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Pratik Bahekar, M.D.

President's Column

Pratik Bahekar, M.D., President, AGLP

pbahekar@aglp.org

As we usher in the fall, we are proud to present our November newsletter, which our editor, Donya Ahmadian, MPH, has compiled. We have great aspirations for the future. Additionally, I would like to provide a few updates about the board and committees. First, we welcome Rose Gibson, who the board hired as our social media and communications manager. Second, the Los Angeles Local Arrangement Committee was formed to organize next year's AGLP programs during the 2025 APA Annual Conference. Amir Ahuja, MD, will lead the Local Arrangements Committee. Third, the AGLP Membership Committee has decided to increase AGLP's outreach to midwestern and southern states. Fourth, to increase visibility, the AGLP Awards Committee has proposed to rename the awards. Finally, the incumbent treasurer, Chaden Noureddine, MD, has had to step down from her duties for personal reasons, and the board is looking to appoint an interim treasurer. Please email me at pbahekar@aglp.org or Roy Harker at RHarker@aglp.org to submit your nomination for consideration.

To ensure you receive important updates from AGLP, please update your professional email to the personal email associated with your AGLP account.

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Sarah Noble, D.O.

AGLP Awards

Sarah Noble, D.O.

SNoble@aglp.org

Each year, the executive board and local arrangements committee for each APA host city determines awardees for the four AGLP awards. The executive board would like the membership's input as we review the names and criteria for each award. Our goal is to come up with a more formalized system to determine awardees. We also want to ensure that the awards represent the diversity of the LGBTQ+ community.

Please send any feedback you might have to Roy Harker RHarker@aglp.org.

Current awards include the following:

The Stuart Nichols Award is presented to a community service organization that supports LGBT Mental Health. The award was named after Stuart Nichols, MD, a community psychiatrist who did addictions and HIV work and was a mentor to many AGLP members, and includes a cash award.

The James Paulsen Award is presented to an AGLP member who has made significant contributions to the ongoing life of the organization. The award was named after a founding AGLP member.

The Distinguished Service Award, AGLP's first designated award, is given to an individual for outstanding contributions to the LGBT community. Over the years, it has been awarded to AGLP members whose work extends past the reach of the organization, to supportive APA officials, and to public figures.

The Barbara Gittings Award is presented to a woman who demonstrates exceptional leadership and advocacy for lesbian issues. The award was named after one of the founders of the gay rights movement and one of the activists instrumental in moving APA to consider depathologizing homosexuality.

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The Newsletter of AGLP

Published quarterly from 1512 Spruce Street
#2601, Philadelphia, PA 19102-3707.

The views expressed in the Newsletter are those of the writer and do not necessarily represent the opinions of AGLP. The sexual orientation of any writer or any person mentioned in the Newsletter should not be inferred unless specifically stated. Mailing lists for the Newsletter are confidential, to be used only by AGLP, and do not imply sexual orientation.

INFORMATION FOR AUTHORS

Persons wishing to submit articles for publication should send them to the National Office, 1512 Spruce Street #2601, Philadelphia, PA 19102; phone 215-222-2800; E-mail: AGLPEditors@aglp.org. Submissions become the property of AGLP. The Newsletter reserves the right to make editorial changes and to shorten articles to fit space limitations. Name, address, daytime telephone number, and a short biographical statement about the author should accompany the submission even if the author requests anonymity in publication (which is discouraged).

ADVERTISING RATES

The Newsletter of AGLP accepts limited advertising depending upon space and applicability to issues affecting psychiatrists who either are part of the LGBTQ+ community or who treat LGBTQ+ patients. The mailing lists for AGLP are confidential and never sold or provided to any vendor.

Full Page Ad	\$450
Half-Page Ad	\$250
Business Card	\$150

Community service announcements are printed without charge, but are accepted only on a limited basis depending upon space limitations and applicability.

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Editor's Column Donya Ahmadian, MPH

AGLPEditors@aglp.org



Donya Ahmadian, MPH

Dearest AGLP Family,

There is something exceedingly comforting to me about the fall and winter seasons. As the leaves gradually change color, there is a reminder of transformation that I often return to. Whether or not we are prepared, everything around us can change, sometimes suddenly, when we least expect it...and other times, change can feel excruciatingly slow. Then, before we know it, the leaves have fallen in their entirety, naked branches exposed and prepared to sprout once again, renewed, come their time.

