

**APAA 2007 ANNUAL MEETING EVENTS IDENTIFIED****May 19 – 24, 2007 San Diego, CA**

*Updated meeting times and location information will be available at the APAA Booth, Lobby A/B, Ground level, San Diego Convention Center*

**SATURDAY, MAY 19**

9:00 AM - 4:00 PM

APA Alliance Executive Council & Committee meetings  
San Diego Marriott Anaheim Room,  
N Tower, Lobby Level

9:00 AM - 4:00 PM

Membership Booth open  
Lobby A/B, Ground level, San Diego Convention Center

**SUNDAY, MAY 20**

9:00 AM - 4:00 PM

APA Alliance Annual Membership Meeting (All members are invited)  
San Diego Marriott Anaheim Room,  
N Tower, Lobby Level

9:00 AM - 4:00 PM

Membership Booth open  
Lobby A/B, Ground level, San Diego Convention Center

5:00 PM – 6:00 PM.

APA Official Opening Session and Presidential Address  
Ballroom 20, Upper Level,  
Convention Center

**MONDAY, MAY 21**

9:00 AM – 10:30 PM

“Disaster, Trauma and Recovery in Children: Lessons Learned from Katrina.” Presenter: S. Arshad Hussain, M.D., with panelists Hal Ginzberg, M.D. and Mark Townsend, M.D.  
(location information at APAA Booth)

11:00 PM – 1:30 PM

APA Alliance Executive Council & Committees  
San Diego Marriott Anaheim Room,  
N Tower, Lobby Level

2:00 PM – 3:30 PM

“Advancing Mental Health Through Advocacy,” Helen MacLeod Thomson, Yolo County, CA Supervisor; Gretchen Burns-Bergman, Exec. Dir., New Path  
(location information at APAA Booth)

9:00 AM - 4:00 PM

Membership Booth open  
Lobby A/B, Ground level,  
San Diego Convention Center

**TUESDAY, MAY 22**

11:30 AM – 2:00 PM

APAA Annual Luncheon  
University Club, Symphony Tower Building,  
750 B Street, Suite 3400, (34<sup>th</sup> Floor)

9:00 AM - NOON

Membership Booth open  
Lobby A/B, Ground level, San Diego Convention Center

**WEDNESDAY, MAY 23**

9:00 AM - NOON

APA Alliance Executive Council Changeover Meeting  
San Diego Marriott Anaheim Room,  
N Tower, Lobby Level

APAA Information Booth

**HELP WANTED!**

For Sat/Sun/Mon, May 19 – 21  
Choose Hours from 9am – 4pm  
Contact Angela Poblocki  
ANG3689@aol.com (703) 907-7304

**ANNUAL LUNCHEON PROGRAM ANNOUNCED**

APA Alliance Annual Luncheon will be held on Tues., May 22, 2007 at 11:30 A.M. – 2:00 P.M. at The University Club atop Symphony Towers, 750 B Street, 34<sup>th</sup> floor. Gretchen Burns-Bergman, Executive Director, New Path, is the guest speaker. She will talk to us about “A New Path,” a group for recovering addicts. “A new Path “ is “a grass roots movement started by parents of addicts who are incarcerated and not receiving treatment for their addictions.”

The Luncheon menu includes Almond Crusted Chicken Salad, Broiled Salmon, or Chef's Choice Vegetarian, and Wine. Tickets are \$60.00 each. A reply should have been returned by May 14 to APA Alliance, P.O. Box 285, North Boston, NY 14110 with a check and the meal selection; or, call Terri Mahwinney at (858) 583-1517 or (858) 488-4822

**OTHER EVENTS AT APAA ANNUAL MEETING****Lifers Reception:**

*Tuesday evening, May 22, 7:00 – 9:00 pm* Atlanta/Chicago Rooms, North Tower, Lobby Level, San Diego Marriott.

**APA Foundation events:**

*Saturday evening, 7:00 – 10:00 pm* is a benefit event at the San Diego Wine and Culinary Center which is within walking distance from the Convention Center. Tickets are \$125. Contact Barbara L. Matos for reservations/tickets at [bmatos@psych.org](mailto:bmatos@psych.org) or call her at (703) 907-8517

*Tuesday evening, 5:30 – 6:30 pm* “Conversations” featuring actress Brooke Shields. Free to all meeting attendees.

**WAKING DREAMS AT SAN DIEGO MUSEUM OF ART**

From May 19-July 29 the San Diego Museum of Art at Balboa Park, will show “Waking Dreams,” a remarkable and rarely seen collection of Pre-Raphaelite Art.

Often ignored by recent generations, many of the paintings were seen as merely sappy Victorian sentimentalism. But today, with all their lush romanticism, technical richness and blatant emotionalism, they are having a renaissance. The exhibition includes “130 paintings, watercolors, drawings, ceramics, jewelry, and furniture from some of the most important artists of the era.”

