



# NEW MEXICO PRESCRIBING PSYCHOLOGIST

*Newsletter of the State Psychologist Association of New Mexico*

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## From the Editor:

As the current executive council of the State Psychologists Association of New Mexico (SPA NM) nears the end of its term, it is time to reflect on the last two years. We have accomplished much and our profession, as well as our organization, have significantly moved forward.

Several years ago the Board started to consider the need for revision and expansion of SPA NM bylaws. During this Board's tenure, this project was actively pursued and successfully completed. In this issue, Dr. George Kapalka, the Member-at-Large who lead this project outlines the major changes and revisions. The Board invites members who have additional questions to contact us for clarification or to provide additional feedback. You can contact any Board member using the contact information listed on this page.

Our organization is constantly striving to improve our ability to serve our patients. Our RxP law is now 20 years old, and our profession has matured. Through the years, we have been inching closer to achieving many of our long-term goals, such as obtaining the ability to supervise prescribing psychologists in training, broadening our formulary to treat symptoms and features commonly associated with psychopharmacological practice (such as the ability to treat adverse effects of psychotropic medications), and expanding our scope of practice to more closely reflect the practice of other prescribing professions (for example, after additional training becoming able to administer injectable medications). Meanwhile, it also became clear that the New Mexico Board of Psychological Examiners (BoPE) has been

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## President's Column

*Jo Velasquez, PhD, MS*

When I assumed the SPA presidency two years ago, our organization faced several challenges that needed to be addressed. The bylaws needed to be updated and the SPANM website needed a new and fresh look with improved functionality. I hoped to resurrect regular conferences by identifying and empowering a CE Committee Chair and finally I wanted to take another swipe at expanding our scope of practice to allow us to supervise our own. There was so much to do.

Our bylaws were incrementally revised at several points over the years, but as our organization grew, and the needs of prescribing psychologists expanded, it was clear for some time now that a major revision was necessary. Thoughts about potential changes have been discussed by various SPA Boards over the years, and during my presidency Dr. Kapalka took on the task of writing the new bylaws. These were then reviewed by members, and approved in a recent vote. In this issue, Dr. Kapalka describes the major changes in our new bylaws.

At the end of Dr. Santistevan's presidency, the 2019-2021 SPA Board discussed the importance of creating a legislative committee to complement the SPA Board's leadership efforts if the 2021-2023 Board had any interest in promoting new legislation permitting RxP's to supervise their own. In early 2022, I reached out to Dr. Courtney to ask whether he would be interested in leading the efforts to accomplish our legislative agenda. He accepted the invitation and became the Chair of the Legislative Committee. By summer of 2022 the Board established legislative goals including supervising our own, the administration of injectables and managing adverse drug reactions (ADR's) within our scope of practice.

In late summer 2022, Dr. Courtney started a conversation with the Medical Society and psychiatry because we wanted to understand if and how much opposition they would wage against our legislative efforts. Simultaneously, our membership started receiving PMP-related letters from the BoPE expressing concern about

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## Pioneer's Corner

*Robert Mayfield, PhD*

*[Ed.: In this space, we feature pioneers of RxP in New Mexico, prescribers who led the efforts in the early days of RxP. In this issue we are spotlighting Dr. Robert Mayfield, RxP license # 0008, who practices in rural, southern New Mexico]*

As a point of personal philosophy, I believe that what we do in-between is more important than where we begin or end. I vividly recall one of my first doctoral classes, where Dr. Elaine LeVine gave a presentation on the prescribing psychology movement and encouraged us to support the New Mexico Psychological Association. While some students were hostile to the idea, Dr. LeVine's data from the VA program inspired some of us to consider the possibility of change - the possibility of acquiring additional tools to better serve our community.

The prescribing psychology movement in New Mexico has been a challenging but inspiring journey. We developed an organization that raised funds and awareness, and we gained support from the community and legislature to pass our first legislation. Despite opposition from psychiatrists and the medical board, we were able to achieve a great victory for New Mexico and the country as a whole. While our laws have not been perfect, we have consistently made progress and evolved in terms of our scope of practice. Our focus on our identity and patient care has remained unwavering throughout the years.