When change feels sudden, it can be devastating. When change feels languid, it can be equally unnerving. These two states have something very similar in common: the yearning for control. Many times before change can empower us, it can feel as if it dismantles us. The waiting season, poetically akin to the hibernation of winter, demands a faith uneasy to muster at times. However, in its' right time, when we shift from clasped hands to cupped ones, regeneration is free to be born.

We, much like the shifting of seasons, enter in and out of periods of order, disorder, and reorder. In each of our phases, it is a privilege we give to ourselves and one another when we can allow for nature to be nature...for love to be love...to exist without the need to define, box, or label. Much of our work in AGLP surrounds this desire, to create freedom within ourselves and within others. When this freedom is misunderstood, restricted, or

denied, change can feel so distant. It is in these moments that we must return to the faith and belief that no matter how incremental, each initiative we plant deeply matters. Through the work of this organization, each of you exist as leaders in a space where change is desperately necessary. Even still, the world we envision, where the rights of this community are considered unequivocally equal, can seem to move ever so slowly. Evolution is a necessary part of our world, just like our seasons, as we are striving to create an environment where everyone can authentically belong.

In the coming pages of this newsletter, may you be reminded of the work that your peers and colleagues embark upon alongside you, each movement created with a common faith in mind. We are far from the world that we most desire, yet the tapestry of the last decade has revealed the seeds your work has sown. Whether we reflect upon the Fall Business Meeting, the upcoming Early Career Psychiatrists (ECP) gatherings, or the Annual Assembly which awaits us in November, may we never forget the power of gathering. For when we gather, no matter how small, we continue to breathe life into the future that we are building.

So, welcome, friends. Let's turn the page of change together.

Yours,
Donya Ahmadian, MPH

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Pearls of Wisdom Requests Donya Ahmadian, MPH

AGLPEditors@aglp.org

In this space, we will feature brief words of wisdom from our AGLP family. These pieces may be testimonies of lived experiences, words of advice, mentorship, previous works you have written, calls to action, and beyond. We would love to feature you. Please submit anything you'd like to share, no matter the length, to AGLPEditors@aglp.org.

"You are not your shame, your most noble act, nor your worst. You are simply human, with all your intricacies, worthy of love and wholeness, in every understanding of the word. Our patients are no different than you or I in this way... how beautiful is this commonality which ties us." - Anonymous

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Intimate Partner Violence

Amir Ahuja, M.D.

AAhuja@aglp.org



Amir Ahuja, M.D.

The month of October has been designated Domestic Violence Awareness Month. This month is a time to reflect on the sadly ubiquitous problem of Domestic Violence, which researchers now call "Intimate Partner Violence" to be more specific to romantic relationships and also inclusive of LGBTQ+ people. I have been passionate about this topic for many years, as our LA LGBT Center has the biggest LGBTQ IPV Treatment Center in the world. We serve hundreds of people who are suffering from this scourge, and we treat everyone involved in the IPV. This includes not just victims, but also Retaliating Victims, Secondary Perpetrators, and Perpetrators themselves (in different groups, of course). This treatment can involve finding emergency shelter for victims escaping trauma, providing social services and counseling, and anger management and medication management for those who perpetrate the violence. Sometimes, the treatment is voluntary and sometimes court-ordered, but it has been very effective for our many patients.

I have devoted the last few years to studying this topic with the director of our Stop Violence Program, Susan Holt, PsyD. Together, we just released a textbook called LGBTQ+ Intimate Partner Violence: A Guide for Mental Health Practitioners. I encourage you all to

look into it, since it details the history of this issue, the prevalence and key statistics, and most importantly how to assess and treat it. It is unfortunate that near 50% of LGBTQ+ relationships will involve Intimate Partner Violence in some form (emotional, physical, or sexual), and many people do not talk about this issue out of shame. As I have learned through this process, patients also will not talk about this unless specifically asked, which is a big lesson from The book. Always ask about trauma and violence and do not forget IPV in your assessments, and you will be surprised how often people talk about this.

So, as we all get ready for the fall and gear up for the holidays (including my favorite one, Halloween!), let us take a minute to honor Domestic Violence month. Please share this with friends and family and publicize this issue as a physician and thought leaders in your communities. We need to get the word out to break the silence around this issue, so we can catch IPV early on and prevent harmful and fatal violence. All of us deserve healthy and rewarding relationships that lift us up instead of knocking us down.