Well worth the trip, the museum's hours are: Tues. through Sun., 10 a.m. to 6 p.m. and Thurs. 10 a.m. to 9 p.m. For more about the exhibit go to: [www.sdmart.org/exhibition-waking-dreams.html](http://www.sdmart.org/exhibition-waking-dreams.html)

**ACQUIRE NARSAD ARTWORKS**

Museum-Quality greeting cards by and on behalf of mentally ill persons will be available for purchase at the APAA Membership Booth, Lobby A/B, Ground Level, San Diego Convention Center

## APAA MEMBERS REVISE GOVERNANCE RULES

At the Annual Meeting of the APA Alliance a committee chosen from those attending the Executive Council worked diligently to review and revise the Bylaws, Statement of Policy and Standing Rules. Those documents were mailed to the active membership for acceptance.

The committee expressed appreciation for the time and interest of the members who read and commented on the revisions. The vote, as reported by Executive Secretary, Angela Poblocki, was 40 in favor and 2 against. As written in the new Bylaws, the documents became effective 60 days after the mailing date. These documents were last amended in 1999 and the many changes of our organization and the APA required the Alliance to do a thorough revision.

Many thanks to the committee: Kay Brada, JoEllen Fasanello, Ruth McDervitt, Terri Mawhinney, Betty Foti, Christiane Sorel, Sally Treanor and Mary Thurrell.

## ALLIANCE MEMBERS CHOOSE NEW DIRECTION

The APA Alliance met at the beautiful Royal York Hotel in Toronto, Canada, May 20-22, 2006. Members of the APAA attending the 2006 Annual Meeting approved the recommendation of its Executive Council to reorganize the Alliance to conform to the mission and vision statements adopted last year at the 2005 Annual Meeting. A committee chosen from those attending the Executive Council meeting worked for three days to review and revise the Bylaws, Statement of Policy and Standing Rules. An article on that appears in this newsletter.

The meeting concluded with a luncheon on the 19<sup>th</sup> floor of the Royal York with a spectacular view of Lake Ontario. Mary Thurrell, President 2005-06, presented the president's medallion to Kay Brada who is serving as President for 2006-07. Kay presented Mary with an appreciation gift from the Executive Council.

## BYLAWS OF THE AMERICAN PSYCHIATRIC ASSOCIATION ALLIANCE

### ARTICLE I – NAME

The name of this non-profit organization

shall be the American Psychiatric Association Alliance, herein known as the APAA

## ARTICLE II – MISSION and PURPOSES

### Section 1. Mission

The APAA is a non-profit, non-partisan organization in support of the APA established to bring together diverse individuals with common bonds who lend their strengths, network, and provide resources for advocacy for educating the public toward a positive image of psychiatry.

### Section 2. Purposes

The purposes of the American Psychiatric Association Alliance shall be to:

- A. Assist the APA in advocacy and in educating the public toward a positive image of psychiatry
- B. Create, support, and implement programs that support the APAA mission
- C. Do any and all things deemed to be appropriate to accomplish the APAA mission

## ARTICLE III – MEMBERSHIP

**Section 1. Membership** in the American Psychiatric Association Alliance shall be open to:

- A. Spouses of members of the American Psychiatric Association in good standing, and
- B. Spouses of deceased American Psychiatric Association members who were in good standing at the time of the death
- C. Individuals supportive of the stated mission of the APAA and sponsored by a member in good standing of the APA or APAA.

**Section 2. Categories of membership** shall be determined by the Executive Council pursuant to the Standing Rules.

**Section 3. Dues** shall be established in the Standing Rules

## ARTICLE IV – OFFICERS

**Section 1.** Elected Officers shall be:

- A. President
- B. President-Elect
- C. Recording Secretary
- D. Treasurer
- E. Immediate Past President

## Section 2. Term Of Office

**A.** Officers shall be elected for a term of one year, to serve from the time of installation until the succeeding installation of officers with the exception of the Treasurer who shall be elected for a two-year term.

**B.** Officers may serve for no more than two consecutive terms in the same position

**C.** In the event an elected officer cannot fulfill the duties of the Office, the President, with the approval of the Executive Council, shall have the prerogative to appoint a temporary officer.

## Section 3. Appointed Officers

The appointed officers shall be: Corresponding Secretary, Parliamentarian, Historian, and Newsletter Editor

## ARTICLE V – DUTIES OF OFFICERS

### Section 1. President

The President shall preside at all meetings of the organization and the Executive Council, shall appoint the chairmen and members of the Standing Committees, may appoint ad hoc committees, and shall perform any other duties usually pertaining to such office. The President shall be an *ex-officio* member of all committees.

### Section 2. President-Elect

The President-Elect shall attend all meetings of the organization, including the Executive Council, assist the President, and perform the duties of the office of the President in the absence of the President, and shall be an *ex-officio* member of all committees.