As the eighth prescribing psychologist in New Mexico, I began my practice as one of the behavioral faculty for the Southern New Mexico Family Practice Residency program. Later, I moved into private practice in Las Cruces while completing my Neuropsychology certificate.

In early 2010's, when many of the major mental health agencies in NM were shuttered, I along with several of my peers, set out to serve the rural population of Southern NM as part of a brief contract, and 10 years later, I'm still here working at a

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## **Legislative Update**

**John C. Courtney, PhD, MS**  
**Chair, SPA NM Legislative Committee**

In 2021, the State Psychologist Association of New Mexico began working on a bill to expand the scope of practice for prescribing psychologists. This ultimately evolved to a bill that would bring our collective practices under the New Mexico Board of Medicine (NM-BOM), a relocation similar to the change pursued in 2010 in Louisiana, wherein the Louisiana Academy of Medical Psychology (LAMP) worked cooperatively with medicine and the Louisiana State Board of Medical Examiners (LSBME) to bring their practice under that state's board of medicine.

SPA NM's reasons for exploring this change were related to the unwieldy constraints in our practice including an unreasonably limited formulary, a prohibition against administering long acting injectable medications (LAI's), an inability to supervise our own, and a growing awareness that the BoPE faced challenges resulting in problematic administration of the current law, rules and regs. These limitations included, but were not limited to: financial/resource constraints, a lack of investigative authority/expertise, and no codified requirement that any member of the board be licensed to prescribe. Layered on top of this were the apparent administrative problems that included staff turnover, licensees' inability to reach BoPE support staff and lengthy waits for candidates to be licensed.

Perhaps the more disturbing problem was the number of prescribing psychologists receiving seemingly unfounded letters regarding their prescribing of controlled substances, those letters demanding an immediate response on part of the accused under threat of severe consequences. How many of those letters have been received by members is unknown, but it is reported that the board has not acted to investigate a single prescribing psychologist as a result of these letters. It would be easy to perceive these letters as a form of regulatory harassment.

With our legal counsel, the SPA lobbyist and NM legislators, the SPA board explored the possibility of altering the current structure of the BoPE to address our concerns. We learned that such an attempt would be both costly and unsuccessful. Thus, the SPA Board authorized

exploring the possibility of moving the practice of prescribing psychology under the NM-BOM. After many, very positive meetings with representatives of the NM-BOM, the SPA Board authorized working cooperatively with the necessary parties to craft mutually agreeable language that would relocate the practice of prescribing psychology under the NM-BOM. Senate Bill 117 would simultaneously expand our scope to include:

- the ability to supervise prescribing psychologists in training;
- allowing us to treat patients with significant needs for 60 days before they established a PCP relationship;
- maintaining a continued requirement for collaboration between prescribing psychologists and PCP/specialists;
- allowing for the administration of injectables;
- removing the current formulary constraints (thus allowing us to treat side effects both prophylactically and treatment-induced).

Our field would now be held to the standards of practice of clinical psychopharmacology, thus removing the need to codify more specific practices and avoiding having a semi-regular return to the legislature to request expansions to our scope.

Along the way, SB117 faced some significant obstacles; the most frustrating was the wait time to be heard by the Senate Judiciary committee. Nearly 3 weeks were spent traveling back and forth to Santa Fe, only to have our bill go unheard. Our volunteer members waiting to testify on our behalf accumulated over 3600 miles of travel back and forth to the Roundhouse. When the bill was ultimately heard, it unanimously passed every vote (Senate Health and the Judiciary committees, the Senate floor, the House Health and Judiciary committees, and the House floor).

A significant compromise was required by the director of Regulation and

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## **Legislative Update**

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Licensing Department (RLD), such that we would have to maintain a license as a psychologist under that department, with only the practice of prescribing moving under the NM-BOM. We accepted this compromise, knowing in advance that we would have to develop MOU's (memorandums of understanding) to make certain that no prescribing psychologist faced "double jeopardy". When SB117 hit the governor's desk, the director of RLD advised the governor to sign the bill (as did the governor's health advisor).

