



— THE MISSISSIPPI — FAMILY PHYSICIAN

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ON THE COVER: Top: MAFP President 2017-18 Dr. Katherine Patterson and her husband David of Indianola. Bottom: From left, William Aultman, Rachel Aultman, Dr. Isaac Aultman, Emily Aultman and Emily's fiancé, Michael Evans. Not pictured is Aultman's son Daniel, who lives in Kochi, Japan.

Mississippi Academy of Family Physicians

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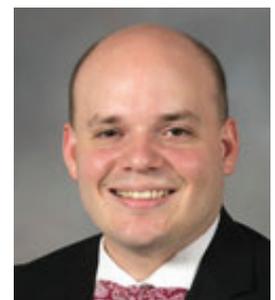
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ACADEMY

Members on the Move

DR. ED HILL of Tupelo was honored on Oct. 13 with the P.K. Thomas Jr., MD, Service Award given by the Health Care Foundation of North Mississippi, for embodying the spirit of the late physician Dr. Thomas with his work on the local, national and international medical scenes.



DR. WILLIAM M. GRANTHAM, Medical Director of MEA Medical Clinic in Clinton, has been named the new president of the Mississippi State Medical Association. Dr. Grantham attended medical school at the University of Mississippi School of Medicine. He interned and served his residency at the University of South Alabama in Mobile. Dr. Grantham has been licensed to practice in Mississippi and Alabama since 1989. "I am thrilled to be assuming the role of president of MSMA. This is an honor and I am grateful for the challenge before me," Dr. Grantham said. "These are critical times for health care in Mississippi and across the nation. The physicians in our state need to make sure their voices are heard as we navigate these challenging waters."



DR. CHRYSTAL A. SUMRALL, MD, FAAFP, of Laurel recently achieved the Degree of Fellow from the American Academy of Family Physicians. She is a family physician at Laurel Family and Immediate Care, where she has been a Senior Physician since 2015 and Supervising Physician since 2012. Dr. Robert Wergin presented the award to her in July.



EDITOR'S NOTE: On page 23 and 24 of the *Family Physician* Summer 2017 issue, Dr. Bernadatte Gilbert of Clinton was incorrectly identified in two photographs. We regret the error and apologize.

Know someone we need to recognize for an achievement? Let us know by e-mailing Kristen Kern at kristen@msafp.org.



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Rekindling a Love for Family Medicine

EDITOR'S NOTE: The following remarks were given by Katherine Patterson, MD, FAAFP, on July 18, 2017, as she accepted the gavel as MAFP President at the Annual Scientific Assembly.

Thank you to the Academy for allowing me to serve in this position. I am honored by your confidence in me. I would like to thank Sue Simmons for the great job she has done as President of the MAFP this past year.

Before I forget, I would first like to recognize my family and friends who are here tonight. Mary Virginia and Dr. Arthur Fokakis, my mother and father, who always encouraged me to do my best. My sister and my brother-in-law, Ginny and Gary Williams, who came a long way just for me. My brother and his wife are unable to be here tonight because he just started a family medicine residency in Waco. My friends for too many years to count, and beach trip companions, Alycia Anderson and Kim Lucas. My son, Samuel, who first made me a mother. My other three sons, Reilly, Nicholas and John Kastens, who are not here and hopefully are behaving, for reminding me daily the joys and challenges of being a doctor and a mother. And I am most grateful to my husband, David, without whom I could never do and be all the things I have been and will be.

As I sat down to gather my thoughts for tonight, I was immediately taken back to 1997 and the writing of my personal statement for the American Medical College Application Service (AMCAS). I said over and over again that I wanted to be a rural family doctor. I did not have a single clue what that was.

Fast forward to 2000, my last free summer between my M1 and M2 year. I applied for an externship in the department of family medicine. I was going to get paid for shadowing a family physician. I clearly remember pulling into the parking lot in Indianola, Mississippi. I was talking to my mother and started to cry as I looked around. I couldn't believe I had committed to four weeks in rural Mississippi. My mother, the great encourager, told me to learn as much as I could and use this experience to become a wonderful doctor. Day 2 of this externship I delivered my first baby and I was smitten. Smitten with the relationship family



At the Annual Banquet, MAFP President Dr. Katherine Patterson, left, takes the oath of office from AAFP Past President Dr. Robert Wergin.

"I see becoming President of the Mississippi Academy of Family Physicians as a chance to encourage my fellow physicians to rekindle their love of family medicine and renew their commitment to our specialty."

— Dr. Patterson

physicians have with their patients. The good, the bad, the births, the deaths, the successes and the failures. I fell in love with the lifestyle of the rural family doctor I wrote about.

Now 10 years into practice as a rural family physician, that love for my patients and profession some days is hard to find. The flame that burned so brightly at the start of my career is some days a mere flicker. The mountain of PAs, the ever-increasing burden of checkboxes, the countless hours of medical records, the numerous peer to peer reviews, and administrative responsibilities all leave me drained at the end of the day, much less the work week. Finding joy in the exam room has become increasingly difficult due to the business of medicine and the increasing demands we face as physicians daily.

Have I joined that group of physicians who describe themselves as burned out? I realized this may be the issue when I began

to feel frustrated with all my patients. I know there are many physicians in the same place I am throughout our state and throughout the rest of the country. Once I was able to identify my "burnout," I began to take steps to try and rekindle my love of family medicine. I have attended several lectures on burnout and have been able to walk away with some tools to forge ahead and make my job seem less like work and more rewarding all around.

I see becoming president of the Mississippi Academy of Family Physicians as a chance to encourage my fellow physicians to rekindle their love of family medicine and renew their commitment to our specialty. I want us to take back our exam rooms and connect with our patients as we as family physicians do best. This process begins with encouraging each member to focus on their own well-being, including faith, family, leisure time and job satisfaction. I see this next year as an opportunity to engage our members across the state on issues that affect our well-being, such as managed care, prior authorizations, opioid abuse and scope of practice issues, to name a few. I want to work to improve these issues to make our daily jobs seem less cumbersome and sometimes futile.

As I close tonight, I would like to share a story with you. Six weeks ago on a Friday afternoon I met my new OB patient. She was a 24-year-old G2 P0 at 36 weeks transferring care because she was moving back home. My nurse came and found me because her BP was 190/106. I was flustered because it was late on a Friday afternoon and I wasn't on call. I introduced myself and asked if she was having any problems. She wasn't. I explained to her that I needed to send her to the hospital for some testing and monitoring, and she was frustrated because she felt fine.

An hour later I received a phone call from my sono tech telling me there were no fetal heart tones. At that instant, I felt so small; I, as her new physician, had to tell her that her baby wasn't alive and that she would leave my hospital without her child. The irritation of having a complicated patient so late in the day was gone and in its place was compassion and sympathy for this young woman.

As I explained the death of her child to her,

she took my hand. We cried together, prayed together, and I held her while she processed the news. The next 48 hours were long and she always thanked me with each visit I made. She delivered, and on the day of discharge she thanked me for all of my kindness and told me that she felt like she had known me her entire life. This interaction with this young woman and her family in such a difficult time reminded me of why I chose family medicine.

My flame was being rekindled.

This is what makes being a family physician the best calling in the entire world. It is the only place you can form a relationship like this with another human being. It didn't matter that it was a Friday afternoon; it didn't matter that I wasn't on call; it didn't matter that I didn't know this woman previously. All that mattered was the care I gave her at the moment she needed it, which made so many

things matter to me.

To use a quote from iconic pop culture today, "I might only have one match, but I can make an explosion." And so can you.

I look forward to the honor of serving you as the next president of the Mississippi Academy of Family Physicians and helping each of you achieve your own personal wellness.

Patterson Elected MAFP President

Katherine Fokakis Patterson, MD, FAAFP, of Indianola was elected president of the MAFP in July 2017 at the group's Annual Meeting.

Patterson has been involved with MAFP since she was a medical student, having served on the board as a representative before her election as an officer. She was recently honored with the Degree of Fellow from the American Academy of Family Physicians (AAFP).

Patterson has been a practicing family physician with Indianola Family Medical Group since 2007. Having grown up in Hattiesburg, she earned her bachelor's degree at the University of Southern Mississippi, and then her M.D. degree from the University of Mississippi School of Medicine. She finished both her residency and a women's fellowship at Corpus Christi Family Practice Residency Program in Corpus Christi, Texas, before returning to Mississippi to practice.

She has also been involved in the AAFP, the Mississippi State Medical Association and the American Medical Association. She is vice chair of the Office of Mississippi Physician Workforce and has served on that board since 2013.

