



INDO-AMERICAN PSYCHIATRIC ASSOCIATION NEWSLETTER

April 2025

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Dear Fellow IAPA Members,

Welcome to spring 2025! That means we are getting ready for the IAPA annual meeting.

The planning committees are diligently preparing for the **46th IAPA Annual Meeting** on **Saturday, May 17th, at the [Alexandria Ballrooms](#)**, just a 10-minute Uber ride from the APA Convention Center. The afternoon will feature MIT posters, a scientific meeting, and a business meeting, followed by an evening banquet with an awards ceremony, a change of guards, an Indian buffet, and entertainment.

[Registration](#) is now open. We have limited tickets available for 150 people, so please register as soon as possible.

I've been involved in several key areas and enjoyed the annual meeting of the Indian Psychiatric Society, ANCIPS, in Hyderabad. Please check the report in the newsletter.

Over the years, I have developed close relationships with some younger members and realized they need to learn the basics of investing quickly. This knowledge will help them achieve financial independence. Several young members were interested in attending a financial seminar, so we organized our first session on March 1st, 2025. This experience made me realize that IAPA needs to prioritize the well-being of its members.

Dr. Kaushal Shah, our MIT representative, has assisted me in creating a lifestyle survey for the IAPA members. This will be the first time we will survey lifestyle and happiness. Please look out for the study in your inbox shortly and complete it.

The IAPA Awards have now been announced. We experienced tremendous interest in the academicians and MIT awards. However, we still need more enthusiasm for the other IAPA awards. Dr. Karuna Poddar worked tirelessly behind the scenes to organize the entire process. I want to thank all the judges, applicants, and awards committee members for their hard work throughout this challenging process.

IAPA will be featured at the upcoming APA annual meeting in Los Angeles. APA President Dr. Viswanathan has invited IAPA to conduct a seminar, while Dr. Gandhi will lead a workshop on violence against healthcare workers. Dr. *Viswanathan* has also invited IAPA, IPS, and BIPA (British Indian Psychiatrist Association) leaders to collaborate on another seminar.

IAPA recognizes that attending APA and IAPA meetings can be costly. For the first time, IAPA will offer financial incentives of \$1,000, \$500, and \$250 to MIT poster winners.

We are excited to welcome new members to the IAPA. Please invite your colleagues to join us.

I am grateful to the IAPA board for their invaluable guidance and wisdom. I am genuinely thankful to have Bhagirathy Sahasranaman, Tanuja Gandhi, Sachin Mehta, and Rohit Chandra on my Executive Committee. My EEC members consistently demonstrate enthusiasm and readiness to tackle any challenges that come our way.

Sincerely,

Tarak Vasavada, MD

President, IAPA 2023-25

Email: president@myiapa.org

Congratulations to the 2025 IAPA Awards Winners

Each year, the IAPA recognizes exceptional Indian-American psychiatrists residing and practicing in the US for their mental health contributions. This year, we received several nominations for the prestigious awards. IAPA would like to thank Drs. Karuna Poddar, Tanuja Gandhi, and Rohit Chandra for leading the committee in taking their valuable time to review the criteria and create a selection committee. As a rule, we ensure that one EC, one EEC, one BOT, and one member at large are included in the committee.

Let's congratulate all the winners.

IAPA Outstanding Academician

Anantha Shekhar, MD, PhD

Senior Vice Chancellor for the Health Sciences

John and Gertrude Petersen Dean of the School of Medicine at the University of Pittsburgh



Anantha Shekhar, MD, PhD, is an internationally recognized neuroscientist, educator, and entrepreneur who has made significant contributions to medicine and life sciences. At Pitt, Dr. Shekhar leads all six health sciences schools – Dental Medicine, Health and Rehabilitation Sciences, Medicine, Nursing, Pharmacy, and Public Health – renowned for their research and educational excellence for more than a century. He also works closely with UPMC, a \$24 billion healthcare provider and insurer, to ensure that healthcare delivery, biomedical research, and education—already among the nation’s elite—continue to flourish through collaboration.