### Section 3. Recording Secretary

The Recording Secretary shall keep a record of the transactions of all meetings of the Executive Council and the General Membership, keep on file the master copy of the Constitution and Bylaws, the Standing Rules and the Statement of Policy and perform all other duties usually pertaining to such office.

### Section 4. Treasurer

The Treasurer shall hold, in fiduciary capacity, all funds, securities, and assets of the organization except as otherwise directed by the Executive Council. The Treasurer shall disburse budgeted funds as due. Unbudgeted items

shall be submitted to the President and the Chairman of the Budget and Finance Committee for review and approval. A statement detailing the financial status of the organization shall be presented at each meeting of the Executive Council, and a full report given to the General Membership at the Annual Meeting. Copies of these statements shall be filed with the President, President-Elect, Secretary, Chairman of the Budget and Finance Committee and chairmen of appropriate committees.

### **Section 5. Immediate Past President**

The Immediate Past President shall chair the Nominating Committee and serve as requested by the President or the Executive Council.

## **ARTICLE VI – NOMINATIONS, ELECTIONS, APPOINTMENTS**

### **Section 1. Nominating Committee**

The Nominating Committee shall consist of the Immediate Past President as Chairman and four members in good standing appointed by the Chairman. The committee shall present to the Executive Council a proposed slate of candidates no later than December 31 of the calendar year. The slate of candidates shall be published to the general membership sixty (60) days prior to the APAA annual meeting.

### **Section 2. Nominations**

Nominations for any office may be made by petition in advance of voting. The petition must be initiated by a member in good standing. Petitions must be presented to the Recording Secretary no later than January 15<sup>th</sup> for inclusion on the slate of candidates. All candidates must have expressed a willingness to serve in the office for which they are being nominated and must be members in good standing.

### **Section 3. Election**

Members in good standing shall vote by mail for the slate of officers.

## **ARTICLE VII – MEETINGS**

### **Section 1.**

The regular general membership meeting shall be known as the Annual Meeting, shall be held concurrently with, and in the same city as the Annual Meeting of the American Psychiatric Association,

and shall be for the purpose of receiving reports of officers and committees, passing the annual budget, installing officers and any other business deemed appropriate.

### **Section 2.**

A quorum for the annual meeting shall be ten (10) members in good standing including at least three of the elected officers, Other meetings of the Executive Council and/or the Executive Board may be called by the President or by three members of the Executive Council.

### **Section 3.**

The Executive Council may meet by conference telephone call or other communication equipment by means of which all persons participating in the meeting can communicate with each other.

## **ARTICLE VIII – EXECUTIVE COUNCIL**

### **Section 1.**

The members of the Executive Council shall be the officers of the organization, appointed officers, and the chairmen of the Standing Committees and liaisons to the American Psychiatric Association.

### **Section 2.**

The Executive Council shall have general supervision of the affairs of the organization between its meetings, ratify proposed bylaws changes prior to placing them before the General Membership for a vote and perform such other duties as are specified in these bylaws, subject to the ratification of the organization. None of the Executive Council's acts shall conflict with action taken by the General Membership of the American Psychiatric Association Alliance.

### **Section 3.**

The Executive Council shall meet prior to the Annual Meeting and at such other times as specified by the President.

## **ARTICLE IX – COMMITTEES AND LIAISONS**

### **Section 1. Standing Committees**

The Standing Committees shall be:

- a) Budget & Finance;
- b) Bylaws;
- c) Education;
- d) Long Range Planning;
- e) Marketing/Development

f) Membership;

g) Scholarship.

### **Section 2. Liaisons**

Association Alliance members appointed to American Psychiatric Association committees/councils.

### **Section 3. Special Committees**

There shall be such other committees as deemed necessary and appointed by the President.

### **Section 4. Quorum**

When any committee meets, a quorum shall consist of a majority of its members.

## **ARTICLE X – PARLIAMENTARY AUTHORITY**

The rules contained in *Robert's Rules of Order, Newly Revised* shall govern the organization in all cases in which they are not inconsistent with these Bylaws.

## **ARTICLE XI - AMENDMENTS**

These Bylaws may be amended by a two-thirds vote of those members voting by mail provided however that the amendment has been submitted to the members in writing thirty (30) days prior to the vote.

## **ARTICLE XII – DISTRIBUTION OF ASSETS**

No person shall have any right to the property or assets of the organization. In the event of the dissolution of the organization and after all obligations are satisfied, all assets shall be distributed to the American Psychiatric Association.

*Revised May 15, 1990*

*Amended May 25, 1993*

*Revised May 22, 1995*

*Amended May 31, 1998*

*Amended May 16, 1999*

*Revised May 22, 2006*

## **APAA STATEMENT OF POLICY**

**Section 1.** The Policy of the American Psychiatric Association Alliance in legislation and program areas shall be reflect the tenants of the American Psychiatric Association.