■ ■ ■

Moment of Pause

In efforts of caring for ourselves and one another, we encourage a moment of silent reflection. The following poem, by the beloved Mary Oliver, as a companion for your weeks ahead:

You do not have to be good.
 You do not have to walk on your knees
 for a hundred miles through the desert, repenting.
 You only have to let the soft animal of your body love what it loves.
 Tell me about despair, yours, and I will tell you mine.
 Meanwhile the world goes on.
 Meanwhile the sun and the clear pebbles of the rain
 are moving across the landscapes, over the prairies and the deep trees,
 the mountains and the rivers.
 Meanwhile the wild geese, high in the clean blue air,
 are heading home again.
 Whoever you are, no matter how lonely,
 the world offers itself to your imagination,
 calls to you like the wild geese, harsh and exciting—
 over and over announcing your place
 in the family of things.

- Mary Oliver

■ ■ ■

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Andy Tompkins, M.D., Representative
Seth Roseblatt, M.D., Deputy Representative

AGLP REPRESENTATIVE TO THE APA ASSEMBLY (ACROSS)
Kevo Rivera, M.D. hellodactorkevo@gmail.com

■ ■ ■

Professional Development & Advocacy Column (for ECPs, by ECPs)

Kevo Rivera, MD (any pronouns)

hellodotorkevo@gmail.com.

Happy Fall from the Early Career Psychiatrists committee! In true ECP fashion, this season, I'm experiencing the growing pains of starting a new job in a brand new institution now that all my formal training is finally behind me. Shout out to any of you who are going through these transitions with me!

While some folks are gearing up for the season's more typical autumnal gatherings, I have my sights set on the upcoming APA Assembly meeting this November. This will be my first Assembly, and I will be proudly representing AGLP. For my first meeting, I will focus on understanding and navigating the nuances of Assembly business and procedures. Fortunately, I will have my marching orders from our impeccable executive committee, and I know I will have other AGLP members to lean on while I'm there. As soon as I'm back, I plan to hit the ground running in meeting with any of you who are interested in drafting any future action papers that communicate our members' key priorities for the APA. Have an idea in mind? Feel free to reach out to me or any of AGLP's committee chairs and we can get writing collaborations started ahead of the next Assembly meeting, held next Spring at the 2025 APA Annual Meeting.

Finally, mark your calendars for our next Early Career Psychiatrists Committee meeting! Details below, and we hope to see you there!

ECP Committee Meeting

Tuesday, November 12 at 8pm Eastern/5pm Pacific via Zoom

Join Zoom Meeting:

<https://ucsd.zoom.us/j/96616582330?pwd=ImHDYzATqVglOIet8srjyqNT8M5LFN.1>

Meeting ID: 966 1658 2330; Password: 502055

The PDA column highlights topics of particular interest to AGLP's early career psychiatrists, including: mentorship and supervision; supporting trainees; the transition into a first attending job; arts, culture, and media digests; diversity, equity, inclusion, and justice; ECP perspectives on legislation and policies affecting LGBTQIA+ people; and, of course, advocacy. We also spotlight our ECP members and the work they do. We invite any ECP members to submit their ideas or written pieces for this column to dr.theysi@gmail.com and hellodotorkevo@gmail.com.

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WELCOME TO OUR NEW MEMBERS 2024

Jasim Abbasi
Abdullah Abdullah
Stewart Adelson, M.D.
Christy Anderson, M.D.
Ezra Axinto-Fletcher
William Badenhorst, M.D.
Edward Bellemore
Sam Blizzard
Mark Bradley, M.D.
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Julia Chael
Audrey Chang
Jeff Corbin, M.D.
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Hossein Fattahi, M.D.
Reni Forer
Zachary Gallin
Courtney Gamache
Paul Glasheen, M.D.
Matthew Gold
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Brady Greene
Laura Grogan
Allison Grossman, M.D.
Jonathan Hester, M.D.
Juan Jimenez
Rohini Kallianpur
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Logan Kinamore, M.D.
Kaitlyn Kutzko
Christopher Lee
John Lueck
Tiffany Markko, M.D.
Kara McBurnett
Michael Murphy, M.D.
Matheus Nascimento
Jean-Pierre Nguyen
Joseph Nickel
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Nicole Obongo
Bjorn Payne, M.D.
Peter Peng, M.D.