Dr. Shekhar’s areas of scientific expertise include basic and clinical research on the effects of stress, stress-induced psychiatric disorders, and clinical psychopharmacology. His laboratory has identified novel targets for neuropsychiatric disorder treatments, including seminal work in the development of the new schizophrenia drug, Cobenfy™, approved by the FDA in September 2024. Dr. Shekhar is also the founder of multiple biotech companies that are developing novel therapies.

Born in India, Dr. Shekhar earned his medical degree at St. John’s Medical College, Bangalore, and PhD in neuroscience at Indiana University (IU). Before joining Pitt in 2020, he served IU’s School of Medicine, the nation’s largest medical school, for more than 35 years in roles of increasing distinction and responsibility, including Distinguished Professor, executive associate dean for research affairs, associate vice president for university clinical affairs and research, and executive vice president of academic affairs for clinical research at IU Health. For his

exceptional leadership across educational, research, and clinical affairs, Dr. Shekhar was awarded the IU President's Medal for Excellence, which is the university's highest honor.

IAPA congratulates Dr. Shekhar for his remarkable achievements in Psychiatry and for his leadership at a major reputable medical school.

IAPA Outstanding Public Sector Awards Winner

Ravi Kolli, MD

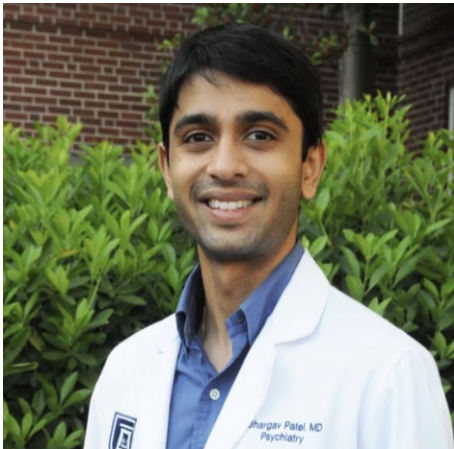


Dr. Ravi Kolli is a board-certified psychiatrist with additional addiction, forensics, and geriatric psychiatry qualifications. He serves as the Psychiatric Medical Director at SPHS, overseeing mental health and substance abuse treatment for over 60,000 patients. He also holds medical director positions at a long-term residential program and an adaptive behavioral services center. Previously, he was a Clinical Assistant Professor at the University of Pittsburgh and West Virginia University. Dr. Kolli is actively involved in community service, including serving on the Washington County Commissioner's Mental Health Advisory Board and as a past president of the American Association of Physicians of Indian Origin (AAPI).

He has made over 100 presentations on various mental health topics, focusing on physician wellness and destigmatizing mental illness. He is a dedicated volunteer who has resided in Pittsburgh since 1988 with his wife, Latha, and family. His daughter, Priyanka, is a child Psychiatry fellow at NYU.

IAPA Outstanding Resident Award Winners

Bhargav Patel, MD



Dr. Bhargav Patel is an emerging physician-leader, entrepreneur, and innovator. He is a NIMH-funded research track fellow in Child and Adolescent Psychiatry at Brown University. His research is on developmental trauma and its implications on early biomarkers of aging. He is also currently in the process of publishing his book, *Trauma Transformed: Your Guide to Understanding Trauma, Resilience, and Post-Traumatic Growth*. Beyond the clinic, he is playing a leading role in the AI revolution as medical director and director of AI decision support at Sully.ai, which is used by 10K plus clinicians across millions of patient visits per year. He is also the co-founder and CEO of myPEAK, an award-winning vegan health and wellness company that creates science-backed nutritional formulations.

Outside of work, he is an avid reader, meditator, yogi, and hiker. He is currently trying to visit all 63 US national parks.

Kaushal Shah, MD, MPH, MBA



Dr. Kaushal Shah is an experienced clinical trial leader and physician-scientist. He is currently a senior psychiatry resident at Wake Forest University in North Carolina, where he has a diverse background in clinical work, research, leadership, and business. Holding a Master of Public Health (MPH) and a Master of Business Administration (MBA), along with studies in Leadership, Dr. Shah made significant contributions to the FDA drug approval of a breakthrough antipsychotic while working for a Fortune 100 company. Dr. Shah has contributed to over 100 peer-reviewed articles and abstracts and actively participates in conferences and editorial boards to remain informed about the latest advancements in psychiatry.