**Section 2.** The American Psychiatric Association Alliance shall not accept representation from other organizations on its Executive Council and shall not

affiliate with other organizations except with the approval of its Executive Council.

**Section 3.** No commercial interest nor any candidate for public office shall be endorsed by the American Psychiatric Association Alliance. Neither the name of the American Psychiatric Association Alliance nor the name of any officer in his/her official capacity shall be used in political campaigns.

**Section 4.** No candidate for an American Psychiatric Association office shall be endorsed by the American Psychiatric Association Alliance nor shall the name of any officer in his/her official capacity be used in support of a candidate.

**Section 5.** No officer or member shall use the name of the American Psychiatric Association Alliance in written communications to outside individuals or organizations without prior approval of the President.

**Section 6.** The President and Executive Council shall approve all programs and projects of the American Psychiatric Association Alliance before implementation.

**Section 7.** All publications of the APAA and its committees shall require prior approval of the President or his/her designee.

**Section 8.** No member shall solicit funds from any organization, corporation, or individual without prior approval of the American Psychiatric Association Alliance President and/or the Executive Council.

## APAA STANDING RULES

1. The fiscal year shall be from June 1 to May 31.
2. Annual dues shall be as follows:
  - (a) \$55: General Member
  - (b) FREE: Spouse of Member-in-Training
  - (c) FREE: Spouse of Medical Student
  - (d) \$56-99: Sustaining member
  - (e) \$100-499: Sponsor
  - (f) \$500+: Benefactor

3. All new members in good standing are eligible to vote.

4. Any new member who pays initial dues on or after 120 days prior to the end of the calendar year shall be considered as having paid dues in full for the next calendar year.

5. Honorary membership shall be determined by the Executive Council of the American Psychiatric Association Alliance.

6. The President shall appoint the Corresponding Secretary, the Parliamentarian, the Historian and the Newsletter Editor

7. The rules contained in *Robert's Rules of Order, Newly Revised*, shall govern any changes in the Standing Rules of the organization.

## APAA's 2006 Annual Meeting Programs & Activities Reported

### ALLIANCE SPONSORED COMPONENT WORKSHOP

The Alliance sponsored another successful and educational workshop on May 22, 2006 during the Annual Meeting of the APA. A panel of speakers presented "Crime and Cruel Not Unusual Punishment: The Need for Juvenile Justice Mental Health Care Reform"

Presenters included: Louis Kraus, M.D. Chief of Child and Adolescent Psychiatry Women's Board Professor of Child & Adolescent Psychiatry, Rush University Medical Center; and Niranjan Karnik, M.D., Ph.D. Fellow in Child & Adolescent Psychiatry, Stanford University, Adjunct Instructor in Anthropology, History & Social Medicine UCSF. Chair of the APAA's Annual Meeting Program Committee, Roxanne Dryden Edwards, M.D., Medical Director, National Center for Children & Families, submitted the proposal and invited the members.

### SCHOOL-BASED SUICIDE PREVENTION, EVIDENCE BASED STRATEGIES & NEW APPROACHES

In May, 2006, an APA sponsored informative discussion was offered by Co-Chairs: Eugenio M. Rothe, M.D., Chr.,

APA Committee For Mental Health In Schools; and Kay Brada, APAA President-Elect at last years APA Annual Meeting. Dr. Rothe is an Associate Professor Of Psychiatry, Director: Child And Adolescent Psychiatry Outpatient Services and School Consultation, at the University Of Miami, Jackson Memorial Hospital. Kay Brada kindly filled in for Alicia Muñoz, Chr., APAA Essay Contest Committee, who could not be present in Toronto.

## ADVOCATE FOR PSYCHIATRY

A growing number of Alliance members are strong advocates for the profession of psychiatry and for educating the public toward a positive image of psychiatry. In this election year we must take the opportunity to educate and work with our federal legislators as they debate how to protect patients and psychiatrists from abusive managed care practices, preserve the privacy of medical records, oppose any expansion of prescribing privileges to non-physicians, enact tough new laws to end discriminatory insurance coverage of mental illness treatment and improve reimbursements of psychiatrists.

The APA, like many other organizations, maintains a staff of lobbyists to conduct proactive education on your behalf to your legislators. In our system of government, it is necessary to speak with dollars as well as with words. The APA bipartisan APAPAC permits concerned psychiatrists and their spouses to support the election of federal candidates who will best advocate for psychiatry's interest in Congress. If you and/or your spouse are not a member of the PAC, this is an opportunity for you to join many of your peers and to take part in the legislative process. You may join on line at: [www.psych.org](http://www.psych.org) Search under the APA Political Action Committee (APAPAC) or contact Jason Pray at [jpray@psych.org](mailto:jpray@psych.org) or call 703-907-8581.

## ESSAY CONTEST FEATURED AT APA WORKSHOP

The Alliance was asked to participate in an APA workshop on Wednesday, May 24, 2006. Kay Brada presented information on the APA Alliance's "When Not To Keep A Secret" essay contest along

with a CD featuring young people who have entered the contest and their struggles with mental illness.