When the bill went to the governor, we all genuinely believed that it would be easily signed. However, there was an unforeseen complication that involved the governor's disappointment with the BOM related to their resistance to HB384, a bill that would require expedited licensing (30 days) for physicians holding a license in good standing in any other state. The BOM's resistance to the language in the bill related to the requirement that they grant licensure approval to a physician with a license in good standing in ANY state, even though that same physician might have disciplinary stipulations in another state. The governor's unhappiness ultimately led to her vetoing SB117, with the explanation that the BOM was not competent to manage yet another profession.

Before vetoing SB117, our lobbyist was able to speak directly with the governor for about 15 minutes. During that discussion the governor made it clear that she supports our discipline, and understands the issues facing us. She offered to meet with us personally to create a solution to the six issues that were addressed. We expect that meeting to occur shortly. Reports from that meeting will be forthcoming.

Disappointing outcome? Absolutely. But winning this battle simply requires that we not quit. Your SPA board is already planning the next steps to increase our likelihood of success.

### **A Humor Tid Bit.**

**Here is an oldie that is still amusing:  
*How many psychologists does it take to change a light bulb? Only one, but the light bulb has to WANT to change[our thanks to Dr. Shearer].***

## **New SPA NM Bylaws**

**George M. Kapalka, PhD, MS**

**Member-at-Large**

Over the last several years the Board has undertaken a long-term project to revise the SPA NM bylaws. Our organization is now more than 15 years old, and while the old bylaws served us well, and were occasionally revised/updated, SPA NM has matured significantly, and so it was time for our bylaws to reflect the current status and needs of our organization. The Board reviewed various versions of our previous bylaws, as well as those of organizations with similar missions, such as American Psychological Association's Division 55 (now called Society for Prescribing Psychology) and California Psychological Association's Division V (Clinical Psychopharmacology). It became clear that the bylaws of these other organizations were much more extensive and detailed, and so it was necessary to start fresh and write new SPA NM bylaws, retaining those components from our old bylaws that were still relevant and writing new portions that described our mission, membership levels, board composition, etc. The new bylaws were posted for member review and comment in late 2022, and no further revisions were suggested by the members. Consequently, the new bylaws were posted for member vote in March of 2023, and the overwhelming majority of SPA NM members approved the new bylaws. These became effective in April of 2023.

Here is the summary of the most major updates/changes in the new bylaws:

- the purpose of the organization was clarified and expanded;
- membership levels were clarified;
- the composition of the Board of Directors was expanded to 10 members by establishing the offices of Past President, President Elect, Newsletter Editor, Chair of Continuing Education, as

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## **Suboxone: A New Tool in Our Toolbox**

**John C. Courtney, PhD, MS  
Chair, SPA NM Legislative Committee**

In an effort to assist the citizens suffering from opiate use disorders, in 2017, Christina Vento (then president of SPA) queried the NM Board of Psychologist Examiners as to whether the prescribing of buprenorphine (Suboxone) was within our scope. The results was an opinion that the use of buprenorphine was within the scope of prescribing psychology. In the end, it was that 5 year old query to the board that ultimately served as an important linchpin that resulted in the change to our DEA and NM Board of Pharmacy designations.

Unfortunately the biggest obstacle remained - we were not identified as qualified under the federal government's "X Waiver", a requirement for all prescribers of buprenorphine. I started working with Senator Heinrich's office to see what might be done to change this. We had previously been advised by former legal counsel that we only needed to get the NM Board of Pharmacy to update our designation (to include schedule 3) in order to get the DEA to change our designation. Then we would petition the US Secretary of Health to include us in the X Waiver program. Initial attempts to have us included were fruitless and we ultimately learned that the likelihood of getting this done was near zero, given that it would require, literally, an act of congress. Only a few states had given psychologists prescribing authority and even those states did not have laws that would allow those psychologists to prescribe any opioid agonists. Unfortunately, we had neither the money nor the clout to get this done. Serendipitously, all this changed when the recent omnibus bill passed, thus removing the restrictive X waiver. Sometimes opportunities arise from unexpected circumstances.