Dr. Shah's contributions to the field, particularly in clinical service, education, and leadership, have earned him several prestigious awards. These include the APA Resident Recognition Award, the AACAP EOP Award, the AMA Inspiration Award, the AADPRT Nyapati Rao and Francis Lu IMG Fellowship, and the NCPA Award. He aims to continue his journey as an effective leader and clinician-educator-scientist, balancing clinical practice, teaching, research, and advocacy. In his personal time, Dr. Shah enjoys traveling, exercising, and spending time with family and friends.

IAPA Leaders Well Represented at ANCIPS 2025

The **76th Annual National Conference of the Indian Psychiatric Society (ANCIPS)** occurred from **January 22nd to 25th at the Novotel Convention Center in Hyderabad, India**. The chosen theme was "**Neurobiology of Illness to Wellness.**"

Numerous members of IAPA attended or spoke at the event. The local committee, led by Dr. P. Kishan and his team, organized the event exceptionally well. Dr. Laxmikanth Rathi, then president of IPS, welcomed all the delegates and invited global leaders Tarak Vasavada, president of IAPA, Marketa Wills, CEO of APA, and Sridevi Mahalingappa, president of the British Indian Psychiatric Association, to deliver keynote presentations. Dr. Viswanathan also gave a special lecture on lifestyle medicine. Other speakers representing IAPA at the conference included Drs. Vishal Madaan, Rajiv Tandon, Ramarao Gogineni, Janaki Nimmagadda, Dhruv Gupta (via Zoom), Zahid Syed, and Parmeshwara Ramakrishna. IAPA would like to thank IPS leaders Dr. Rathi, Savita Malhotra, Amrit Pattajoshi, and Kishan. Additionally, other IAPA delegates included Drs. Jagannathan Srinivasaraghavan, Anthony Fernandes, Venkat Ramana, Nitin Gogtay, and Pratap Narayana. We should strive to represent IAPA at ANCIPS and enjoy the delicious food, camaraderie, and warmth of our Indian psychiatric colleagues.

Here is the list of the ANCIPS presenters.

- 1. Tarak Vasavada: Update in Psychiatry from United States of Despair or Hope**
- 2. Punnoose, Rama Rao Gogineni, Sharma, Kallivayalil: Spirituality, Religion: Health and Mental Health.**
- 3. Ramaswamy Viswanathan: Physical Activity and Sleep for Positive Mental Health and Physical Health.**
- 4. Rama Rao Gogineni: Learned Helplessness: Bio-Psychosocial Determinants and Interventions.**
- 5. Gia Merlo, Dhruv Gupta, Ramaswamy Viswanathan, Marketa Wills, Vishal Madaan: Lifestyle Psychiatry: Evidence-Based Lifestyle Interventions for Mental and Physical Health.**
- 6. Tarak Vasavada, Dhruv Gupta, Vishal Madaan, Janaki Nimmagadda: Nurturing Future Leaders in Psychiatry: Essential Skills for Effective Physician Leadership.**
- 7. Rama Rao Gogineni, Savita Malhotra, Janaki Nimmagadda: Suicidality in Adolescents and Young Adults.**
- 8. Bheemsain Tekkalaki, Zahid Syed, Stuti Sharma: Psychosis: A Cross-Culture Perspective between Indian and American Psychiatrists.**
- 9. Rajiv Tandon: Attenuated Psychosis Syndrome: Current Understanding and Clinical Practice.**
- 10. Mary D'souza, Shivanand Kattimani, Vipul Janardan, Parameshwaran Ramakrishnan, Kishor M. Rao: Neurobiology of Spiritually Informed Psychiatric Assessment and Care: Towards Development of Evidence-based Spiritual-Psychiatry Fellowship Training in India.**



IAPA members presenting at ANCIPS pictured above:

Left column - IAPA President Dr. Vasavada

Middle column - APA President Dr. Viswanathan; APA Chief of Education and Deputy Medical Director Dr. Madaan

Right column (top to bottom) - Dr. Tandon, Dr. Gogineni, Dr. Nimmagadda, and Parameshwara



Onstage: Drs. Viswanathan, Vasavada, Parameshwara



In group: Drs. Viswanathan, Madaan, Vasavada, Willis, Gogineni, Gogtay, Merlo, Syed, Fernandes, Venkat Ramana, Nimmagadda, and Pratap Narayana



Getting awards: Drs. Viswanathan, Vasavada, Wills, Madaan, Nimmagadda, Gogineni, and Syed

Congratulations to the 2025 APA Elections Winners

IAPA congratulates the 2025 APA election winners, and special congratulations to Dr. Kamalika Roy for winning the Minority/Underrepresented Trustee. You can read [her bio here](#).