Patterson believes in giving back to her community, and she served for two years as a volunteer physician advisor at the Good Samaritan Clinic in Sunflower County. Patterson is president of the Friends of the Henry M. Seymour Library, secretary of the Indianola Civic League, and serves on several boards at her church.

Patterson and her husband, David, have

four boys, Samuel (10), Reilly (7), Nicholas (6), and John Kastens (2). They are members

of Indianola's First United Methodist Church.



Dr. Patterson's family: Back row: Samuel, Katherine and David. Front row, Reilly, John Kastens and Nicholas.



Dr. Katherine Patterson and her family. From left: Dr. Arthur Fokakis, Samuel, David, Dr. Patterson, Mary Virginia Fokakis, Ginny Williams, Gary Williams.

Executive Director's Report

JULY - DECEMBER 2017

Beth Embry | Executive Director

The MAFP staff and leadership has been busy the past 6 months keeping the mission of advancing the specialty of Family Medicine in Mississippi at the forefront of our five goals of Advocacy, Academy, Workforce, Professional Development and Public Awareness. This list is a portion of the progress of our Academy, our members and our specialty.

ACADEMY

Maintaining a sustainable association through engaged membership and leadership

- MAFP Membership meeting during MSMA meeting in August
- MAFP Vice President, Dr. Bill Grantham inaugurated as MSMA President
- Purchased new exterior lighting for building, cleaned and restriped the parking lot, and trimmed overgrown trees from donation from Drs. George Bush & Lakeisha Chism
- Held 5 committee meetings prior to MAFP Fall Conference
- Drs. Randy Easterling and Jennifer Bryan received MSMA Leadership Awards
- Dr. Robert Smith received AMA Medal of Valor in Honolulu
- Began production of 2018 Membership Directory
- Began membership renewal campaign including personalized contact with prospects, plus article in newsletter discussing renewal deadline

ADVOCACY

Serving as the unified voice of family physicians in Mississippi

- MAFP President Dr. Katie Patterson attended dedication of UMMC building in August
- Medicaid survey sent to membership; Dr. Patterson presented MAFP results at Medical Care Advisory Committee Meeting
- John Dowdy, Director of MS Bureau of Narcotics met to discuss opioid epidemic strategies
- Drs. Katie Patterson and Hannah Ray represented MAFP at opioid town hall meeting in Indianola
- Drs. Katie Patterson and David Wheat represented MAFP at the Southeastern

Family Medicine Forum with 12 other states

- Drs. Tim Alford, Susan Chiarito, Luke Lampton, John Mitchell, Katie Patterson, and Beth Embry represented MAFP at the AAFP Congress of Delegates meeting
- Drs. Susan Chiarito and Luke Lampton were asked to be observers and serve on reference committee for AAFP Congress of Delegates meeting
- AAFP Grant for MAFP Capitol Day applied for and received
- Letter created regarding appropriate referrals for members to utilize
- Dr. Katie Patterson was among 30 people who testified before the State Board of Medical Licensure about proposed opioid prescribing regulations
- Conducted Membership Drive for the FamDocPAC and gathered 24 total members
- Participated in group of 10 local organizations sending letters to U.S. House and Senate Appropriations committee members and Sen. Thad Cochran about FDA appropriations

WORKFORCE

Expanding the family physician workforce to meet patient and community needs

- Presented MAFP opportunities to UMMC first year medical students with lunch on August 10
- Hosted William Carey medical students for testing at MAFP headquarters
- Sponsored 9 students and 3 residents to attend MAFP Annual Meeting
- Sponsored 3 students to attend AAFP National Conference of Family Medicine for Students and Residents
- Applied for and received AAFP grant for Academy Ambassador Program
- Exhibited at UMMC Recruitment Fair September 27
- Exhibited at WCUCOM's Residency Fair October 20
- Presented MAFP opportunities to WCUCOM 1st and 2nd year medical students
- Presented MAFP opportunities to Meridian residents November 10

- Created student and resident slide show to promote involvement in MAFP
- Arranged for MBN Director John Dowdy to speak at UMMC November 1 to discuss the opioid crisis with medical students and residents

PROFESSIONAL DEVELOPMENT

Providing education through a variety of delivery mechanisms

- Drs. John Vanderloo and Christy Vowell sponsored for the MSMA Physician Leadership Class
- Dr. Katie Patterson moderated Chapter Presidents Session at AAFP meeting
- Faculty development workshop held during annual meeting
- 1 Fellow recognition at MAFP Annual Meeting
- 502 Total Attendance at Annual Meeting; 130 physicians, 80 exhibits, 372 exhibitors, family, speakers and staff
- Knowledge Self-Assessment Working Group Session sponsored during Annual Meeting
- Fall Conference held in Starkville with 7 exhibitors and 50 medical students, residents and physicians in attendance

PUBLIC AWARENESS

Improving public awareness of the roles and position of family physicians

- Dr. Isaac Aultman received Physician of the Year Award
- Bi-weekly newsletter with 33% open rate
- 4 Tar Wars presentations made to more than 65 medical students
- Press releases: Dr. Katie Patterson, President; Dr. Isaac Aultman, Family Physician of Year; Dr. Brad Suggs, Foundation President; Dr. Crystal Sumrall, Fellow and MAFP Board Member
- MAFP Journal mailed to over 600 members
- Foundation Draw Down raised \$12,000 and Silent Auction raised \$5,200
- Foundation donated \$1,000 to Puerto Rico Academy of Family Physicians to raise funds for generators following devastating hurricane

ACADEMY

ADVOCACY

WORKFORCE

PROFESSIONAL
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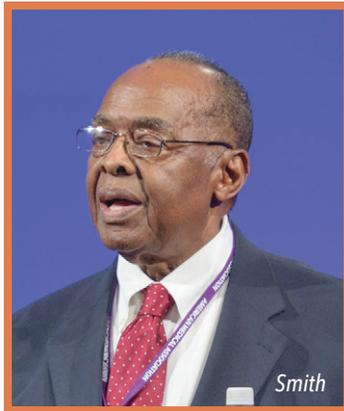
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Smith Receives Honor for Courage

Family physician Dr. Robert Smith, MD, of Jackson was honored in November with the American Medical Association's Medal of Valor Award at its 2017 Interim Meeting in Honolulu, Hawaii. The award honors AMA members who demonstrate courage under extraordinary circumstances in non-wartime situations.



Dr. Smith, a Lifetime member, has been part of the Academy since 1972. Dr. Smith was an instrumental figure during the civil rights movement in Mississippi, providing consistent health care to those with little or no access. A founder of the Medical Committee for Civil Rights and the Committee for Human Rights in the mid-1960's, Dr. Smith and other health care professionals aided and treated civil rights workers and many other Mississippians during the Freedom Summer of 1964.

"In dangerous, volatile times in our country, Dr. Smith placed himself repeatedly in harm's way and made it his mission to stand up for the health care rights of African Americans," said AMA President David O. Barbe, M.D. "He is a man of compassion, courage and bravery, who routinely put the health and wellbeing of others ahead of his own by providing medical care to the poor, uninsured and underserved citizens of Mississippi."

Dr. Smith co-authored, founded and implemented the concept of Federally Qualified Health Centers. He co-founded the nation's



Dr. David O. Barbe, American Medical Association President, left, presented Dr. Robert Smith of Jackson with the AMA Medal of Valor Award.

"He is a man of compassion, courage and bravery, who routinely put the health and well-being of others ahead of his own."
– Dr. Barbe

first rural community health center, Delta Health Center, in Mound Bayou as well as the Mississippi Primary Health Care Association (MPHCA), which provides accessible and affordable primary medical care and dental care services to individuals and families. There are now more than 10,000 centers serving 30 million Americans, including several hundred thousand Mississippians.

A native of Terry and a graduate of Tougaloo College, Dr. Smith received his medical degree from Howard Medical School and serves as president and chief executive officer of Central Mississippi Health Services, Inc., He and his wife, Dr. Otrie H. Smith, have three children.



Comments from attendees in 2017:

"Wonderful course. I will definitely take it again even just for CME. It is a very good source for review."

"After going to this conference, my confidence in passing the exam has measurably increased and I am less anxious about it."

"Overall great course. One of the best I have been to. Thank you!"

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Physicians Discuss Answer

Opioid deaths in America are increasing, according to the Centers for Disease Control statistics. The same is true in Mississippi, says John Dowdy, director of the Mississippi Bureau of Narcotics (MBN), and physicians can be a big part of the solution.

