor' for almost 20 years in her area. She was elected to the American College of Psychiatrists and elected to the Johns Hopkins Distinguished Teacher's Society, an honor given only to a handful each year. She had been the Chair of the Editorial Board for Psychiatric News. She has directed inpatient and outpatient services, winning her clinic's Psychiatric Services Gold Award. The WHO recognizes her community psychiatry work. In June 2015, she was awarded the prestigious Global Alumnus Service to Humanity Award by Rotary International in Sao Paulo, Brazil, given to only one person in the world; she was recognized by the World Bank for International Women's Day in 2018 for her efforts in psychiatry across the globe. She was awarded the APA Administrative Psychiatry Award and the Kun Po Soo Award for her leadership/ Administrative work and promotion of Asian American Psychiatry. The Maryland Psychiatric Society has given her the Lifetime Achievement Award.

Dr. Jayram successfully chaired the Scientific Program Committee of the APA for two years, with the highest attendance. Over three decades, her leadership has spanned the APA's Assembly, Councils, and Committees. Through global grants from The Rotary Foundation, philanthropy, and personal contributions, she has made a worldwide impact in implementing mental health care in low and middle-income populations on four continents, saving thousands of lives, with others reaching a total population of nearly 6 million households. She co-founded the Rotary Action Group on Mental Health Initiatives, which has representation in 40 countries ([www.ragonmentalhealth.org](http://www.ragonmentalhealth.org)).

## Members' Book Publications:

**We are starting to include information about recent books published by our members. If you have authored a book in 2023, please send us the information.**



**Study Guide to Child and Adolescent Psychiatry, Second Edition: A Companion to Dulcan's Textbook of Child and Adolescent Psychiatry, Third Edition Edited by Tapan Parikh, M.D., M.P.H., and Mina K. Dulcan, M.D.**

*Study Guide to Child and Adolescent Psychiatry* is a question-and-answer companion that allows you to evaluate your mastery of the subject matter as you progress through *Dulcan's Textbook of Child and Adolescent Psychiatry, Third Edition*. The Study Guide comprises approximately 295 questions divided into 49 individual quizzes of 5-8 questions, each corresponding

to textbook chapters. Questions are followed by an answer guide referencing relevant text (including page numbers) in the textbook to allow quick access to needed information. Each answer is accompanied by a brief discussion that addresses the correct response and explains why other responses are incorrect.

<https://www.appi.org/Products/Textbooks-and-References/Study-Guide-to-Child-and-Adolescent-Psychiatry-Sec?page=1&SearchText=Tapan&SelectedSearchMode=&CurrentTab=&sku=37491>

## Education Corner

### **Social Determinants and Mental Health Across the Lifespan**

**By Vanita Sahasranaman, MD**

[Healthy People 2030](#) defines social determinants of health as "conditions in the environments where people are born, live, work, play, worship, and age that affect a wide range of functioning and quality-of-life outcomes and risks".<sup>1</sup> In the context of mental health, disparities in economic stability, quality of living environments, access to health services, social and community resources, and education levels have been recognized for their complex interactions with behavioral health conditions across the lifespan. Among children, exposure to high poverty levels; crime and drug sales; rural settings; limited access to health care; inadequate nutrition; and poorer educational opportunities have been linked to increases in mental health disorders and suicidal behaviors. A meta-analysis of the role of social determinants on schizophrenia spectrum disorders by Jester and

colleagues found that childhood abuse, parental psychopathology, parent communication problems, bullying, and urban settings with lower socioeconomic status were significant risk factors for an increased incidence of schizophrenia spectrum disorders. Additionally, the analysis found that populations facing homelessness had a 30-fold higher prevalence of schizophrenia compared to the general population, and seriously mentally ill individuals were 2.7 times more likely to report food insecurity compared to controls.<sup>2</sup>

Data have also shown that adolescent and young adult health is affected by social factors at the individual, family, community, and national levels. Social factors and family connectedness have been reported as some of the most important factors that protect against adverse health consequences among adolescents, even when accounting for ethnicity, income, and family structure. Adolescents with higher levels of family connectedness were reported to be less likely to engage in cigarette smoking, alcohol use, and cannabis use.<sup>3</sup> In the Adolescent Brain Cognitive Development (ABCD) study, quantitative analysis of social determinants of a cohort of individuals at multiple sites across the United States found that individuals exposed to a high socioeconomic deprivation environment characterized by income disparity, lowest rates of health insurance, lowest reading and math proficiency, and lowest Opportunity Atlas social mobility scores had the most severe internalizing and externalizing behaviors, and the highest mental health problems compared to the those exposed to other patterns of social determinants.<sup>4</sup>

Social isolation and loneliness affect approximately one in four older individuals<sup>5</sup>, and studies have shown that social factors are correlated with well-being in later life. Multiple studies have demonstrated the link between socio-environmental factors such as poor income, lower educational attainment, childhood trauma, and the development of depressive disorders in adulthood.<sup>6-9</sup> Among middle-aged and older adults, Nguyen and colleagues found that the qualitative aspects of relationships with family and friends were more important than frequency of contact in improving well-being. Increased social relationships have also been associated with decreased mortality in adults older than 65 years.<sup>9-10</sup> While multiple studies to date have elucidated the effects of childhood social exposures on mental health outcomes later in life, the specific causal relationships and mechanisms by which social factors lead to health disparities are ongoing areas of research aimed at improving health disparities and future health outcomes.

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## **Access the Indian Psychiatric Society Journal**

Click the link below to read the latest articles from the Indian Journal of Psychiatry. Content is free to explore and download.

<https://journals.lww.com/indianjpsychiatry/pages/currenttoc.aspx>

**Are you interested in Contributing to the IAPA  
Newsletter? We need you!**

**We want to highlight the work of our IAPA members in the newsletter. If you would like to contribute, we invite you to send any article you have written, such as a clinical topic, poem, humor piece, or synopsis of your work. Please send it to us at [iapanewsletter@gmail.com](mailto:iapanewsletter@gmail.com).**

## **Chapter Support:**

IAPA leadership would be delighted to support chapter activities, reviving existing chapters and creating new chapters. Feel free to contact the IAPA president or any EC/EEC members if interested.

**Live! IAPA is now on Instagram and Facebook. See the links below.**

**Thank you for being a part of the IAPA family and your support! We encourage our readers to join IAPA. Please spread the word among your colleagues to be part of this growing organization!**

## **Contact us:**

**Visit us at @ [www.myiapa.org](http://www.myiapa.org)**

**Email: [president@myiapa.org](mailto:president@myiapa.org)**

**Facebook: <https://www.facebook.com/myiapa>**

**Instagram: <https://www.instagram.com/indoamericanpsychiatricassoc/?next=%2F>**

**IAPA thanks our Platinum sponsor, Professional Risk Management Services (PRMS), for their current support and years of partnership.**

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