Subsequent to the removal of the X Waiver restriction, all that was left to do was to convince the NM Board of Pharmacy that buprenorphine was indicated for a mental health condition. My initial attempts to address this with the board's executive director revealed that she believed that buprenorphine was not intended for a mental health disorder. In addition to my pointing out that

opiate use disorders were in the DSM and that the BoPE had already opined that buprenorphine was in our scope, Dr. Steven Jenkusky from the New Mexico Board of Medicine advocated with her on our behalf. He advised the director of the Board of Pharmacy that not only was the drug indicated for a mental disorder, but also our profession should have access to prescribe it for the benefit of the citizens of the state. Shortly thereafter, the Board of Pharmacy changed our designation in New Mexico, thus allowing the change by the DEA as well.

While the X Waiver training requirements have been discontinued for those prescribing buprenorphine, the DEA does have its own training requirements that will need to be fulfilled before your next DEA renewal. You will also find additional training opportunities on the web as well as at <https://edhub.ama-assn.org/course/302>. These courses are free and come with CMEs that can be used for your license renewal.

### ***From the Editor***

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struggling to manage prescribing psychologists, and has had minimal (sometimes non-existent) RxP representation. This has resulted in challenges for New Mexico prescribing psychologists (current and in training). NM SPA Board formed a Legislative Committee to consider and develop solutions. Various options were investigated and ultimately a dual license model was pursued whereas prescribing psychologists would be licensed by BoPE (which would continue to oversee psychological practice) and the New Mexico Medical Board (which would oversee prescribing practice). In this issue, Dr. John Courtney, the Chair of SPA NM Legislative Committee discusses this process as well as the current status of this effort.

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## ***From the Editor***

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Another goal was long sought after by some prescribing psychologists, especially those who treat addictive disorders. As the US has been struggling to address its opiate use epidemic for over 20 years, effective treatments of opiate dependence are urgently needed. Buprenorphine has been available for about 20 years, but prescribing psychologists have not been included in the necessary X Waiver, which was required to prescribe Buprenorphine. SPA NM started to look into this matter about 5 years ago, and recent removal of the X Waiver opened the door. Dr. John Courtney, SPA NM Legislative Chair diligently and persistently pursued necessary changes to our controlled substance designations, succeeding in early 2023. After obtaining additional training, New Mexico prescribing psychologists can now add Buprenorphine to their pharmacological toolbox. In this issue, Dr. Courtney describes this process and the current requirements.

SPA NM has also been busy preparing another conference, in time to meet CE credit deadlines for those renewing their licenses in 2023. Dr. Daubney Boland organized this effort, resulting in a two-day series of workshops that cover wide variety of timely topics. Once again, the conference is held at NMSU's Las Cruces campus. Attendance is possible in person (seating is limited) or remotely via Zoom. Please see this issue for conference details, including information about the presenters and workshop descriptions. We hope to see you there!

## ***President's Column***

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our respective prescribing practices. We discovered we were being compared to each other and not the prescriber pool of 5000+ providers in New Mexico. Second, it seemed the BoPE was misinterpreting the pharmacy board data expressing concern that some of us were prescribing too many controlled substances.

At the same time and on another front, the SPA Board received several inquiries about a significant delay in licensing prescribers at the conditional and unrestricted levels. Some folks

were waiting months just to get a reply. It turns out, the Psychology Board went several months without an administrator before we knew anything was awry. All these variables were spinning at the same time, so when Dr. Courtney came back to the Board informing us the medical society offered an unequivocal "no" to us supervising our own, we decided to inquire about the possibility of supervising our own if we were to move under the medical board. We are not an organization rich in money or resources. The board and the legislative committee negotiated an agreement to move under the medical board if it meant we could supervise our own, administer injectables and manage common ADR's while continuing to coordinate care with PCP's and specialists.

Drs. Courtney, Vento, Frost, Rinaldi and Mayfield joined me on the Legislative Committee. As described elsewhere in this issue by Dr. Courtney, we gave it our very best to supervise our own and expand our scope of practice. Unfortunately, the Governor pocket vetoed SB 117 despite unanimous votes throughout the Senate and the House. Our lobbyist tells us she would like to help us achieve our goals. Members of the leadership team will be meeting with the Governor's office within the next few months to discuss the Governor's proposed remedies. I am sure the new SPA Board will keep everyone posted.