MAFP leaders met with Dowdy and Steven Maxwell, MBN assistant director, on Sept. 7 to discuss ways to work together toward the goal of reducing opioid overdoses and deaths in our state. As a result of the meeting, MAFP arranged for Dowdy to speak to UMMC medical students on campus and maintains contact with him and his staff to facilitate communication.

At the meeting, MAFP agreed to help MBN by:

- promoting its Opioid Town Hall Meetings around the state in Fall 2017
- help MBN train medical students how to deal with addiction by arranging speaking opportunities
- ask physicians to alert the MS PMP when someone is shopping for drugs
- work on legislation regarding treatment
- inform our members by publishing articles in our newsletter and journal

Governor's Task Force

Mississippi Governor Phil Bryant's Opioid and Heroin Study released a report in August with 18 recommendations for the medical community. Three physicians were part of the 13-member task force. The group also released recommendations for law enforcement and prosecutors, and recommendations for enhanced education, prevention and treatment.

Among the recommendations for health care providers to stop the crisis were requirements that physicians use the Prescription Monitoring Program, limiting opioid prescriptions to a maximum of 7 days, and to curb the use of opioids and benzodiazepines at the same time.

The task force also issued eight recommendations for law enforcement, including additional training requirements for officers coming in contact with Fentanyl and education on how to use Naloxone to prevent overdose deaths, and the increased use and publicity to the public of prescription medication drop-boxes.

MAFP ACTIONS:

- Members alerted to proposed regulation changes
- Members asked to send concerns to MSBML, along with copies to MAFP
- Comment letter from AAFP requested
- MAFP leadership met individually with 5 MSBML members to discuss concerns
- MAFP met with a coalition of medical specialty societies to discuss solutions
- MAFP President testified at a public hearing on the proposed regulations



Dr. Patterson and Rep. Joel Bomgar discuss their experiences at the MSBML hearing Nov. 15, at which Dr. Patterson testified on MAFP's behalf.

MSBML Proposes Regulations

On October 5, Mississippi physicians learned that the MS State Board of Medical Licensure (MSBML) had issued proposed changes to its Prescribing, Administering and Dispensing regulations. This prompted many

responses as members raised concerns to MSBML members about the effects of such changes to patient care.

Under the new regulations, Mississippi physicians would no longer be able to prescribe opioids for longer than 7 days for acute pain and, when issuing a prescription for them, would be required to run a Prescription Monitoring Program report and conduct a drug screening at each encounter. Opioids would no longer be allowed to be prescribed concurrently with benzodiazepines.

In response, MAFP issued a written letter to the MSBML. "Family physicians find themselves having to balance the necessity of helping their patients who experience chronic pain with the risks of substance abuse and addiction," MAFP wrote. "Family physicians recognize long-acting and extended-release opioids as powerful drugs that require oversight, but these drugs can be controlled without unduly limiting their proper use. Creating additional prescribing barriers for primary care physicians would limit patient access when there is a legitimate need for pain relief."

Some physicians say there will be



MAFP officials met Sept. 7 with Miss. Bureau of Narcotics leaders Steven Maxwell and John Dowdy about working together on the opioid crisis. From left, Dr. Luke Lampton, Dr. Katie Patterson, Maxwell and Dowdy.

ers to Opioid Problem

unintended consequences if these regulations are put into practice. “There are many people who fall outside of 7 days’ worth of pain medicine for an acute injury – ask anyone with multiple rib fractures or shingles,” said one physician.

After a comment period, the MSBML held a public hearing Nov. 15 and gathered information from licensees and members of the community.

One official who spoke was state Rep. Joel Bomgar of Madison, who testified about opioid deaths using CDC data he had personally analyzed. He stressed that whenever the number of prescriptions written goes down, opioid deaths unfortunately go up. He suggested more funding for treatment programs to assist those patients who are already addicted before completely curtailing an addict’s access to opioids.

MAFP President Dr. Katherine Patterson of Indianola spoke at the hearing on behalf of the MAFP. Her testimony included a story about Mary, a real patient in her practice, and how she would be affected by the proposed

regulations. “The new regulations as proposed in Rule 1.7 (k) would require Mary to undergo drug testing at each encounter,” she said. “An extra office visit or drug screen that isn’t covered by insurance could leave [Mary] choosing between another vital medication or a meal.” The jam-packed

room at the MSBML meeting applauded her comments.

At press time, the Miss. State Board of Medical Licensure had passed changes, but they had not yet gone into effect. The MAFP website will have current information about new regulations.



MAFP arranged for MBN Director John Dowdy, fourth from left, to speak to UMMC medical students Nov. 1 about opioids and what new physicians need to know about prescribing. UMMC Family Medicine Interest Group officers with Dowdy are Katrina Johnson, Falan McKnight, Craig Bullock, Dowdy, and Will Casey.

MS-PMP Proves to be Invaluable Tool

Family physicians recognize the Prescription Monitoring Program as a valuable tool and resource when prescribing opioids. A recent informal survey of MAFP members showed that 89 percent of respondents used the PMP at least once a week in their practices.

The PMP InterConnect is an online network that allows state Prescription Monitoring Programs to share patient-specific data across state lines. Family physicians can use this tool to query patient-specific data from other states.

At present, 16 states have agreements with Mississippi that allow Mississippi physicians to view patient-specific data, including: AL, AZ, AR, ID, IL, KS, LA, MA, MI, MN, NM, ND, RI, SC, TN and TX. This list includes all of Mississippi’s border states.

Currently, 42 total states participate in the program, administered by the National Association of Boards of Pharmacy. All Mississippi physicians with an active DEA



license have been required to register for the Prescription Monitoring Program since 2013. Some physicians allow delegates to enter and view data on their behalf. It is important to know that delegates are NOT allowed to view other states’ data - only registered practitioners can see this

information.

To search for other states’ patient-specific data, log in to Mississippi’s PMP at <https://mississippi.pmpaware.net>, e-mail them at msspmpassist@mbp.ms.gov, or call (601) 899-0138.



2018 Legislative Forecast

Scope of Practice and Medicaid to Be Priority

Ashley Thompson | MAFP Advocacy Director

The 2018 legislative session will convene on Tuesday, January 2 at noon. This is the third year of the four-year term and is set to last 90 days. Sine Die is currently scheduled for Sunday, April 1.

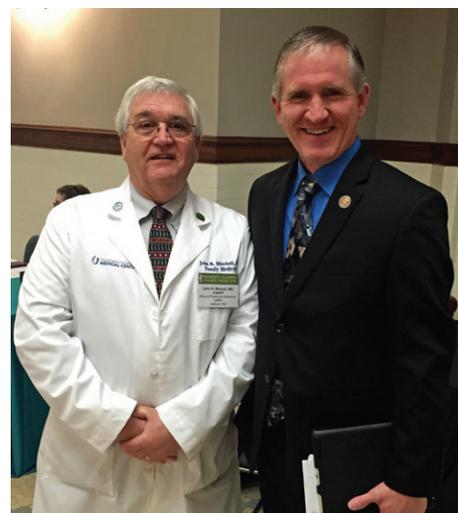


Dr. Katherine Patterson and Rep. Abe M. Hudson Jr. of Shelby at Capitol Day 2017.

The Mississippi Academy of Family Physicians Legislative Committee remains committed to protecting your patients and your interests at the Capitol. Each year we review over a thousand bills and track hundreds that relate to healthcare issues. We expect to again see a push to expand various scopes of practice and to weaken Mississippi's immunization laws. In 2018, the legislature will also review what's known as the Medicaid technical amendments bill which dictates how Medicaid operates.

There will be several new faces in the legislature as a result of special elections held to replace Senate and House members who have retired or were elected to another public office. Prior to January, we encourage you to make contact with your Senator and Representative and let them know that you appreciate their commitment to protecting the public health of Mississippians.

Please make your plans now to attend the MAFP Capitol Day on March 7 and donate to the FAM DOC PAC. We are expecting a very busy 2018 session and will need your help to ensure the voice of medicine is heard.



Dr. John Mitchell with Rep. Steve Massengill of Hickory Flat at Capitol Day 2017.

**MAFP's Capitol Day is
Wednesday, March 7, 2018.**

FamDocPAC Seeks Members for 2017

The 2018 Mississippi Legislative Regular Session will be here soon, and the MAFP is busy gearing up to protect the interests of family doctors across Mississippi. Your state leaders are hearing our voice and we are in a strong position to fight for family medicine and our patients. Be sure to make your 2017 donation to our FamDocPAC by December 31.