Essay Committee chair, Alicia Munoz, who was unable to attend the meeting, produced the CD. The workshop featured three other panelists presenting statistics of "School Based Suicide Prevention: Evidence Based Strategies and New Approaches."

## PHILLIPS COLLECTION VIEWED AT 2006 APAA LUNCHEON EVENT

While APA members were attending the APA Assembly, ten APA Alliance members and guests spent a delightful day seeing the outstanding Phillips Collection of modern art and enjoying a gourmet luncheon at the Cosmos Club. The activities were planned and coordinated by APAA vice president, Christiane Sorel who hosted the luncheon and gave those in attendance a tour of the magnificent club and its beautiful facilities. The Phillips collection includes nearly 2500 works by American and European impressionist and modern artists. It is housed in the 1897 Georgian Revival home of its founder Duncan Phillips which includes original furnishings as well as the collection. There have been additions to the building to make room for more paintings. Among the paintings collected were works of American artists, many of whom Duncan Phillips knew personally and whose work he collected in depth before the artists were fully recognized. Among those were Georgia O'Keeffe, Arthur Dove, John Marin and Milton Avery.

The interesting displays reflect Phillips' belief in the continuum of artists influencing their successors. Works by the same artist are found in different rooms; works for different time periods are displayed next to one another; and different styles are in the same room.

The Alliance plans to continue social activities during its meetings and the annual meeting. Announcements will appear in the newsletter and by personal invitation. We hope you will join us for our next meeting.

**FUTURE APAA MEETING DATES**  
 May 3-8, 2008 in Washington, D.C.  
 May 16-21, 2009 in San Francisco, CA

## 2006 Election Results

The results of the mailed-in Election Ballots were submitted at the APAA Annual Business Meeting, May, 21, 2006. The slate for 2006-2007 was elected including: President, Kay Brada; Vice President: Christiane Sorel, Esq; Recording Secretary: Terri Mawhinney; and Treasurer, Sally Treanor.

Corresponding: Jo Ellen Fasanello; and, Parliamentarian: Betty Foti have been reappointed. President-Elect, Second and Third Vice President positions were not filled

## APA ALLIANCE NAMES NATIONAL LITERARY CONTEST WINNERS

The top three selections for the 2007 APAA Essay contest have been chosen: First Place to Miriam Cho from Radcliff, Kentucky; Second Place, to Casey Wright from Morehead, Kentucky; Third Place, to Sydney McClain also from Morehead, Kentucky.

There were entries from other states. However, coincidentally, the judges selected the three individuals listed above.

## WHEN NOT TO KEEP A SECRET, 2007 WINNING ESSAY

By Miriam Cho, Radcliff, KY

"I'm sooo emo!" the dejected character screeched on the computer screen. He licked a plastic gun, wallowing in self-pity and supposedly contemplating death. Giggles resounded throughout the basement, as my friends watched one of many videos on the Internet poking fun at "emo" teens.

Emo was a recent stereotype that had seeped into teenage society. Guys were adopting tight-fitting girl jeans and black fingernails. Emo clichés were posted on *MySpace* pages. Countless gags emerged in conversations about someone "cutting" themselves after the slightest drama.

The wretched kid continued whimpering. We couldn't have laughed anymore without breaking our ribs. Generously, I volunteered to settle our hysteria

with refreshments.

While heading to the kitchen, I faintly heard sniffles muffled by the bathroom walls. I gently turned the knob, but it immediately halted as a weak voice murmured, "Who's there?" I was startled to find my friend, Jenna, crouched in the corner, hurriedly wiping her obvious tears.

"Jenna, what's wrong?" I asked, rushing to her.

"Nothing", she declared feebly.

I pushed her matted, damp bangs out of her puffy eyes. "Something is wrong." Hugging her close, I coaxed, "You can tell me..."

The tears returned, streaming down her flushed cheeks. "Okay," she whispered, "but promise you won't tell anyone." I nodded numbly into her piercing, grave eyes.

"I promise...it's a secret." Little did I know that I would soon deeply regret those words.

"Well...during the video, I left because I felt uncomfortable laughing at emo people. No, not the imitators you see at school," she defended, "I mean real depressed people who cut themselves...because..." she abruptly stopped, afraid to continue. "I am one!" she shrieked before collapsing. I cradled her fragile body, shocked by her confession. "What do you mean?" I gasped.

"It's just - I hate my life!" she admitted. "When I come home, my parents yell at me for no good reason. It's, 'Jenna, you didn't tell us we had to wait that long to pick you up!' Or 'You're always with your friends; don't you ever spend time with us?' Just little, stupid things." She buried her head in her hands, seething in frustration.

"So...are you cutting yourself?"