President-elect: [Mark Rapaport, MD](#)

Secretary: Gabrielle L. Shapiro, M.D.

Minority/Underrepresented Representative Trustee: [Kamalika Roy, M.D., M.C.R.](#)

Area 3 Trustee: Kenneth Certa, M.D.

Area 6 Trustee: Lawrence Malak, M.D.

Resident-Fellow Member Trustee-Elect: Tariq Salem, M.D.

More here: <https://alert.psychnews.org/2025/02/apa-announces-results-of-2025-election.html>

Member in the Spotlight

Mantosh Dewan, MD

President of SUNY Upstate Medical University



Mantosh Dewan, M.D., has 50 years of experience as a psychiatrist, researcher, professor, and academic leader. Dr. Dewan graduated with an MBBS from the University of Bombay, T.N. Medical College, India. He joined the psychiatry residency program at Syracuse SUNY Medical School and became a faculty member there in 1979. He has never looked back and has led Upstate Medical University for the last 28 years, first as Psychiatry Chair, then as Interim Dean of the College of Medicine, and as Interim President. He was elevated to President of the SUNY Upstate Medical University in 2020. His areas of expertise include psychopharmacology, psychotherapy, resident and medical student education, and research and administration in an academic setting.

He is a highly awarded individual, with honors including the George Tarjan Award, the IAPA Outstanding Academician

Award for contributions to education in psychiatry, the SUNY Chancellor's Award for Faculty Service, and the 2nd A.P. Patkar Oration for exemplary work in psychiatry. Dr. Dewan has over 80 peer-reviewed publications and has written 35 books and chapters. He is board-certified by the American Board of Psychiatry and Neurology and licensed in New York. He was also named a Distinguished Life Fellow of the American Psychiatric Association.

Dr. Dewan was my program director. It was a blessing to have a mentor like him who is humble, puts you at ease, and, through his psychodynamic skills, encourages you to think and choose the right path! It is a true honor to call him my lifelong mentor.

IAPA Organized Sponsored Virtual Basic Finance Seminar for Young Physicians

Modi Financial Group presented a sponsored virtual seminar on March 1, 2025, titled *Basic Financial Planning for Young Physicians* to educate young physicians and IAPA members on achieving their financial goals. The session was presented by registered principal Deepen Modi and provided a forum for attendees to ask questions about retirement planning, college plans, business checking accounts, insurance, annuities, CDs, estate planning, and other finance questions. Of note, the views and opinions expressed in the seminar were those of the speakers, and IAPA does not endorse any specific products or services offered through Modi Financial Group. The session was engaging, well attended, and included robust discussion addressing a myriad of financial planning questions.

46th IAPA Annual Meeting on Saturday, May 17th



The IAPA annual meeting is planned to be organized in the Alexandria Ballroom. The function will be held this year on Saturday (Not Sunday). [The King Edwards Ballroom](#) at Alexandria Ballrooms is featured in numerous Hollywood films, music videos, and famous photo shoots. King Edward captures all the royal elements, featuring gold leaf ceilings, crystal chandeliers, a romantic fireplace, and tall windows that flood the room with natural light. Perched above the ballroom is an elegant balcony terrace with endless skylights, creating a magical setting. The ballroom is a 10-minute ride from the convention center.

The meeting will have **two sessions**. The afternoon session, beginning at 11:45 AM, will include poster sessions, the Outstanding Academician Award winner lecture, and the scientific session. The evening banquet will be a gala for award winners, dignitaries, and guests. We will cater an Indian buffet dinner followed by Indian DJ music.