Thank you to our 2017 contributors so far:

Tim Alford, MD, FAAFP
Steven Brandon, MD
George Bush, MD, FAAFP
Susan Chiarito, MD, FAAFP
J. Anthony Cloy, MD
Samuel Crosby, MD, FAAFP
Wade Dowell, MD
Jennifer Gholson, MD

Margaret Glynn, MD
Anna Marie Hailey-Sharp, MD
John Hassell, MD, FAAFP
Bill Jackson, MD, FAAFP
Word Johnston, MD, FAAFP
Ben E. Kitchens, MD, FAAFP
Luke Lampton, MD, FAAFP
Carlos Latorre, MD

Bruce Longest, MD
John R. Mitchell, MD, FAAFP
Katherine Patterson, MD, FAAFP
Sue Simmons, MD
Thais Tonore, MD
Gerald A. Turner, MD
Christy Vowell, MD
David Wheat, MD, FAAFP

Welcome to the Family

Mississippi's four family medicine residency programs welcomed 28 new post-graduates to their programs this fall, including:

Forrest General Hospital

- Brock Banks, MD*
SMITHVILLE, MO
- Sarah Hudson, DO*
COLUMBIA, MS
- Meagan Mathis, MD*
LAUREL, MS
- Cody Robertson, MD*
STARKVILLE, MS
- Jason Spake, DO*
BUFFALO, MS
- Austin Worley, DO*
PENSACOLA, FL



Banks



Hudson



Mathis



Robertson



Spake



Worley

EC HealthNet

- Jennifer Marie Ashley, DO*
RIDGELAND, MS
- Jason Brown, MD*
TYLERTOWN, MS
- Robin Christina Conley, DO*
TUSCUMBIA, AL
- Leslie Ann Rutkowski, DO*
FAIRHOPE, AL



Ashley



Brown



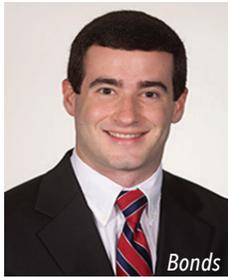
Conley

North Mississippi Medical Center

- Cameron Bonds, MD*
TISHOMINGO, MS
- Jacob Cox, DO*
MADISON, MS
- Craig Moffett, DO*
FULTON, MS
- Stephen Morgan, MD*
VARDAMAN, MS
- Mimi Nguyen, DO*
NATCHEZ, MS
- Chelsea Rick, DO*
FULTON, MS
- Franchesca Robichaud, MD*
ORLANDO, FL
- Brett Zepponi, DO*
LELAND, MS



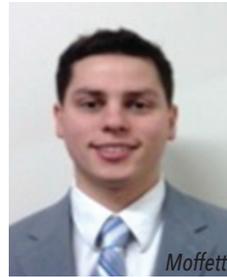
Rutkowski



Bonds



Cox



Moffett



Morgan



Nguyen



Rick



Robichaud



Zepponi

University of MS Medical Center

- Abdu Ahmed Abdallah, MD*
RIVER FOREST, IL
- Ashley Alphonse, MD*
CHICAGO, IL
- Moses Braimoh, MD*
CHICAGO, IL
- Chinedu Ifejiagwa, MD*
LAS VEGAS, NV
- Ndi Mbride, MD*
ALLEN, TX
- Lilian Massihi, MD*
ENCINO, CA
- Doug Pearson, MD*
JACKSON, MS
- Melissa Sanders, DO*
CLINTON, MS
- Michael Yeung-Lai-Wah, MD*
BRITISH COLUMBIA, CANADA
- Ivy Wicks, MD*
JACKSON, MS



Abdallah



Alphonse



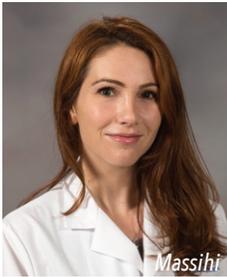
Braimoh



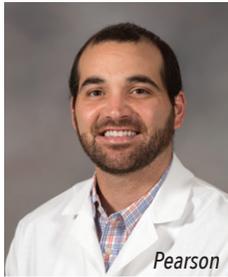
Ifejiagwa



Mbride



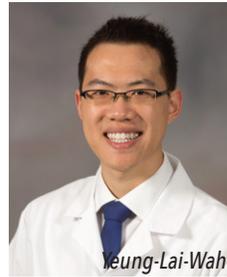
Massihi



Pearson



Sanders



Yeung-Lai-Wah



Wicks

WORKFORCE

UMMC's Family Medicine Interest Group

University of Mississippi Medical Center Family Medicine Interest Group started the year strong with a family medicine kickoff luncheon August 10 and a well-attended FMIG Recruitment Fair on campus September 27.

FMIG Officers for 2017-18 are: President Will Casey, Vice President Craig Bullock, Secretary Katrina Johnson, Treasurer Justin Dyer. FMIG Faculty Adviser is Dr. David Norris.

M1 FAMILY MEDICINE ORIENTATION

One hundred fifty new first-year medical students were introduced to MAFP in August at the University of Mississippi Medical Center's brand-new School of Medicine building, and 70 of them joined the Academy that day.

The event was part of orientation for new M1 students at the school and an attempt to bring family medicine to the attention of first-year students. They



Students at the UMMC FMIG meeting Aug. 30. Back row, from L-R: Leah Burch, Beth Wilson, Will Casey, Craig Bullock, Jonathan Sappington, Brad Murray, Justin Dyer. Front row: Katrina Johnson, Van-Vi Le, Falan McKnight, Regan Maxwell, Rachel Yi.

enjoyed a fajita buffet lunch while viewing a MAFP slide show highlighting student involvement. MAFP's Kay-Lynn Meador addressed the crowd and highlighted the benefits of MAFP membership, which is free to medical students.

The great membership response was due in part to the testimonials of two UMMC student leaders who are active MAFP members and encouraged the M1s

to join. Will Casey (M4) is president of the UMMC Family Medicine Interest Group (FMIG) and Craig Bullock (M4) is vice president. Both Casey and Bullock were elected by students to represent them on MAFP boards. Several other FMIG officers and representatives were present and assisted with the event.

The luncheon represented family medicine's time to shine during orientation for M1s. Dr. David Norris of the UMMC Family Medicine department and Dr. Wahnee Sherman of the Rural Scholars Program talked to the students about the need for primary care physicians in Mississippi. Dr. Shannon Pittman of UMMC Family Medicine department, Dan Coleman of the Rural Scholars Program, and Kristen Kern of MAFP were also present.

FMIG RECRUITMENT FAIR

FMIG hosted a Recruitment Fair at UMMC's campus union with dozens of exhibitors on Sept. 27 highlighting family medicine and was pleased with the number of medical students in attendance. MAFP displayed at the event and met numerous medical students and family medicine residents. The booth was decorated with a fall football theme and MAFP gave away special prizes to students.



With a booth at the hospital's 'Spooky U' Halloween celebration, the FMIG group went with a Despicable Me theme, dressed as characters from the movie and gave out homemade 'slime' to trick-or-treating children. From left, Craig Bullock, Will Casey, Van-Vi Le, Katrina Johnson, Falan McKnight and Justin Dyer.

Graduating Residents 2017

North Mississippi Medical Center



Graduates of NMMC's Family Medicine Residency Program include, front row: Drs. Deke Barron, Gisela Williams, Sandy Lieu. Middle row, Drs. Ned Miller, Leslie Smothers, Hammad Masoodi. Back row, Drs. Luke Campbell and Shyam Kasundra.

University of Mississippi Medical Center



Graduates of UMMC's Family Medicine Residency Program include, back row, Drs. Ardarian Gilliam Pierre, Marketta Blue, Sweni Gandhi, Julie Rivero, Tabitha Marek, Chloe Kilman. Front row, Drs. Micah Walker, Jonathan Buchanan, Omar Dominique, Albert Arthur.



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This material was originally created by the American Academy of Family Physicians and funded by TMF Health Quality Institute, the Quality Payment Program Small, Underserved and Rural Support contractor for Arkansas, Colorado, Kansas, Louisiana, Mississippi, Missouri, Oklahoma, Puerto Rico and Texas, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. TMF-QPPSURS-17-38

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WORKFORCE

Academy Ambassadors Program Attracts Family Medicine Students

From unpacking, loading, folding t-shirts to handling children's activities, the Academy Ambassadors worked hard to make sure over 500 MAFP Annual Meeting attendees had a great time this past July.

As part of the program, medical students attend the MAFP Annual Convention, in exchange for their assistance with planning and putting on the event in Destin. MAFP chooses student applicants who are

interested in family medicine and pays for their registration, hotel room and meals for the week.