Reed Pitre, M.D.
Aiesha Polakampalli, D.O.
Alexis R
Christina Ragnarök
Taha Rahmatullah
Victor Rodrigues
Roy Sanders, M.D.
Amanda Seely, M.D.
Varna Thayaparan
Marcie Thrasher
Michelle Tong, M.D.
Casey Urban
Hope VanBuren, M.D.
Mika Verner
Gunter Wagner, M.D.
Mary Walsh, M.P.H.
Eugene West, M.D.
Stanley Yantis, M.D.

Time Capsule

Step into our Time Capsule, a nostalgic journey through past newsletter highlights. Together, we can re-visit and celebrate the stories that continue to inspire our journey together.

In this edition's Time Capsule, join us for a beautiful journey through the power of vulnerability and the sacred witnessing that companioning can provide. In this intimate journey that Dr. Stiles shares, we can see, so closely, the pursuit of the heart of this organization and that which we are still nourishing- to bring alive in others' the power to live a life painted by the freedom to be loved and seen exactly as we are.

Association of Gay and Lesbian Psychiatrists

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HIV-Affected Psychiatrists Column

Marshall Stiles, M.D.

To bring the membership up to date, we had our committee/support group meeting in Chicago during the APA on Sunday afternoon in a private room provided by one of the attendees. Apparently, at past APA's, some HIV + psychiatrists have been reluctant to attend these meetings because they were held in the AGLP Hospitality Suite, which has become a very busy place, with back-to-back meetings scheduled, and some felt entering the suite at the published time of our group's meeting was like a coming-out-with-HIV process, so they avoided attending. Early in the weekend prior to the meeting this was brought to my attention by someone I had not met before, and he volunteered his room for the meeting, since it was big enough for our group.

We had 7 persons including myself in attendance. It was a good meeting, but the time we had allotted for it, 1 1/2 hours, was insufficient, considering that some had to come late and/or leave early. People shared as they were comfortable, and some of us knew some of the others, so that helped with the trust issue. Obviously, HIV treatment issues

were discussed as well. People agreed that the meeting was useful, but that it would be nice to have it at a less crowded time in our schedules, if it were possible to find such a time. Basically, most people present wanted to protect their privacy around HIV within the AGLP, and that is respected. We decided that it was good to have S/O's present, but the invitation to include S/O's came out late. Next year, please know that S/O's are encouraged to attend as long as their partners are comfortable with that, and I would also invite couples, in which the AGLP member is (-) but the S/O is (+), to attend. We will try our best to have the meeting in New Orleans in a room other than the Hospitality Suite to assure more privacy.

Currently, we as a group have communicated recently by email, and I was gratified that one person ventilated freely to me, feeling this was one of the only venues in which he felt the safety to share some very personal feelings about his journey with HIV.

One person besides myself is willing to be listed by name with the AGLP as a resource person for members of our organization who have yet to attend a group meeting or otherwise contact someone in the AGLP for support around HIV issues. Others on the East Coast have expressed willingness to serve as resource persons if I receive requests from their area.

I was gratified that one person ventilated freely to me, feeling this was one of the only venues in which he felt the safety to share some very personal feelings about his journey with HIV.

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PLEASE FEEL FREE TO CONTACT EITHER OF US FOR HELP WITH YOUR OWN JOURNEY WITH HIV

Members of the AGLP: Please REMEMBER that MANY OF YOUR COLLEAGUES ARE HIV-POSITIVE, and need your recognition as a group, and support as individuals. As you well know, AIDS is not over, and many of our membership are still working while taking the life-prolonging but often toxic anti-virals. Others, like me, are retired, but still want to be involved. If you are also HIV (+) and either would like to be on our committee's list (kept confidential) and/or would be willing to be a resource person to the AGLP, either out or not, please contact me. Be Well!

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AGLP Welcomes Rose Gibson, Social Media Manager



Rose Gibson

Rose Gibson has accepted the role of Social Media Manager for AGLP. This part-time contract was some months in the making and we gladly welcome her time and talents on our behalf.

What is a Social Media Manager?