Jenna solemnly nodded and pulled up her sleeve, revealing several ghastly scabs that clashed with the former beauty of her pale skin. "It's the only way I can free my pain. No one wants to hear my problems, so I just work it out myself." She jerked down her sleeve. "It's immature how people think it's cool to be emo...because it's not," she finished, lowering her eyes.

"I'm sorry," I mumbled pathetically,

not knowing how to console her.

"It's okay. But remember, you can't tell."

The next day, I viewed Jenna in a completely different light. I couldn't believe my friend was resorting to self-injury to elude her problems. She was a starkly different figure at school, chattering and laughing with friends. No one deciphered her inner turmoil, her life of pain. I was the sole carrier of her sorrows.

And the only person that could help, I quickly realized. By keeping silent, I only allowed Jenna to keep harming herself. There were better solutions without inflicting physical wounds. But I needed assistance from someone knowledgeable about cutting, who could alleviate Jenna's depression.

Turning to someone else, however, breached my promise. If I told, would Jenna still consider me a friend? Could I face her through my shame?

Then I visualized Jenna's mutilated arms in that fateful bathroom encounter. The hideous scars. The skin that would never heal.

I made my decision.

Finally, at the end of the week, I gathered enough guts to enter the school's counseling office. I was apprehensive of the concerned counselor at first, but I eventually spilled everything I had heard from Jenna's lips. It was relieving to release the burden on my chest and allow an adult control the situation.

Jenna was soon meeting therapists to conquer her depression. She didn't look at me for while, causing me occasional pangs of regret. But overall, I knew the cost was worth Jenna's happiness.

Our discord gradually blew over, and we started talking again. After Jenna dropped cutting, she thanked me personally for rescuing her from a possible tragedy. We even grew closer, having overcome this adversity.

Has a friend revealed a secret placing their life in jeopardy if you told or not? Please tell someone so they can get help. Because even if trust is important, saving a friend is far more precious.

Learn how you can involve your school in the APAA Essay Contest. Please visit: [www.apaalliance.org](http://www.apaalliance.org)

## SOUTH DAKOTA ALLIANCE NEWS

Gail Fuller reports that the SDPA Alliance remains active: "Again, we helped to sponsor the NAMI-SD Candle light Walk for Mental Illness Awareness in October. In November, we donated our Christmas tree to the Festival of Trees event in Sioux Falls, raising money for the Southeastern Mental Health Center, which includes care for our homeless and indigent populations. We organized our team, that we call the Brain WorksTeam, for the *NAMI WALKS For the Mind of America* event in SD this month."

## COMMITTEE REPORTS

### APAA NOMINATION EFFORT FALLS SHORT

Earlier this year, APAA members were sent a letter soliciting nominations to the Executive Copuncil. This letter was distributed nationally by President Brada and Past President Thurrell. To date, no one has come forward nor been recommended to stand for election to APAA Offices for 2007/08. The next step in the process will be determined by the membership at the Annual Meeting in San Diego.

### TREASURER'S REPORT

No report available at this time. The full report will be submitted at the Annual Meeting in San Diego.

### LIAISON REPORTS

No report available at this time.

### ELSA BARTON COMM. REPORT

No report available at this time.

## DO YOU KNOW THE HISTORY OF THE APA ALLIANCE?

The first formal meeting to explore the possibility of organizing an auxiliary to the APA was held May 8, 1973. It was chaired by Zoe Brunt and attended by representatives chosen from the (then) six geographic regions represented in the APA. At that meeting, Ginny Work was chosen chief coordinator. No formal

organization resulted.

From 1973-1979 the idea was kept alive in the APA Assembly through the Subcommittee on Spouses Scientific Programs, chaired by Dr. Mary Ann Bartusis, later by Dr. Ardis Candy, with several Assembly members on the subcommittee and a few spouse representatives. In June of 1979 the APA Board of Trustees approved the development of spouses' auxiliary activities and appointed a liaison to the Coordinating Committee of Spouses' Activities funded by the Smith Kline Corporation. Still, no formal auxiliary existed.

In May 1981, a Spouses' Auxiliary Information Center was set up, chaired by Donna McLarty, at the APA's Annual Meeting site in New Orleans. By December 1981 the movement moved from being housed within a subcommittee to a task force and then became a Committee on Spouses Activities within the APA's Council on Internal Organization, chaired by Dr. Mary Ann Bartusis. One of the movement's activities was to produce a "Spouses Bulletin" and establish mailing lists of those interested in the movement's activities.

In May 1982 in Toronto, Canada, Grace Talkington and Venie Palasota presented a resolution from Texas to the spouses' luncheon and meeting to form an autonomous organization of spouses of APA members. Grace presented the resolution and Venie spoke to it and called for action. Grace was appointed chairman of an ad hoc committee to explore the feasibility of the resolution. The action was followed by a proposed constitution and bylaws in May of 1983, with participation of representatives from Georgia, Florida, Pennsylvania, New Jersey and Texas.

