

SPRING CONFERENCE

BLACK PSYCHIATRISTS OF AMERICA

20 26



**ANCESTRAL ECHOES AND NEUROBIOLOGICAL
RESILIENCE: CONFRONTING HISTORICAL
TRAUMA TO ADVANCE BLACK MENTAL HEALTH**

THURSDAY, MARCH 26-SUNDAY, MARCH 29

NOPSI Hotel
317 Baronne St
New Orleans, LA 70112

The Chicory
610 S Peters St
New Orleans, LA 70130



WhatsApp



**Join the 2026 Spring
Conference Community**

OVERVIEW



THURSDAY

2:00 PM
4:00 PM

5:30 PM
8:00 PM

NOPSI Hotel

CME Sessions
Poster Session &
Networking Reception
Closing Remarks
Welcome Reception

FRIDAY

8:00 AM
9:15 AM
1:00 PM

The Chicory

Product Theater
CME Sessions
Product Theater

SATURDAY

8:00 AM
9:15 AM
12:45 PM
1:15 PM
1:30 PM
2:15 PM

The Chicory

All Attendee Continental Breakfast
CME Sessions
Author's Corner
Awards Presentation
Awards Reception
Business Meeting

SUNDAY

8:00 AM
9:15 AM
12:15 PM

NOPSI Hotel

Scientific Education Presentation
CME Sessions
Closing Remarks

2026 SPRING CONFERENCE

BLACK PSYCHIATRISTS OF AMERICA



Black Psychiatrists of America, Inc.

1629 K. Street, NW #300
Washington, DC 20006
info@blackpsychs.org
www.blackpsychs.org

March 19, 2026

Welcome to the 2026 Spring Conference of the Black Psychiatrists of America (BPA).

We are delighted to extend a warm New Orleans welcome to everyone. The conference theme, Ancestral Echoes and Neurobiological Resilience: Confronting Historical Trauma to Advance Black Mental Health, reflects the significant value of our work with under-resourced communities, as well as the importance of our focus on expanding our expertise into key areas of professional need.

The choice to meet in New Orleans, with its historical significance in our community, presents an opportunity to further our aim of working to address the harmful healthcare disparities which have persisted for some time in African American communities.

Our theme invites us to consider the many barriers which have worked to hinder mental health equity. These same barriers also limit creativity and emotional resilience within our community. The growth and impact of the BPA is a powerful reflection of your dedication and resolve, and it is this dedicate and resolve that has energized my term as the BPA President.

I look forward to working with you to grow our efforts, enhance our positive initiatives, and foster a true spirit of service to our members, patients, and the families that we support. Together, we stand strong as a body committed to addressing many of the ills which prevent optimal health outcomes for those that we care for who are in need.

By uniting our voices, we can focus our direction on a future in which quality mental health care leading to health care equity becomes a lived reality for all in the African American community.

Rahn Kennedy Bailey, MD
President

BLACK PSYCHIATRISTS OF AMERICA, INC.

Addressing African-American mental health and fostering education for Black Psychiatrists since 1969



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March 9, 2026

It is with profound joy and warmth in my spirit that I welcome you to the Black Psychiatrists of America Annual Meeting in the soul-stirring city of New Orleans. For many of you, this city represents a beacon of culture and a testament to Black resilience. For me, it is quite literally a return home. As a native daughter of south Louisiana, standing before you as your President-Elect less than 100 miles from the very place that shaped my identity is an experience I carry with immense gratitude.

Our theme this year – Ancestral Echoes and Neurobiological Resilience: Confronting Historical Trauma to Advance Black Mental Health – calls us to look backward and inward so that we may move forward with purpose and determination. As I think of our theme, I can't help but think of the historical trauma that continues to show up in our clinical settings and communities today as well as the resilience that is interwoven in the DNA of this city.

My hope, as President-Elect and Chair of the Scientific Program Committee, is that you will lean into the discomfort of our collective history and brilliance of our future as we connect with each other during this conference.

Warmly,

Nicole Bernard Washington, DO, MPH
President-Elect

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March 10, 2026

Dear Colleagues and Friends,

Welcome to the 2026 Black Psychiatrists of America (BPA) Spring Conference in New Orleans. On behalf of BPA, I am honored to welcome each of you to this important gathering of clinicians, scholars, trainees, and leaders dedicated to advancing mental health in our communities.

This year's theme, "**Ancestral Echoes and Neurobiological Resilience: Confronting Historical Trauma to Advance Black Mental Health**," reflects our shared commitment to understanding the enduring impact of historical trauma while highlighting the resilience that exists within Black communities. Through scientific exchange, education, and collaboration, we aim to deepen our understanding of how history, culture, and neurobiology intersect in shaping mental health outcomes.