This year's Academy Ambassadors included Jackson Browning (UMMC), Leah Burch (UMMC), Emily Bustin (UMMC), Justin Dyer (UMMC), and Zack Watson (UMMC). Along with the Ambassadors, medical students who serve on MAFP boards also attended, including Craig Bullock (UMMC), Will Casey (UMMC), Terry Moran (WCUCOM), and Caleb Zumbro (UMMC).

"The trip was a great opportunity to network and meet family physicians around the state," Justin Dyer said. He added that he enjoyed attending a casting and splinting workshop and getting interviewing tips from practicing physicians.

Hattiesburg Clinic also hosted a dinner one night for the group. During the meeting, they networked with practicing physicians and exhibitors and even had free time to have fun together. Craig and Will spent time on the golf course in friendly competition with physicians and exhibitors while Leah, Emily and Justin tapped into their creative juices by taking an Adult Abstract Art class. Jackson and Caleb enjoyed a day on the water at the MAFP Charter Fishing Trip.

Medical students apply each spring to be Ambassadors and applications for next summer are available on the MAFP website in the Workforce section. A limited number of students are accepted each year, so apply early!



Academy Ambassadors, from left, Will Casey, Justin Dyer, Leah Burch, Jackson Browning, Caleb Zumbro, Zack Watson, Emily Bustin, Craig Bullock and Terry Moran at the Annual Meeting in Florida.



In addition to helping with kids' events, Academy Ambassadors sold shirts and Foundation Draw Down tickets during the Annual Meeting to assist MAFP staff. Pictured are Terry Moran, Leah Burch and Zack Watson.

Interested in being an Academy Ambassador?
E-mail Kay-Lynn Meador at kaylynn@msafp.org for more information. Deadline for applications is May 1, 2018.

William Carey Family Medicine Students

MAFP represented family medicine at several William Carey University College of Osteopathic Medicine (WCUCOM) events this fall, getting in front of medical students and telling them the benefits of not only choosing family medicine but being involved in MAFP.

On Nov. 15, MAFP hosted a luncheon at WCUCOM to discuss the benefits of joining as a student member of MAFP. All first- and second-year medical students were invited and almost 100 students were in attendance. MAFP Workforce Director Kay-Lynn Meador discussed MAFP's purposes and how we can help a student who is interested in family medicine. More than 40 people joined MAFP following the luncheon.

MAFP also exhibited at the Oct. 20 WCUCOM Hospital Day and Residency Fair in Hattiesburg and spoke to dozens of WCUCOM students about their future.

Meador and MAFP Tobacco Specialist Jewell Buckley decorated the booth with a football, a tailgating blanket and other fall decorations.

Elected officers for the WCUCOM student chapter of the Student Association

– American College of Osteopathic Family Physicians (SA-ACOF): Ashley Day, OMS-II, President; Colbert Nelson, OMS-II, Vice President; Shelbi Bolton, OMS-II, Secretary; Lia Morales-Ramos, OMS-II, Treasurer.



Several William Carey University COM students visit the MAFP headquarters monthly for periodic testing. Each of these students are OMS-III's who are working in Central Mississippi during the year. L-R: Jong "Joseph" Kim, Shea Qarqish, Jasmeet Kaur, Kathryn Cooper, Shelby Wagner, Jiten "Jay" Gosai, Alexandra Moore, Rachel Jimenez, Zachary "Chad" Pinkard, Shireen Dogar, David Crasto, Lee McCraney.

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More Than 500 Get on Track

In July, MAFP called 'All Aboard!' and had 508 total passengers hop on to the Annual Meeting train. MAFP had 130 attendees, 80 exhibits, 172 exhibitors, 181 family members, 7 staff members and 18 speakers attend the MAFP's 68th Annual Scientific Assembly. The meeting was held July 15-19 at the Baytowne Conference Center in Sandestin, FL.

Attendees enjoyed annual favorites during the meeting, including Family Fun Night, Bay Day, Spouse Bingo and the President's Reception, while adding new events like an Abstract Art Class and a Kids' Cooking Class. Two interactive educational sessions were held, including a Knowledge

Self-Assessment on Preventive Care and a Casting and Splinting Workshop.

Fellowship is the cornerstone of any MAFP meeting, and there were plenty of opportunities for physicians to gather. One event, the kid-friendly Family Fun Night, had carnival-style games with prizes, plus finger foods, face-painting, caricatures, personalized airbrushed t-shirts and music. The ballroom was decorated like a train station and every engineer was given bandanas, whistles and hats.

The meeting offered attendees more than 17 hours of Continuing Medical Education on varied subjects like plastic surgery, rheumatoid arthritis and back pain. The Business Meeting featured board member elections, resolutions, and discussions of legislative topics of interest.

The Annual Banquet was elegant, with physicians given the chance to dress up and have a sit-down meal with colleagues while celebrating a successful past year. New board members were sworn in, Dr. Sue Simmons of Maben received her past president's green jacket, and Dr. Katherine Patterson of Indianola accepted the gavel of the MAFP presidency (see story, page 6). The highlight of the evening was the surprise presentation of MAFP Family Physician of the Year to Dr. Isaac Aultman of Jackson. (see story, page 26).

 Next year's meeting is July 21-25, 2018 at Baytowne Conference Center in Sandestin, FL.



Group shot of the Annual Meeting attendees wearing their event shirts.



Cobb Hendrix, Gray Alford, Ann Mabry Hendrix enjoying Family Fun Night. The three are grandchildren of Mary Al and Dr. Tim Alford of Kosciusko.



Visiting time with exhibitors is an important part of the Annual Meeting. North Mississippi Medical Center's booth was a popular spot for these physicians, from left, Drs. Emily Landrum and Sarah Barowka, NMMC's Heather Redwood and Dr. Kelly Shoemake-Tullos.



The green jacket worn by MAFP past presidents is a badge of honor at the Annual Meeting. Back row, Drs. Steven Brandon, Bill Jackson, John Hassell, John Mitchell, Lee Giffin, and Word Johnston. Front row, Drs. Mary Gayle Armstrong, Judy Gearhart, Susan Chiarito, and Sue Simmons.

at Annual Meeting



MEA physicians and friends in the photo booth were, Wayne Whitley, Dr. Amy Hollman, Dr. Jerry Welch, Mrs. Toni Jordan, Mrs. Ashley Hemphill, Dr. JeanAnn Suggs and Dr. Brad Suggs.



From left, Drs. James B. Martin, John Mitchell and Sue Simmons with Rep. Hank Zuber of Ocean Springs at one of the General Sessions.



The Simmons family enjoying Family Fun Night. Pictured from left, Cecil, Dr. Sue, Walt Henry, Lamar, Halle Jo, and Rebecca.



Drs. Selika Sweet of Jackson and Don Gibson of Richland, and Don Gibson Jr. at the Family Fun Night.

Members Celebrate Membership Anniversaries

Members recognized at the Annual Meeting for special membership anniversaries included: Dr. Jeremy Wells (10 years), Dr. Chrystal Sumrall (20 years), Dr. Mary Gayle Armstrong (30 years), Dr. Rodney Lovitt (35 years), and Dr. Dayton Whites (40 years).



Fall Conference Visits Starkville

More than 50 family physicians, exhibitors, residents and medical students were in “high cotton” for the MAFP Fall Conference held September 29 to October 1 at The Mill, a 1902-era cotton mill in Starkville. The newly-remodeled building directly across from the MSU campus is now a bustling conference center.

Kicking off the conference in the afternoon were committee meetings, which served to get members involved in the decisions of the Academy. The committees – including Academy, Advocacy, Workforce,

Professional Development and Public Awareness -- had lively discussions, and the meetings brought medical students, residents and physicians together to brainstorm projects that impact family medicine. The MAFP Board of Directors also had an afternoon meeting.

Shorty’s Speakeasy on the lower level of The Mill was the site of the evening reception, and attendees enjoyed food, drinks and networking.

Saturday and Sunday, MAFP Foundation Board of Directors met and MAFP offered

attendees varied topics for Continuing Medical Education during the days. There was time for networking with exhibitors as physicians had meals on Saturday and Sunday in the exhibit area.



Next year's Fall Conference is Sept. 21-23, 2018 at Pickwick Landing State Park in Pickwick, TN.



Taking part in the Professional Development committee meeting are Drs. Anna Marie Hailey-Sharp of Preston and Susan Williams of Tupelo.