In June 1983 the APA Board of Trustees unanimously endorsed, in principle, the creation of the American Psychiatric Association Auxiliary. In September 1983 they referred the matter to the APA Assembly for action. Dr. Pete Palasota, Texas Representative in the Assembly and a supporter from the beginning of subcommittee designation, led the discussion in staunch support and defense of the proposed auxiliary. Dr. Cynthia Rose proposed an umbrella organization. Assembly Speaker Dr. Harvey

Bluestone broke the tie vote in favor of establishing the auxiliary.

On December 3, 1983, the APA Board of Trustees approved the formation of an auxiliary of spouses, widows and widowers of APA members. Invitation-to-membership mailings were underwritten by McNeil Pharmaceutical, Smith Kline & French and Timberlawn Hospital.

In May of 1984 the first organizational meeting of the American Psychiatric Association Auxiliary was held in Los Angeles. Officers were elected and a constitution and bylaws were adopted. Grace Talkington was elected the first president by the 47 members attending. Paid memberships already exceeded 300.

The first annual meeting was held in May 1985 with a full schedule of committee meetings, council meeting, annual business meeting, all day legislative seminar and the annual luncheon.

## Editorial

### WHAT'S HAPPENING TO THE AMERICAN COMMUNITY AND ITS ORGANIZATIONS

By Kay Brada, APAA President

**Joining one group cuts in half your odds of dying next year!** Now that's an intriguing thought! So why are our organizations losing members? Why is attendance at club meetings down to 58% of those belonging? Why are we all becoming increasingly disconnected from family, friends, neighbors, community, etc.?

We sign fewer petitions, belong to fewer organizations, attend fewer meetings, interact less with our neighbors, meet with friends less frequently and spend less time with our extended families than in the past. More people are bowling than ever but they are not bowling in leagues. **WHY?**

Is this a new phenomenon? **NO!** How long has this been going on? According to Robert Putnam, Professor of Public Policy at Harvard, this all began with the invention of the television and more accurately over 60 years ago. People began to listen rather than talk; to watch

the news rather than to discuss it. What interaction is there with the TV set? Those on it will tell you they are "coming into your living room" but are they – or is it just their picture and voice? Do they know who you are, where you live, what you think?

If the decline in active membership in organizations began over 60 years ago, why didn't we notice it until recently? And why have we insisted it was a generational thing? Well, let's look at other factors – movement from small farming communities to suburbs, job changes rather than staying with the same company your entire career, women in the work force, computer and internet, age – how many more can you think of?

By the same token, the large organizations we know and to which we or our parents probably belong or belonged were formed because of some of these same reasons. People moving away from family and from their community sought friendships and social interaction and need – the Red Cross, Boy and Girl Scouts, American Psychiatric Association, American Medical Association. While these still exist, they have to work to maintain and increase their memberships because there are so many other smaller organizations, clubs and activities and not enough time. Loyalty to your workplace, to your club and to your organization is divided perhaps by necessity or perhaps because we feel we need a variety rather than just one cause.

If we reinvented civic responsibility over 100 years ago when the trend to move away from small towns to big cities began, can we do it again? Yes, we can but we have to realize it won't look the same and some of those groups that have been our stable companions may have to go. Dr. Putnam suggests that the young will determine which ones stay and which ones don't. As much as we may not like his solution, it does undermine the basic fact that if we are to survive, we have to bring in young members and entice them with our cause, mission and purpose

## BECOME AN ALLIANCE MEMBER TODAY

**What is the APAA?** The American Psychiatric Association Alliance (APAA)

is a non-profit, non-partisan organization established to bring together diverse individuals with common bonds who lend their strengths, network and provide resources for advocacy and for educating the public toward a positive image of psychiatry, in support of the APA. Established in 1984, the APAA's purpose has been: to assist in work that may be requested by the APA; to engage in charitable, educational, and social endeavors determined by its membership; and, to bring the families of the members of the APAA and APA into closer fellowship.

**Why Should I Join APAA?** Join to participate in endeavors aimed at doing away with the stigma of mental illness and public misconceptions of psychiatry; and, to meet with other spouses, partners, and guests of APA members. While working on APAA committees and projects at national and local levels. Examples of such educational, philanthropic, and advocacy projects include:

### A. APAA EDUCATIONAL ACTIVITIES:

1. APAA National Literary Contest "When Not To Keep a Secret," essay competition for High School Age students, in collaboration with the Yellow Ribbon Suicide Prevention Program
2. Provide workshops and symposia at annual APA meetings led by outstanding individuals on topics from family violence to the effects of war on children
3. Work with the AMA Alliance on behalf of psychiatry
4. Publish a Newsletter
5. Assist with projects at APA request

### B. APAA FINANCIAL ASSISTANCE PROGRAM:

1. Elsa Barton Scholarship Fund, educational assistance for a post-secondary award to a spouse, partner, or dependent of a disabled, impaired or deceased physician