Please plan to attend. You can book a hotel in the nearby area. The venue is around 10 minutes from the LA Convention Center.

Banquet Registration by May 12th: **Member \$50, Member's guest \$60**

Post-Registration / Event Day: **\$75** for all after May 13th and at the venue.

Here is the link to register.

<https://myiapa.org/events/46th-iapa-annual-meeting-banquet-registration/>

Indo-American Psychiatric Association (IAPA) to Host Poster Competition for Resident/Fellow MIT Members

Time: May 17th, 11:30 AM – 12:30 PM at the Scientific meeting.

Award Prizes: 1st Place: \$1,000, **2nd** Place: \$500, and **3rd** Place: \$250

The Indo-American Psychiatric Association will hold an in-person poster session and competition on May 17th during the upcoming IAPA annual meeting.

We have 17 posters to judge. Congratulations to all who submitted.

Please attend and support our young members.

Let us know if you would like to judge the posters.

Call for Volunteers: IAPA Annual Meeting May 17, 2025

Dear IAPA Members,

We are excited to announce that the IAPA Annual Meeting will take place on **May 17, 2025!**

As we prepare for this important event, we are **seeking enthusiastic volunteers** to help with various aspects of the meeting, including logistics, registration, member engagement, and more.

Volunteering is a wonderful opportunity to get involved, connect with fellow members, and contribute to the success of our organization.

If you're interested in volunteering, please reach out to us at president@myiapa.org.

We look forward to seeing you there and working together to make this year's meeting a great success!

Warm regards,

IAPA Executive Committee

IAPA at OPPA's 75th Anniversary: A Celebration of Leadership and Community

By Nita Bhatt, MD, MPH, FAPA

IAPA played a meaningful role in the Ohio Psychiatric Physicians Association's (OPPA) 75th Annual Meeting on March 1-2, 2025, in Columbus. This milestone gathering honored OPPA's legacy while highlighting the contributions of Indian and South Asian psychiatrists in shaping the future of mental health care.

A special IAPA gathering, led by Dr. Nita Bhatt, OPPA President, and Dr. Poojajeet Khaira, OPPA RFM Committee Chair, brought together psychiatrists of Indian heritage during the Saturday evening mixer. The event provided a space to connect, share experiences, and strengthen professional and personal bonds. Discussions focused on mentorship, leadership, and advancing the field through collaboration.

As the first Indian/South Asian president of OPPA, Dr. Bhatt reflected on the importance of representation and community. The evening underscored IAPA's role as a vital platform for advocacy, professional growth, and peer support. Attendees engaged in conversations about navigating the profession, supporting future psychiatrists, and elevating South Asian voices in medicine.

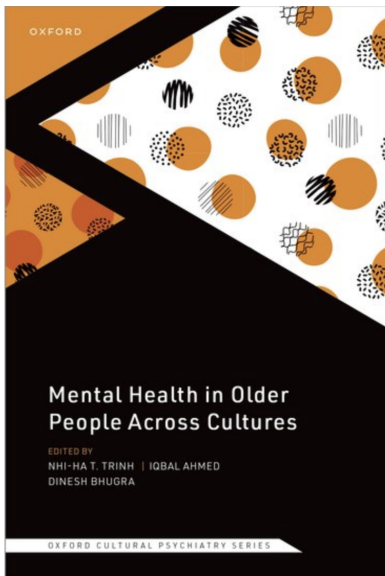
The IAPA event at OPPA's 75th anniversary was an opportunity to celebrate achievements and deepen connections. The relationships built and the ideas exchanged will continue to strengthen IAPA's impact in Ohio and beyond.



Pictured above: OPPA meeting attendees with OPPA President Dr. Nita Bhatt (seventh from the left), APA President-Elect Dr. Theresa Miskiman Rivera (eighth from the left), and Dr. Poojajeet Khaira (fourth from the left).