Members of the Professional Development Committee, from left, Drs. Ned Miller, Terry Moran, Chrystal Sumrall, Paul Pavlov, James Griffin, Mrs. Beth Embry and Dr. Christy Vowell.



North Mississippi Family Medicine Residency Program physicians including, from left, Drs. Lakeisha Chism of Verona, Emily Landrum of Tupelo, Ed Hill of Tupelo and Ned Miller of West Point.



Kathy and Dr. Steve Brandon of Starkville and Dr. William Grantham of Clinton.

Officers Represent Mississippi at SEFM

Dr. David Wheat, MD, FAAFP

The SEFM is an annual event held to provide state chapter volunteer leaders and their state chapter executives the opportunity to be updated on mutual and shared issues. The states include Alabama, Florida, Georgia, Kentucky, Louisiana, Maryland, Mississippi, North Carolina, South Carolina, Tennessee, Virginia and West Virginia. Dr. Wheat wrote about his experiences at SEFM in August 2017 in Savannah, Georgia.

Starting off, it was a much longer drive than what Google had estimated. We did make it there ok but later than expected. The Georgia Chapter did a wonderful job of organizing the forum and making us welcome. Thursday evening, we enjoyed an entertaining talk by Murray Silver with a dessert bar. Mr. Silver shared tales about Savannah and historical personalities in Savannah's past. He is a fifth-generation Savannahian and worked as a promoter for rock bands like Fleetwood Mac, Grateful Dead, the Allman Brothers, Pink Floyd, Paul McCartney and others. He is also a journalist and has published several books. He was kind enough to give us one of his signed books.

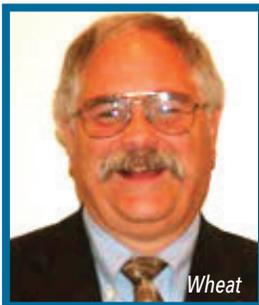
Friday started off with breakfast and

welcome by Dr. Eddie Richardson, Jr., MD, FAAFP, the GAFFP president. A lecture about children in foster care by David Harmon was followed by a legislative update by AAFP's Shelby King, after which each state gave a 5- to 10-minute review of their legislative trends.

After lunch, Dr. Reeves, AAFP Board member, spoke about Obamacare and Trumpcare – basically how much we really didn't know what was going to happen [as legislation worked its way through Congress].

Emily Carroll from the American Medical Association spoke on prior authorization and its attempts to provide a single PA template for all insurance companies to utilize. No real relief for us in the trenches on PAs, however, appears in the offing.

Jim Sams of Privia Health spoke on the demise of private practice and how the



primary care physician is the solution. He had a lot of good information and statistics. Our day ended with a delightful meal with MAFP President Dr. Katie Patterson and her husband, David. We shared a table with the Louisiana contingent and had a great time. Katie also taught me a great lesson about wine that will benefit me in the future.

Prior to the evening meal, we sat down with the LAFP past president and covered points in our continuing battle over scope of practice.

Saturday convened the business section and there was a tremendous discussion on candidates being given the opportunity to come to the Forum and registration charges. The Forum earned enough money that registration fees for chapters would not need to be paid for the next meeting.

We had a short brainstorming session and small discussion groups with rotating tables for about every ten minutes. All in all, it was a very good meeting and worth my while. We have brought back some things that we can utilize in our Academy and it was good to network with the other chapters and renew old friendships.

Family Medicine Constituency Meeting at MSMA in Jackson



Family medicine was well represented at the MSMA annual meeting in August in Jackson. These family physicians and friends attended the MAFP Membership Meeting to discuss issues of importance to family medicine. From left: Beth Embry, Drs. Stanley Hartness, Susan Chiarito, Tim Alford, Ann Kemp, Randy Easterling, Tami Brooks, Tobe Momah, Chelsea Rick, Luke Lampton, and John Mitchell.

MAFP at Work for You

In September, Mississippi's delegation made its way to San Antonio, Texas, for the AAFP Congress of Delegates, a 2-day event preceding the Family Medicine Experience (FMX) each year that is primarily about the governance of the Academy.

Mississippi was represented by Drs. Tim Alford of Kosciusko and Luke Lampton of Magnolia along with Alternate delegates, Drs. Susan Chiarito of Vicksburg and John Mitchell of Jackson.

Although each state chapter is allowed to send two delegates and two alternates to the meeting, it is only allowed two voting members. Other constituencies are represented with two delegates as well: women, new physicians, LGBTQ, military, and all USA territories.

Submitted resolutions — 58 this year, 3 from Mississippi — are divided up and assigned to one of five reference committees. This is where each resolution is presented and debated initially. At the committee meetings, delegate and alternate delegates may address the committee to question or commit on the resolutions.

Dr. John Mitchell said Mississippi's delegation always makes a point to be present at reference committees to support our own resolutions and comment on others. "Because of our distinct green magnolia jackets, there



Representing Mississippi at the AAFP House of Delegates in August in San Antonio, Texas, were, back row, Drs. John Mitchell, Katherine Patterson & Susan Chiarito. Front row, Drs. Luke Lampton & Tim Alford.

is never a doubt that it's a Mississippi delegate who's speaking," he said.

Dr. Chiarito said the resolutions are on wide-ranging topics. "The resolutions can be anything related to the practice of medicine," she said, "the most impassioned testimony is about care of underserved patients, protection of our environment and patient autonomy."

Since multiple activities are going on simultaneously, the four delegates divide duties so that they always have two voters in the delegate seats during all official sessions.

"They always configure the floor of the Congress of Delegates the same, no matter what city, so Mississippi has the fortunate spot on the front row for the two delegates — Luke and Tim," Dr. Chiarito said. "We always wear our emerald green jackets, so we stand out!"

Along with hearing from the current leadership about the future of family medicine, the Congress of Delegates is a time to elect new leadership. Candidates for director and officer positions give speeches and campaign, and each state and constituency has equal representation, with two votes to cast. Votes are carefully considered after listening to speeches and caucusing.

"As with all elections, some we agree with, some we don't, but in the end it is a fair

and representative process for all," said Dr. Mitchell.

Chiarito agreed. "I really enjoy the opportunity to represent Mississippi as one of the alternate delegates. I feel our delegation has taken an active role in shaping the AAFP. It's great when several states work together to support a resolution so that the benefit and impact is greater."

All of the actions of the AAFP COD are compiled and submitted back to the members and is available for review on the AAFP website. Go to www.aafp.org and search for Congress of Delegates Resolutions 2017. This is a great reference, especially to evaluate if your challenge or complaint has already been addressed or needs to be re-addressed.

Written resolutions are the basic tenet of governance in the AAFP. Any member interested in the basics of writing resolutions can visit our website, www.msafp.org, in the Advocacy area, and submit the content of a proposed resolution using our template.

All MAFP members are invited to write and submit resolutions for consideration at the MAFP Business Meeting held on the Tuesday during the MAFP Annual Scientific Assembly. Submissions are due June 1.



During a break from meetings, Drs. John Mitchell, Katherine Patterson & Susan Chiarito took their place under the AAFP Congress of Delegates logo.

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Aultman Named Physician of the Year

Isaac Aultman, MD, of Jackson was honored as Mississippi's Family Physician of the Year at the MAFP Annual Meeting in July.

Aultman recently retired from a 40-year career in family medicine, most recently in private practice in Jackson's Fondren neighborhood. A native of Seminary, he graduated from Seminary High School, earned a bachelor's degree from the University of Southern Mississippi in Hattiesburg, and went on to complete medical school at the University of Mississippi Medical Center in Jackson in 1971. He completed family practice residency at John Peter Smith Hospital in Fort Worth, Texas, before returning to Mississippi to practice medicine.

After practicing in the Jackson area in Mississippi, Aultman took over Dr. Frank Wood's practice in Jackson in 1989 and operated in the same Fondren location until December 2016.

Aultman was awarded the Central Medical Society's Exemplary Physician Award in 2006. He graduated magna cum laude from medical school and earned the Anatomy Award, the Roche Award and was inducted into the Alpha Omega Alpha Honor Medical Society. Besides his membership in the MAFP, he has been a member of the Central Medical Society, the Mississippi State Medical Association, the American Medical Association, and the American Academy of Family Physicians.

Aultman and his wife, Rachel, live in Flowood. They have three children, William Aultman of Cumming, Georgia; Emily Aultman of Brandon, Miss.; and Daniel Aultman of Kochi, Japan.



Dr. John Hassell of Laurel, left, the previous year's winner, presents Dr. Isaac Aultman of Jackson, right, with the MAFP Family Physician of the Year award.