I'm excited to report we have a new Continuing Education Chair who has hit the ground running to create outstanding CE events. Dr. Boland has big shoes to fill – Dr. Caroline Williams has organized conferences for us for many years, and her energy and dedication to this task was truly exceptional. But with Dr. Boland we found another dynamo! Our next conference is scheduled for May 6th and 7th, and the speaker line-up looks spectacular. Be sure to read Dr. Boland's article in this newsletter to learn more

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## **President's Column**

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about this upcoming conference.

Finally, the website appears to be the only outstanding item on my to do list for my SPA Presidency. There is a prototype of the new website with our new company Logo. Dr. Boland and I will be refining the content following the conference. We should be posting the new website over the next month or two.

In closing, let me thank you all for the opportunity to serve as your president. I also wish to thank our Board members and members of our committees for their hard work and dedication. We are proud of what we've been able to accomplish during this term. It has been a highlight of my career to serve the needs of this organization and our profession.

## **Pioneer's Corner**

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Federally Qualified Health Center (FQHC), trying to meet our mandate to serve rural areas.

Throughout this journey, I have seen firsthand the need for mental health services in rural areas. The prescribing psychology movement in New Mexico has been a positive step towards addressing this need. As we continue to move forward with our legislative and education efforts, we should remember our commitment to providing true collaborative care to those who lack access to "usual care" due to limited funds or rural location. This commitment has been a great source of strength for us, and we should continue to focus on service and strive to make a positive impact on our community. The in-between is where we can make a difference and create a better future for our profession and the people we serve. I am grateful to be a part of this movement, and I thank all of you who continue our work here in the place between where we started and where we hope to end, attaining our ultimate goals for our profession.

## **New Bylaws**

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- well as by providing a permanent seat on the Board for the Program Director of the New Mexico State University's Master of Science in Clinical Psychopharmacology;
- each incoming President will serve three years, in the positions of President Elect, President and Past President each lasting 1 year. This provides overlap and improves continuity of leadership;
  - terms of the two Member-at-Large positions remain at two years but now overlap;
  - since the terms of several of the Board members now overlap, elections will be held annually;
  - a student representative from the New Mexico State University's Master of Science in Clinical Psychopharmacology program will serve on the Board as a non-voting member;
  - membership drive period was established for the last quarter of each year. As in the previous bylaws, membership is annual and member dues are payable by January 1 of each year. Thus, member dues for 2023 were payable before January 1, 2023, and dues for 2024 are payable before January 1, 2024.

We are confident that the new bylaws provide improved organization structure that will serve us well for decades to come. However, we are open to member suggestions for additional revisions. If you have suggestions for further improvements, please send these to our Secretary or President. Suggestions for additional revisions will be considered by the Board and, if approved by the Board, will be posted for member comment. As always, we would love to hear from you.

**On behalf of our members and all New Mexico prescribing psychologists, SPA NM Board offers most heartfelt congratulations to our colleagues in Colorado who succeeded in their legislative effort to pass RxP for appropriately trained psychologists in Colorado. Colorado now is the sixth US state to allow RxP. Well done!!!**

## **SPA NM Elections for Board Officer Positions**

**John H. King, PhD, MS  
SPA NM Secretary**

We are getting ready to start the elections for the 2023-2025 SPA board. The newly passed SPA Bylaws state that each year in March or earlier the Secretary will post a call to general membership for candidates to fill currently vacant seats and elections shall normally be held every year in April or earlier. Unfortunately, this timeline will have to be delayed this year because the new by-laws were not approved by membership until early April. Thus, as members were previously notified on the listserv, for the 2023 elections nominations were accepted until April 24, 2023. Since more than one candidate was nominated for at least one of the Board positions, candidates were required to submit paragraph-length position statements before the nominations deadline. Below please find the list of openings on the Board as well as the candidates for each position:

President:

Leslie Dozzo, PhD, MS

Secretary:

John King, PhD, MS

Treasurer:

Thomas Thompson, PhD, MP  
Marie Greenspan, PhD, MS

Member-at-Large:

Robert Mayfield, PhD

The current SPA Secretary will post all candidate statements to the SPA member listserv and invite current SPA members to vote electronically via SurveyMonkey.com. The elections will open on May 8<sup>th</sup> and will run for 30 days. Results will be announced on the SPA member listserv on June 8<sup>th</sup>. In case of a tie, a run-off election will be held within 30 days, which will also be held electronically. Newly elected officers will take office effective July 1, 2023.