Member Book Published Mental Health in Older People Across Cultures

Edited by Nhi-Ha Trinh, **Iqbal Ahmed (IAPA member)**, and Dinesh Bhugra



As part of the Oxford Cultural Psychiatry series, *Mental Health in Older People Across Cultures* provides a detailed overview of the diverse factors, including socioeconomic and systemic factors within and across countries that impact the process of aging, mental health, and illnesses of older adults and their care. This unique resource provides a necessary clinical understanding of factors on aging and the varied roles families and caregivers have in the aging process, emphasizing similarities and differences across cultures. The second half of the book then focuses on specific disorders in older adults across the globe affected by these factors, the nuances impacting the diagnosis and treatment of these disorders, and the research and development of healthcare policy.

Written by experts in the field from across the world, this comprehensive book will significantly interest a diversity of readers, from psychiatrists to trainees, general practitioners to social workers, and many other mental health providers. From epidemiology to economics and substance use disorders, and East Asia to Africa and the Americas, this valuable addition to the field of mental health in older adults provides a world of fascinating insight.

IAPA 2025 Election

Members are encouraged to submit names of qualified IAPA members interested in joining the IAPA EC as Secretary and Treasurer. Please send your nominations to **president@myiap.org**



Celebrating Our Members-in-Training: Successful Matches in Psychiatry Residencies!



IAPA Congratulates MIT and their Mentors

IAPA recognizes and congratulates all physicians of Indian origin who matched successfully in psychiatry during the 2025 Match cycle. IAPA would especially like to congratulate the IAPA Members-in-Training who matched this year.

IAPA would also like to recognize our mentors for volunteering their valuable time and guiding IAPA's members-in-training as they navigated the residency application and match process. Congratulations again to IAPA's members-in-training who successfully matched!

We encourage all applicants to join the IAPA organization and utilize the mentorship program.

Upcoming Events

Interested in Attending the National/International Meetings? Save the Dates

[IAPA Annual Meeting: May 17th, 2025, Alexandria Ballrooms, Los Angeles](#)

[APA Annual Meeting: May 17th- 21st, 2025. Los Angeles](#)

[The World Psychiatric Association \(WPA\) World Congress Meeting: October 5-8. Prague, Czech Republic](#)

[AACAP Annual Meeting: October 20- 25, 2025. Chicago](#)

ASSOCIATION OF FAMILY PSYCHIATRIST (AFP) ANNUAL VIRTUAL MEETING - 4/12/2025

Program chair - Rajesh Mehta, MD

Welcoming remarks - Rama Rao Gogineni, MD, MFT

Lecture 1: Introduction-Deepika Shaligram, MD

Presentation: "Helping Families Navigate Illness and Disability". By John Rolland, MD

Lecture 2: Introduction - Dhruv Shah, DO

Presentation: "Where Does Family Appear in DSM 5-TR and Psychosocial Determinants of Mental Health" by Francis Lu, MD

Lecture 3: Introduction - Khalid Afzal, MD

Presentation: "Digital Devices and Family Health." By Rakin. Hoq, MD

Closing Remarks: Ellen Berman, M.D

For any questions, please contact

AFP President: Dr. Rama R Gogineni. M.D. rgoginenimd@yahoo.com

AFP Secretary: Dr. Rajesh Mehta, M.D. rmeht2033@gmail.com

Dr. John Rolland. M.D Dr. Francis Lu. M.D. DLFAPA

Dr. Rakin Hoq. M.D.

Date: Saturday- 4/12/2025. Time: 12:30 pm - 3:30 pm EST via Zoom

Join Zoom Meeting

<https://us06web.zoom.us/j/86142086652?pwd=hjaJl1AWVo5l34gCJlNX0Myrcp2EvA.1>

Meeting ID: 861 4208 6652

Passcode: 942780

Education Corner

This is a new IAPA project. We invite all US-based IAPA MIT members (residents and fellows) to submit an article, and the chosen article will be presented in the newsletter. We thank Poojajeet for submitting her blog.

Addressing Workplace Violence in Psychiatric Settings: A Call for Prevention and Preparedness

Poojajeet Khaira, MD, Psychiatry Resident Physician

Case Western Reserve University – MetroHealth Hospital



Psychiatric healthcare settings present unique challenges, with one of the most pressing being workplace violence. As psychiatrists, we are responsible for treating patients and fostering an environment that ensures the safety of both staff and those under our care. However, the reality is that mental health workers face one of the highest risks of workplace violence across all medical fields. Between 2015 and 2019, 75% of nonfatal workplace violence incidents against mental health workers occurred in restricted-access areas, such as inpatient psychiatric units, emergency departments, and locked hospital wards. Additionally, government-sector mental health workers experienced the highest rate of nonfatal workplace violence, with 77.1 incidents per 1,000 workers, surpassing all other

occupations.¹ Some studies show that 40% of psychiatrists have experienced physical assault in psychiatric settings.² These numbers are staggering and speak to an issue that has long been normalized in our field rather than adequately addressed.