Aultman Retires After Years of Practicing Old-School Medicine

Paul Wolf, Find it in Fondren® | The original article appeared June 7, 2017

Family medicine is a lost art.

Just ask self-professed "old school" practitioner Dr. Virgil Isaac Aultman.

The 72-year-old has hung up his stethoscope but not before leaving a legacy of personable care behind.

"We spent time with our patients and made sure they had plenty of time to ask questions, that they understood what we wanted to do," said Dr. Aultman from his now-nearly-empty office in Fondren. "It wasn't a quick exam, prescription and 'goodbye' for us."

Inspired by his childhood physician Dr. Tyler, and later, medical school professors like Dr. Kenneth Bennett, Dr. Aultman saw bedside manner as paramount to quality care.

"Dr. Tyler was outstanding in his manner and personality," Dr. Aultman recalled. "He was active in the community and went the extra mile for patients. I thought that would be a great way to live your life and decided to look into medicine because of him."

Dr. Bennett, a cardiologist who still teaches at Dr. Aultman's alma mater, the University of Mississippi Medical Center,

was another big influence.

"He emphasized the bed side diagnosis rather than machines and testing," Aultman explained. "A lot [of what ails us] can be diagnosed without too much fuss."

A Seminary native who grew up on a farm, Dr. Aultman shouldn't have been a physician. "I didn't think I was a good enough student," he laughed. "I played football, ran track and worked on the farm and put studying behind all that. Once I got into college and got serious [for the first time in my life], I thought, 'maybe I could get into medical school.'"

A 1971 graduate of UMMC, Dr. Aultman completed his residency at John Peter Smith Hospital in Fort Worth, Texas. He returned to the state to practice in Union, Mississippi, for a year and taught for a short time after. Dr. Aultman's career spanned over four decades, the last 28 of those in Fondren.

On January 1, 1989, Dr. Aultman opened the doors of his Fondren office, taking over

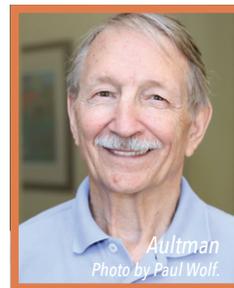
the practice and 1950's modern building of Dr. Frank Wood. "It was interesting," Dr. Aultman recalled of the décor. "Dr. Wood had been here three decades and hadn't redecorated. My longtime nurse (Billie Welch) nearly cried when she saw where we were moving to. I promised we'd spiff up and we did that with new paint and new lighting."

Dr. Aultman's choice of location, next to what became Cups, an espresso café on Old Canton Road, was questioned by his friends, too.

"They wondered about the future of Fondren. It was a somewhat depressed area," he said of the vacant buildings and a lack of a central driving force back in those days. "I got a good buy on this building for that reason. And needless to say, we ended up being very pleased with our choice to move here," he explained of the vibrant neighborhood right outside his front door.

While Dr. Aultman retired in December [2016], he's still in the office from 10 a.m. to 2 p.m. every day, culling through mementoes and liquidating office fixtures. Waiting room furniture went to their church, an

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Aultman
Photo by Paul Wolf.

Small Town Doc Brings Care to Kemper County

Larrison Campbell | Reprinted with permission from *Mississippi Today*. Originally Printed Aug. 25, 2017

PRESTON — When Dr. Anna Marie Hailey-Sharp was growing up in rural Preston, there was no such thing as a quick trip to the doctor. Her pediatrician worked in Meridian, one hour away. So she didn't see a doctor unless she really needed to.

Unfortunately, Hailey-Sharp, who had asthma as a child, needed to see her doctor a lot. So on Fridays after school, she and her mom would pile into the Ford Explorer and drive to Meridian for her weekly allergy shots — two hours, round trip. Sometimes, if her asthma started acting up, her whole family would make the trip in the middle of the night.

"We were back and forth to Meridian for years," Hailey-Sharp said. "I don't think we really thought that much about it at the time. It's just the way things were. You got so used to going to Meridian for stuff that it just became a way of life."

But for Preston's residents, this way of life may be on its way out. In late 2015, not long after she had finished her medical residency, Hailey-Sharp opened a family medicine clinic in Preston, making her the first doctor to practice in this one-stop-sign town.

But if Hailey-Sharp's decision to set up shop in one of Mississippi's most rural corners was unusual, it was far from a surprise. As one of the first graduates of Mississippi's Rural Physicians Scholarship Program, she had committed to returning to Preston before she even committed to a specialty at the University of Mississippi's



Dr. Anna Marie Hailey-Sharp at the MAFP Annual Meeting in July 2017 with her husband, Jason Sharp, and her son, Wyatt.



Dr. Anna Marie Hailey-Sharp, left, in her Preston clinic with medical assistant Robyn King and nurse Shelly Goforth.

medical school.

At a time when rural hospitals around the state are struggling to stay open amid financial and regulatory burdens, Mississippi's rural physicians' scholarship program is putting more doctors to work in underserved parts of the state by targeting students from rural communities willing to return home to practice.

"Really our program is about continuity of care, people being able to make a difference in the overall health care of a community because they're building these consistent relationships with their patients," said Wahnee Sherman, executive director of the Rural Physicians Scholarship Program.

There's little question Mississippi needs more doctors. The state averages just 184 physicians for every 100,000 residents, fewer than any other state in the country. The problem is particularly stark in the rural parts of the state. In 2013, 21 of Mississippi's 82 counties had four or fewer primary care physicians, according to the Department of Health. Two of those counties, Carroll and Issaquena, had zero.

"The difficult places are the rural and impoverished parts of the state," said Dr. Randy Easterling of the Mississippi State Board of Medical Licensure.

Over the course of the next decade, Mississippi's Rural Scholars Program has the potential to put nearly 200 young doctors to work in small towns across the state. This

year, 19 first-year medical students joined the program.

But needing something doesn't always translate to using it once it arrives. Old habits die hard, and like Hailey-Sharp, many Preston residents don't think twice about driving an hour to go to the doctor.

The survival of these rural health clinics depends on strong community support, far more than clinics in urban settings, according to Ryan Kelly, executive director of the Mississippi Rural Health Association.

"Their census is always a challenge," Kelly said. "They are in places with a low population and in order to make money to survive, they have to have that certain number of patients."

"There's still the mentality in places that it is a lesser quality of health care, but that's the furthest you can get from the truth," Kelly said. "It's really high-quality health care. They have the same requirements as everyone else. They simply operate in an area where there's not health care."

THE SMALL-TOWN DOCTOR

Preston, an unincorporated community in Kemper County, is small, even by small-town Mississippi standards. Its few businesses sit within sight of each other, the lone exception being Hailey-Sharp's clinic, tucked into two double-wide trailers behind the volunteer fire department.

On a recent afternoon, Hailey-Sharp is

SMALL TOWN DOC

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on the phone at her desk. Her voice, light but authoritative, fills every corner of the small office.

"I wanted to let you know your CT scan didn't show anything other than a hernia. But I'm going to make you an appointment with a surgeon. Your daughter was telling me you used Dr. Ward for your colonoscopy ..."

She trails off, listening to the patient. "Okay, alright. You tell me when's good for you."

Since Hailey-Sharp began her practice, she has acquired a reputation for one thing in particular: she makes her own calls, a task usually left to nurses and medical assistants.

"It's just quicker for them to ask me questions than it is for them to ask someone else who then has to ask me," Hailey-Sharp said.

Hearing this explanation, however, Hailey-Sharp's staff laughs. Her nurse, Shelly Goforth, has more than a decade of experience. "Doctors," she said, "don't call their patients."

"Even if their labs are normal, she's going to call them. And that's something that even myself, with my years in health care, I haven't experienced that." Goforth said. "It's like normally you call the doctor's office, you call them and call them. And they're saying, 'Well, if there's anything wrong we'll let you

know.' And you're like, 'No – I still want to know!'"

The Rural Physicians Scholarship Program began slowly, with its first student entering practice in 2012. Hailey-Sharp, who finished her residency in 2015, had only three other rural scholars in her class.

Potential scholars don't have to be from a rural part of the state, but they do have to be from Mississippi and attend one of its two medical schools, the University of Mississippi or William Carey University in Hattiesburg, which has a doctor of osteopathy program. And they need to know what they're getting into.

"They have to understand what rural Mississippi means," Sherman said. "They need to have a substantial experience from a rural area, whether it's grandparents or other family."

The rural physicians program requires its students to commit to one year of practice in their chosen community for each year they received the scholarship. But Sherman admitted the goal is for doctors to stay permanently. This is why community ties are so important, since rural areas don't have much in the way of shops or restaurants to attract out-of-towners.