This will serve as a reminder that only current members in good standing are eligible to vote. Please make your voice heard!

## **A Touch of Humor George M. Kapalka, PhD, MS Editor**

We have all been reading about the incredible, if also unsettling developments in artificial intelligence. Recently, Dr. Courtney asked ChatGPT to write a poem about "prescribing psychologists". This is what it produced in about 10 seconds:

*Prescribing psychologists, a new breed,  
A blending of science and art indeed,  
With knowledge of both mind and meds,  
They help heal the wounded, ease the  
dreads.*

*Their training's rigorous and demanding,  
Their expertise both wide and expanding,  
With prescribing power, they can treat,  
Mental health issues that need a defeat.*

*They're not just therapists, but much more,  
With medical knowledge at their core,  
They balance meds and talk therapy,  
To help their patients find harmony.*

*From depression to anxiety,  
They can offer both help and clarity,  
Through careful assessment and  
prescribing,  
Their patients find hope, no more hiding.*

*For some, meds may seem like a crutch,  
But with psychologists, they have a touch,  
That brings compassion and  
understanding,  
And helps them heal with both heart and  
branding.*

*So let us welcome prescribing  
psychologists,  
Into our world of mental health prologues,  
For they bring a unique blend of care,  
And healing to those in need of repair.*



# SPA NM Spring Conference 2023

Daubney Boland, PhD, MS

SPA NM Continuing Education Chair

SPA will be hosting the 2023 Spring Conference on May 6th and 7th at the New Mexico State University in Las Cruces, NM. This is a live event - both virtual and face to face. It will cover a number of required continuing education credits including three hours towards ethics, which meets the requirement for conditional prescribers, two hours towards equity and inclusion, and two hours towards cultural diversity credits. On Sunday May 7th, SPA NM will host a member meeting from 3:30-5:00pm. For more information about the conference or to register, please go to our website at:

<http://www.spanewmexico.org/conferences.html>

Below is a snapshot of the conference presentations:

## Saturday May 6th

### ***Buprenorphine 101: A Primer for Behavioral Health Prescribers*** (2 hour presentation)

Dr. Davena Norris, clinical pharmacist and faculty member of the Southern New Mexico Family Medicine Residency Program in Las Cruces, NM.

An overview of the medications for Opioid Use Disorder (OUD) and the use of buprenorphine as a treatment for OUD. The presentation will review the unique pharmacology of buprenorphine including its mechanism of action, administration, dosing, therapeutic benefits, and possible side effects. Using this information and a sample “buprenorphine protocol”, participants will practice applying information to patient cases. Participants will identify and practice addressing myths and misconceptions of buprenorphine and OUD. The presenter hopes the audience will recognize OUD as a treatable and chronic medical condition and reduce the destructive stigma associated with it.

### ***Temptations, Pitfalls and Transitions: Ethical Prescribing Psychologist Practice in New Mexico*** (3 hour ethics credits presentation)

Dr. Christina Vento, prescribing psychologist who provides integrated psychotherapy and medication management in Albuquerque, New Mexico.

An exploration of the ethical and legal practice issues for New Mexico psychologists who are newly receiving their Conditional Prescription Certificate. The presentation is intended to provide an overview of the intricacies of the current New Mexico law as it applies to the clinical practice of medical/prescribing psychology. Practical and readily applicable to everyday circumstances, this presentation emphasizes the areas of practice where NM prescribing and medical psychologists have had the most difficulties, requiring the Board of Psychologist Examiners (BoPE) to intervene with disciplinary action. Reference will be made to the NM Psychologist Act and the relevant regulations promulgated by the BoPE to implement those laws. As the function of professional licensure is to protect the public from incompetent or unscrupulous practitioners, the focus will be on controlled substances prescribing, collaborative relationships with primary care providers and other components of ethically and legally sound practice.