### C. APAA ADMINISTRATIVE & SOCIAL ACTIVITIES

1. National Executive Council and Business Meetings
2. Support for the mentoring of

young career psychiatrists and their families, and encourage networking with other members

3. Membership Booth at APA/APAA Annual Meeting
4. Annual Meeting Luncheon
5. Development of state and local chapters
6. Assist the APA with special projects as requested

## **ROSTER OF THE APAA EXECUTIVE COUNCIL:**

### *Elected Officers:*

Kay Brada, *President*  
 Christiane E. Sorel, Esq., *Vice-President*  
 Terri Mawhinney, *Recording Secretary*  
 Sally J. Treanor, *Treasurer*

### *Appointed Officers:*

Jo Ellen B. Fasanello, *Corresponding Sec'y.*  
 Betty Foti, *Parliamentarian*  
 Venie Palasota, *Historian*

### *Council Members:*

Valerie Casey  
 Gail Fuller  
 Mary B. Heaney  
 Rosalind Hayes  
 Catherine Kirschner  
 Paula K. Lipsius  
 Alicia A. Muñoz  
 Venie Palasota  
 Mary Park  
 Barbara Price  
 Mary Schuman  
 Cathy Tasman

### *Past Presidents:*

Mary Demeter Thurrell  
 Cathy Tasman  
 Rosalind Hayes  
 Jo Ellen B. Fasanello  
 Alicia Munoz  
 Gail Fuller  
 Jacquelyn LeBlanc  
 Debbie Lazarus  
 Catherine Kirschner  
 Sylvia Trent  
 Evelyn Ivey-Davis, MD (dec.)  
 Jane D. Lynch  
 Susan Payne  
 Ann Eist  
 Margaret Duff  
 Leslie Herz  
 Venie Palasota  
 Zoe Brunt  
 Katherine K. Gordon (dec.)  
 Judy Feldman  
 Grace Talkington

### *Executive Secretary:*

Angela Poblocki  
 Phone: 703.907.7304  
 e-mail: Ang3689@aol.com

### *Newsletter Editor:*

Mary Demeter Thurrell  
 17 Beach Street  
 Madison WI 53705  
 Phone: 608.238.4642  
 e-mail: thurrell@execpc.com

APA ALLIANCE 2007 MEMBERSHIP APPLICATION

General Membership: \$55 Sustaining Member: \$56-99 Sponsor: \$100-499 Benefactor: \$500+
Spouses/Partners of Medical Students and Spouses/Partners of Members in Training: dues are waived.

Renewing member New member

Name: APA/APAA(Sponsor):

Address: City/State/Zip:

Home Phone(s): e-mail: cell phone:

Work Phone(s): Fax: District Branch:

Please Check area(s) of interest to you:

- Membership Legislation Public Affairs Budget & Finance
Newsletter Annual Meeting Program Donate a Phone Campaign
Elsa Barton Scholarship Essay Project District Branch Liaison
Other

CONTRIBUTIONS

Please consider giving in the following special categories

Your gift to the APAA, a 501 (c)(3) educational and charitable organization is tax deductible.

\$ Donate to the APAA General Fund: \$100, \$200, \$500 or more; any amount is greatly appreciated and helps the APAA fulfill its vision

\$ Designate your gift for APAA educational programming, such as the National Essay Project and other mental health literacy/awareness endeavors.

\$ Donate to the Elsa Barton Scholarship: post secondary scholarships for the spouses, partners or dependents of disabled, impaired or deceased physicians

Remember a special person or occasion with a tax deductible gift in honor or in memory of:

Name/Occasion: (Should you wish us to send notification to the person/family you wish to honor, please include a name and address)

Recipient's Name & Address:

Name & Address of contributor:

I wish to remain anonymous; please do not publish my name.

\$ Dues (rates shown at top of page)

\$ Donation(s)

\$ Total Amount (of check enclosed)

PLEASE MAKE YOUR CHECK PAYABLE TO:

APA ALLIANCE
P.O. BOX 285
NORTH BOSTON, NY 14110

APAA Office: Rec'd by: date: / /

Reply sent by date: / /

**HIGHLIGHTS,  
THIS ISSUE:**

Meetings & Events Schedule	page 1
Other Events: Foundation, Lifers	page 1
New Bylaws; Policy; Standing Rules	page 2-4
2006 Meeting, Events Reported	page 4-5
2007 Literary Competition Winners	page 5-6
History of the Alliance	page 6
President's Editorial	page 7
What is the APAA; Why Join	page 7-8
APAA Executive Council Roster	page 8
Membership Application Form	page 9

The APAA Newsletter is a Publication of the  
APA Alliance, PO Box 285, N. Boston, NY 14110

**American Psychiatric Association Alliance**  
**PO Box 285, North Boston, NY 14110**

Forwarding & Address Correction Requested

Non-Profit  
US Postage  
PAID  
Hamburg, NY  
14075  
Permit No. 50