My interest in this issue began during my intern year when my institution opened a new freestanding psychiatric hospital, transitioning from a small 20-bed unit to a facility accommodating 112 patients. However, we could never fully open to capacity due to ongoing safety concerns. As I worked closely with nurses and staff, I frequently witnessed patient assaults, often without precise institutional mechanisms for prevention, debriefing, or support. These incidents were not isolated; they represented an alarming trend of rising violence in psychiatric settings. Experiencing this firsthand inspired me to examine what could be done at a systemic level to address workplace violence and protect those who dedicate themselves to mental health care.

The impact of patient assaults on mental health workers extends far beyond physical injury. Studies have shown that these incidents often lead to profound psychological effects, including depression, anxiety, post-traumatic stress disorder, and, in many cases, a deep sense of fear and disillusionment with the profession.³⁻⁵ Among psychiatry residents specifically, the rate of patient assaults ranges between 25% and 64%, a statistic that exceeds most other medical specialties.⁶ Despite this, nearly half of the surveyed psychiatry residents believe that incidents of workplace violence go unreported.⁶ The reasons are varied—some residents feel the assaults are not severe enough to warrant reporting, others view them as an expected and unavoidable part of their training, and many fear that speaking up will make them appear

incompetent or unable to handle difficult patients. Additionally, some express skepticism that reporting will lead to meaningful changes, which further perpetuates a culture of silence around workplace violence.⁷⁻⁹

This silence has consequences not only for individual providers but for the mental healthcare system as a whole. Residents who experience intimidation, threats, or physical assaults often report decreased morale, loss of confidence in their clinical skills, and even a reconsideration of their decision to pursue a career in psychiatry.¹⁰⁻¹² When workplace violence goes unaddressed, the impact ripples outward, affecting faculty, nursing staff, social workers, and all members of the multidisciplinary team. Over time, institutions that fail to implement strong safety protocols may experience higher staff turnover, increased burnout, and diminished quality of patient care.⁵

Despite the widespread nature of this issue, structured safety training for psychiatry residents remains inconsistent across training programs. The Accreditation Council for Graduate Medical Education (ACGME) has emphasized patient safety in its requirements, but its guidelines regarding resident safety remain vague.¹³ While programs are required to "evaluate workplace safety data and address the safety of residents and faculty members," the lack of specific directives means that training and policies vary significantly from institution to institution.¹³ Some residents receive comprehensive training in crisis de-escalation, environmental safety, and seclusion/restraint techniques, while others enter high-risk environments with little to no preparation.¹⁴

There are, however, existing models that demonstrate how safety can be meaningfully prioritized. The American College of Emergency Physicians, for example, has issued detailed recommendations on preventing workplace violence, emphasizing the importance of proactive training, clear reporting mechanisms, and institutional support for affected staff.¹⁵⁻¹⁶ In psychiatric settings, the Assaulted Staff Action Program (ASAP) has shown promise in mitigating the long-term effects of workplace violence by providing immediate debriefing, counseling, and intensive support for employees who have been assaulted. This program, endorsed by both the U.S. Department of Health and Human Services and the Canadian Ministry of Health, has been instrumental in helping healthcare workers process their experiences while also equipping them with tools to manage future incidents more effectively.¹⁷

To truly address workplace violence in psychiatry, institutions must move beyond reactive policies and embrace a culture of prevention and preparedness. Training in managing violent patients should be a standardized component of residency education, not an optional or inconsistent addition. Reporting systems should be transparent, easily accessible, and free of stigma so that residents and staff feel supported rather than blamed when they speak up about safety concerns. Immediate debriefing should be a routine part of the institutional response, ensuring that those affected receive the psychological support they need. Beyond individual training programs, there is also a need for broader advocacy efforts to push for stronger national guidelines that prioritize both patient and staff safety in psychiatric settings.