### ***Psychological Assessment in the Diagnosis and Treatment of Mental Health Conditions in Pediatric Psychopharmacology*** (90 minute presentation)

Dr. Jo Velasquez, prescribing psychologist in New Mexico who specializes in pediatric neuropsychology and psychopharmacology.

Case presentation of a child with a diagnosis of a mood disorder with ADHD. The presentation will review the use of traditional psychological/neuropsychological testing instruments to arrive at an evidence-based psychiatric diagnosis. The characteristics of three classes of psychiatric medications used to treat the child’s symptoms will be reviewed. Caveats will be offered to address cost/benefit concerns within this treatment approach.

### ***Adverse Childhood Experiences (ACEs), Trauma, and Implications of Suicide***

(1 hour presentation)

Brad Cherry, LPCC (NM), LPC (TX and PA), director of the Assertive Community Treatment (ACT) program at Peak Behavioral Health Services in Las Cruces, NM.

Review of the interplay between adverse experiences and impact on mental/behavioral, environmental and physical health of children and associated adult outcomes. Additionally, the presentation will review basic, empirically-supported, trauma-informed treatment approaches to reduce the impact of ACEs on children and adults.

## **Sunday May 7th**

### ***Gender Identity and Gender Affirming Care - Learning the Basics***

(2 hours equity & inclusion credits presentation)

Dr. Daubney Boland, Dr. Joanna Rachelson, MD and Dr. Jessica Lopez-Harder. Dr. Daubney Boland is a prescribing psychologist who provides integrated psychotherapy and medication management in a mental health setting and partners with other medical providers (such as Dr. Rachelson) to provide gender-affirming care in southern New Mexico. Dr. Joanna Rachelson is a family medicine physician and faculty member at the Southern New Mexico Family Medicine Residency Program and provides gender-affirming care in an outpatient family medicine clinic. Dr. Jessica Lopez-Harder is a psychologist who spent a year working in the Center for Transgender Medicine and Surgery at Boston Medical Center and is a faculty member at New Mexico State University.

Gender identity is one's concept of, or innate sense of self in relation to one's gender, whether it be female, male, neither, both or questioning. According to the 2017 New Mexico Youth Risk & Resiliency Survey (NM-YRRS), youth who identified as transgender, genderqueer, genderfluid or gender questioning were at a significantly higher risk for housing instability, suicidal ideation and behaviors, substance use, and at risk for being victims of bullying and sexual violence (Calderwood, et al., 2018). Members of the transgender and non-binary community are at greater risk for depression and suicide. This presentation aims to teach mental health care providers some basics about providing gender-affirming care to transgender and non-binary individuals, addressing gender dysphoria, and learning about valuable resources and services available to the transgender and non-binary community in New Mexico.

### ***A New Mexican Prescriber's Perspective on Working with New Mexicans***

(2 hours cultural diversity credits presentation)

Dr. Ernesto Santistevan, prescribing psychologist who practices across New Mexico. Examination of the implications of clients self-identifying as Chicano, Hispanic, Latino/a, and Latinx. Demographic origins of this group nationally and in New Mexico will be reviewed. Differences and clinical implications of documented and undocumented members of this group will be considered. Barriers in working with this group as well as recommendations for effective treatment will be explored.

### ***The Irritable Child- What Is the Psychopharmacological Approach?***

(2 hour presentation)

Dr. My Nim, psychiatrist specializing in treatment of children and adolescents, a faculty member at the University of New Mexico.

Exploration and discussion of differential diagnoses for children who present severe irritability and other co-morbidities requiring the use of mood stabilizers or antipsychotics. The presentation will include a case presentation, leading to the exploration of the diagnoses of Disruptive Mood Dysregulation Disorder, Bipolar Disorder, Attention Deficit/Hyperactivity Disorder, and Autism Spectrum Disorder in children. Psychopharmacological treatment recommendations as well as ongoing medical monitoring when patients are prescribed these medications will be discussed.