The social media manager collaborates closely with AGLP's social media committee, necessitating a strong grasp of social media trends and the ability to provide guidance on public relations matters.

In this role, the social media manager will be expected to possess and maintain current knowledge of photo and video editing software, social media applications, and design tools. Responsibilities will include overseeing the design of social media platforms, managing posts, and engaging with our followers.

Of course, it is understood that the new Social Media Manager will understand mission, vision, and core values of the organization, support unified goals/vision of the organization, and attend monthly AGLP Council Meetings.

Rose brings strong public relations skills to the job as well as excellent written and verbal communication skills. She has already shown her ability to produce creative content, and her knowledge of Google Analytics and search engine organization. And she has demonstrated her passionate commitment to LGBTQ+ issues and an alignment with AGLP's values. We are fortunate to have Rose as part of the AGLP Team!

A Little about Rose

Rose Gibson (she/her/hers), is proud to be a Queer Femme based in the city of San Francisco, CA, and brings over twelve years of vibrant, cross-continental experience in media, where she has crafted compelling campaigns across television, film, the music industry, and advertising. Known for her deft touch in product development and branding, Rose has worked passionately within professional arts and culture organizations, as well as with LGBTQ+ clients and causes, creating resonant narratives that uplift and celebrate marginalized voices. Now, with deep honor and gratitude, she joins AGLP as their Social Media Manager, embracing a mission that mirrors her own values of compassion and empowerment. Rose is devoted to advancing AGLP's vision of inclusive, transformative mental health services for the LGBTQ+ community, inspiring individuals to lead lives that are not only happy but beautifully, fully realized. In her spare time, she enjoys writing as an editor for legacy LGBTQ publication Out Front Magazine among several other renowned outlets like SPIN, SFGate, Billboard, and EDM.com, covering local arts and culture events, concerts, and music festivals around the Bay Area and in the state of California. Rose is also a proud member of the San Francisco Junior League and actively serves in the San Francisco Ballet BRAVO Auxiliary Club.



Call for Nominations

2025 will bring about a new opportunity for AGLP members to install a new slate of Executive Board members in May at the Annual Meeting in Los Angeles. This slate will include a President-Elect, Vice-President, Secretary and Treasurer.

If you would like to nominate someone you feel represents AGLP's mission and is willing to help realize our goals, please forward a Letter of Nomination to Roy Harker, Executive Director (rharker@aglp.org) before January 1, 2025.

Below are updated job descriptions for each of the officers:

President

- Responsible for policy decisions and planning and oversight of the administration of the organization
- Head of the Executive Board and Advisory Committees of the organization
- Appoint Nomination Committee each year at least six months before the annual meeting. Nominations must be announced to the membership 90 days before the annual meeting.
- Appoint an awards committee, in conjunction with the Immediate-Past President, to address each of the AGLP-sponsored awards given at each annual meeting
- Writes an article for each issues of the newsletter.

Vice-President

- Assist in policy decisions and planning
- Works with local arrangements to set up activities at the annual meeting.
- Responsible for setting up at least one APA symposium at the annual meeting with focuses on LGBT topics in conjunction with the Education Committee.
- Assumes the role of the President is his/her absence
- Writes an article for each issues of the newsletter

Secretary

- Attend all monthly phone conferences and meetings.
- Records business of the various committees and communicates this to the executive board and general membership.
- Administers and records the election of officers
- Provides Minutes of each meeting to the Executive Committee

Treasurer

- With the assistance of the Executive Director, collects, disburses, and keeps track of all funds of the Association. Reviews accounting from the National Office and monthly reports.
- Prepares a budget and financial statement, with the assistance of the Executive Director, to be presented at the annual business meeting in the Fall of each year.
- Along with the president and the executive director, authorizes the disbursement of funds through the signing of checks when necessary.
- Reviews all tax reporting forms and annual audits performed by the established accounting firm.
- Helps with fund-raising, membership development, and other means, as a way to augment the association's income in addition to dues collections.
- Oversees a routine evaluation of the AGLP dues structure.



THANKS TO THE FOLLOWING WHO HAVE GENEROUSLY SUPPORTED AGLP IN 2023 AND 2024

EXCEPTIONAL CONTRIBUTION

DAVID RUDOLPH KESSLER, M.D.

PETER L. HEIN, M.D.

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