As psychiatrists, we are the leaders of the multidisciplinary teams within mental healthcare institutions. It is our responsibility to advocate for policies and practices that protect staff and, in doing so, create a safer environment for patients. Workplace violence is not an inevitable part of psychiatric care, nor should it be treated as such. By actively addressing this issue, we

can shift the culture of mental healthcare toward one where safety is prioritized, and providers feel empowered rather than vulnerable in their roles.

This conversation must continue, not just within academic discussions but at every level of healthcare leadership. How can we, as a field, do better? The answer begins with recognition, advocacy, and action.

References



IAPA Chapter Updates

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.

Chapter Support

IAPA leadership would be delighted to support chapter activities, revive existing chapters, and create new ones. If interested, contact the IAPA president or any EC/EEC members.

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>

Access the *Indian Journal of Psychological Medicine*

The *Indian Journal of Psychological Medicine*, founded in 1978, is the official publication of the Indian Psychiatric Society, South Zonal Branch. It is published bi-monthly and has an open-access model. The journal undergoes a double-blind peer review process. The journal caters to mental health professionals and trainees, including psychiatrists, psychologists, psychiatric social workers, psychiatric nurses, academic psychiatrists (medical education), allied disciplines, and other medical professionals and paraprofessionals.

You can access the journal here. <https://journals.sagepub.com/home/szi>

If you are interested in writing an article, contact them at editor@ijpm.info

Indo-American Psychiatric Association (IAPA) Announces Opportunity for Resident/Fellow MIT Members

The Indo-American Psychiatric Association (IAPA) offers psychiatric residents and fellows an opportunity to contribute to our newsletter with recognition for the best write-up at our Annual Meeting.

What: Call for Indo-American Psychiatric Association (IAPA) Newsletter Write-Ups by IAPA Resident/Fellow Member-in-Training (MIT) Members. One selection will receive the IAPA President Special Recognition Award at the IAPA Annual Meeting in May.

Eligibility:

Who: Psychiatric residents and fellows enrolled in training programs in the United States who are also IAPA Member-In-Training (MIT) members.

Requirements: Submit a viewpoint/commentary for publication online in our newsletter. Each submission will be reviewed, and IAPA reserves the right to make edits and corrections.

Submission Requirements:

Deadlines (encouraged to submit as early as possible)

Quarter 4: June 15, 2025 (Eligible for the award selection in years 2025-2026)

Manuscript Style:

Viewpoint/Commentary

Unpublished, Unplagiarized, single-spaced

Maximum words, including references: single-spaced 1,200

References: Up to 20 (AMA Style)

Cover Sheet: Listing contact information (full name, degree/s, residency program, email, phone, mailing address).

Judging Criteria:

- Timeliness of the topic
- Applicability to general psychiatry
- Clarity and coherence
- Evidence and support
- Impact and significance

Submission Instructions:

Email To: president@myiapa.org

IAPA Membership Information: <https://myiapa.org/membership-account/membership-levels/>

Please prepare your viewpoint/commentary according to the provided guidelines and submit it before the deadline for a chance to win this special recognition at the next IAPA Annual Meeting.

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.

Become a Member of the IAPA!

The Indo-American Psychiatric Association continues to grow and contribute to education and advocacy in psychiatry. **We encourage everyone to become more involved in IAPA!**

Please visit myiapa.org for more information. If you or somebody you know is not a life member and would like to become one, please contact IAPA at president@myiapa.org

Thank you for being so supportive and part of the IAPA family!

We encourage our readers to join IAPA. Please spread the word among your colleagues to join our growing organization!

IAPA is available on Instagram, Linked In, and Facebook.

Instagram:

<https://www.instagram.com/indoamericanpsychiatricassoc>

LinkedIn:

<https://www.linkedin.com/company/indo-american-psychiatric-association>

Facebook:

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

Website:

www.myiapa.org

Contact us

Email: president@myiapa.org

IAPA thanks its Platinum sponsor, Professional Risk Management Services (PRMS), for its ongoing support and years of partnership.

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