"The fact is you don't always recruit physicians, you recruit their wives or husbands, and a lot of wives want to live in Northeast Jackson and they want to send their kids to the best schools. And I can sympathize with that," Easterling said.

Preston doesn't even have a school —

kids in town take the bus to DeKalb, the county seat.

Still, the Rural Physicians Program made a smart bet with Hailey-Sharp. She joined the program as a second-year medical student, meaning she's obligated to practice three years in Preston. And more than halfway through, she doesn't have plans to leave.

Her husband is from the area, too. Many of her patients know her mom and knew her dad who passed away this summer. And, she admits, some even use this to their advantage.

"If they can't reach me they'll call my mom," Hailey-Sharp said. "But it's not really an issue. No one abuses it. If they legitimately need something I would want them to tell me."

Much as Preston itself differs from cities like Meridian or Jackson, the kind of medicine doctors here practice also differs from the kind practiced in bigger areas. And perhaps another reason these doctors need to know their communities is that not everyone is cut out for it.

"There's not a lot of doctors you can find anymore who actually care about what their patients need and what's going on with them and try to find out why things are going on. And these patients really like that. They want someone who knows their lives and is going to take that time," said Heather Kenney, Hailey-Sharp's office assistant.

"I think that's what's bringing people here."

Dr. Bradley Suggs Leads Foundation

Bradley Suggs, MD, FAAFP, of Brandon was elected president of the Mississippi Academy of Family Physicians Foundation at its Annual Meeting in July. Over the coming year, he will lead the foundation's efforts to secure resources to enhance family medicine education and training.

"The Foundation board has big plans for 2018," Dr. Suggs explained. "At our fall meeting, we discussed new fundraising ideas and changes to current events. The board set a goal of selling 200 Draw Down tickets with online capability. We will also offer educational sessions on estate planning at the MAFP conferences. Our members have been very generous to our Foundation and we want to give them the tools to continue

their gift-giving."

Dr. Suggs is a family physician at MEA Medical Clinics and has served as Medical Director of the MEA Castlewoods Clinic in Brandon since 2014.

A native of Clinton, LA, Dr. Suggs graduated from Mississippi College with a bachelor's degree in both biology and chemistry and a master's degree in combined sciences. Dr. Suggs completed both his medical degree and his family residency at the University of Mississippi Medical Center.

Dr. Suggs was recently recognized as a Fellow of the American Academy of Family Physicians (AAFP). An active MAFP member, Dr. Suggs has served as a MAFP

Foundation board member for several years, previously serving as treasurer and vice president. He is also a member of the American Medical Association and the Mississippi State Medical Association.

Dr. Suggs and his wife, Jeanann Lovell Suggs, MD, PhD, have been married for 12 years and have three children, Jake (6), Katie Adeline (5), and Lucy (4). They are members of St. Mark's United Methodist Church in Brandon.



Suggs

Medical Students Experience Family Medicine at AAFP National Conference

Donors to the Foundation may forget that their dollars go to good use, assisting Mississippi medical students who want to attend AAFP's National Conference to explore family medicine. Thanks to a travel scholarship from MAFP Foundation, UMMC student Rachel Yi attended the conference in Kansas City this past August along with fellow UMMC students Emily Bustin and Leah Burch. Yi wrote the following about her experiences:

by Rachel Yi | 4th Year Medical Student, UMMC

“What residency programs are you thinking about?”

As the fourth year of medical school began, this question replaced the earlier mantra of “What specialty are you thinking about?” that was asked throughout my third year. It terrified me just as much because it had not been very long since making my decision to pursue family medicine, so I had no idea what I should be doing next.

I was not even sure if I should attend the AAFP national conference, partly because I was worried about the timing of my Step exam and because I was not sure about my financial situation. However, things worked out for the best because I successfully applied for the MAFP travel scholarship. Before I knew it, I was flying out of Jackson and heading towards Kansas City.

My experience at the conference was nothing short of amazing. Even though I felt firm in my decision to pursue family medicine, I felt as though I affirmed that choice through this experience. There were many questions that I had about what I needed to do for residency applications. What kind of residency programs did I wish to pursue? What were the logistics of filling out the application, writing a CV, or participating in an interview? What were important questions I needed to ask and to whom should I be asking them? As one of the first in my family to attend medical school, I felt as though I had few people to consult and even fewer to confide in. However, what I found at the national conference was what I needed and more.

There were lectures, discussions, Congress activities, the residency expo, and many other activities hosted at this conference. By the end of the first day,



Attending AAFP's National Conference for Students & Residents in August were Leah Burch, Emily Bustin and Rachel Yi. All three are students at the University of Mississippi Medical Center interested in pursuing family medicine.

I had already listened to a talk about the urban underserved population, attended a presentation on interview tips, and had spoken to many residency programs from across the US. I remember walking back to the hotel, arms loaded with stacks of papers and pamphlets and bags full of a random assortment of pens, water bottles, flashlights, and other trinkets.

Throughout the conference, I learned many things. I learned practical things such as the difference between an academic or community residency and the kinds of aspects of a residency that interested me personally like the types of electives or curriculum framework. I learned that the people in a residency program were just as important as the program itself and that I needed to find a place where I could belong and grow as an individual and as a physician. I learned that there were many aspects of my application that definitely still needed work including my personal statement and my interview skills.

However, the best thing about the national conference was not necessarily limited to the goodies I received, the people I met, or the practical knowledge I gained; I felt as though I was given a whole new perspective on family medicine. I had no idea about the breadth and depth of family

medicine which held so many different possibilities and opportunities. When I asked different programs about what happened to the graduates of their residency, I heard all sorts of stories about people opening much-needed clinics in rural areas, heading to university hospitals and participating in various academic endeavors, venturing to developing countries to provide aid in underserved populations, and many more. The idea that I would begin shaping my own journey into a unique path filled me with a sense of anticipation.

Now that I am back in Mississippi and the magic of the atmosphere at the AAFP national conference has slowly worn off, I am still incredibly excited to begin the next process in my training as a physician-to-be. Through this event, I was able to learn, experience, and broaden my understanding of family medicine and the opportunities that it holds.

“I felt as though I was given a whole new perspective on family medicine. I had no idea about the breadth and depth of family medicine which held so many different possibilities and opportunities.”

–Yi

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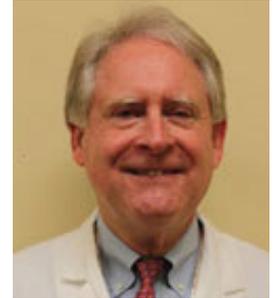
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PUBLIC AWARENESS

Aultman Retires

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exam table to a Honduras mission. His office still gets calls to transfer records, “the most important thing we have to do,” he said.

Leigh Grady, who began seeing Dr. Aultman two decades ago, said he was always right. “Whatever he suggested, I would do – and it would fix me right up,” she explained. “He always called for life-style changes before medication.”

“Has he mentioned his ‘No’ list?” he wife and office manager of 10 years, Rachael Aultman, asked from his office doorway.

“Patients would ask what they could eat or how to lose weight,” Dr. Aultman explained. “So I finally made a list.”

Rachael chimed in, “If it’s white, don’t

bite,” referring to breads, cereals, donuts, cookies, fried potatoes and the like, all on his list of forbidden foods.

No butter? “You double the calories,” he told. What do you substitute? “Eat it plain,” he said.

“People would come out of his office with [a no list] and I’d say, ‘You got the no list?’” Rachael remembered. “Everyone in the waiting room would say, ‘I got one, too!’”

“I preached good health, with an emphasis on preventative maintenance,” Dr. Aultman added. “Exercise, proper diet, weight control, not smoking and so forth, trying to keep folks from getting sick to start with.”

Dr. Aultman has taken his calling to heart, treating his patients like family. “There’s nothing other than being a preacher

that allows you to get to know as much about the people you take care of,” he says. “It’s been a great honor to be able to do that and have patients trust you and know you’re going to be empathetic. If done properly, it’s one of the highest callings in life.”

“When they were in the hospital, they wanted to see him come through,” Rachael said of her husband. “He could make them feel better just by telling them ‘You’ll be fine.’”

Know a deserving recipient whom you’d like to nominate for Family Physician of the Year? Applications, which are due May 1, are available on MAFP’s website at www.msafp.org/awards.

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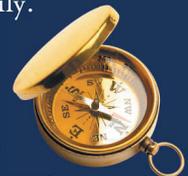
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