Over the coming days, we will engage in meaningful dialogue, explore emerging research, and share clinical insights that help move the field forward. Just as important, this conference serves as a space to strengthen mentorship and support the next generation of psychiatrists, residents, and students who are essential to the future of our profession.

Thank you for joining us in the vibrant city of New Orleans and for your continued commitment to excellence, service, and leadership in psychiatry.

Warm regards,

Napoleon B. Higgins, Jr., MD
Executive Director
Black Psychiatrists of America (BPA)

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March 9, 2026

On behalf of the Scientific Program Committee, it is our pleasure to welcome you to New Orleans for the Black Psychiatrists of America, Incorporated annual meeting, centered on our theme: **“Ancestral Echoes and Neurobiological Resilience: Confronting Historical Trauma to Advance Black Mental Health.”**

A city like New Orleans, defined by its deep ancestral roots, complex history, and unyielding spirit, serves as the perfect setting for this year’s theme. We hope to bridge the gap between the lived experiences of the African Diaspora and the cutting-edge science of the psychiatry. While you explore the intersection of heritage and healing, we encourage you to focus on the ways the spirits of our ancestors manifest in our culture, our biology, and our approach to patient care.

Beyond the formal didactic presentations, you will see time on the agenda to focus on networking with speakers and other participants to further the dialogue started during the presentations. Of course, we encourage you to explore this beautiful city with its rich heritage while there.

Thank you for your continued commitment to provide a solid program with the essential knowledge and practical, evidence-based tools necessary to transform the quality of care we provide.

Thank you to our committee members, Dr. Ja’Nelle Blocker and Dr. Mardoche Sidor for your service to the organization.

We look forward to your submissions for the Fall meeting in Ghana!

Nicole B. Washington, DO, MPH
Chair, Scientific Program Committee

Danielle Hairston, MD
Co-Chair, Scientific Program Committee

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Addressing African-American mental health and fostering education for Black Psychiatrists since 1969

EXECUTIVE COMMITTEE



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President



Napoleon Higgins, MD
Executive Director



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BLACK PSYCHIATRISTS OF AMERICA

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2026 SPRING CONFERENCE

BLACK PSYCHIATRISTS OF AMERICA

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Friday, March 27, at 1:00 PM

Fulton-Orleans Room



FEATURED SPEAKER

W. Craig Washington, MD


Attending Psychiatrist
Washtenaw County Community Mental Health
Adjunct Professor
University of Michigan Department of Psychiatry

BMS Booth

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THURSDAY

NOPSI DRYADES BALLROOM | NOPSI COURTYARD



SCHEDULE

- 12:00 PM** Check-In (until 2:00 PM)
- 2:00 PM** Career Approaches in the Business of Medicine: Mitigating Burnout and Promoting Long-Term Professional Well-Being | D. Wayne Smith, MD, MBA, LMHCA, CCTP; C. Freeman, MD, MBA, FAPA
- 2:25 PM** How to Be a Millionaire Within 10 Years of Completing Residency: Practical Wealth-Building Strategies for Residents | Napoleon Higgins, Jr, MD
- 2:50 PM** Q&A
- 3:00 PM** Break
- 3:10 PM** Know Your Rights in GME: Legal Vulnerability, Workplace Mistreatment, and Real-World Advocacy for Residents, Fellows, and Institutions | Francois Williams, MD
- 3:35 PM** Q&A
- 3:45 PM** Break
- 4:00 PM** Research, Industry, and Resident Poster Session & Networking Reception | Sponsored by Takeda
- 5:30 PM** Closing Remarks
- 8:00 PM** Welcome Reception (NOPSI Courtyard)

2026 SPRING CONFERENCE

BLACK PSYCHIATRISTS OF AMERICA

THURSDAY

NOPSI DRYADES BALLROOM | NOPSI COURTYARD



POSTERS

Beyond Firearms and Medications: Ligature-Focused Lethal Means Safety Planning After Pediatric Psychiatric Discharge – A Morbidity & Mortality Case Review | Caylon Pettis MD, MPH

Addressing the Need for Black Psychiatrist Advocacy | Brianna Washington, MD

Mental Healthcare in Collegiate Student-Athletes: Screening, Interventions, & Safe Prescribing | Aaron Mack, MD

Opioid-Induced CHANTER Syndrome: Recognition of a Rare Cause of Toxic Leukoencephalopathy | Lucretia Tato, MD; Hannah Contreras, MD; Gemma Morano, BS; Mohamad El Zein, MD

Mapping the Evidence: Racial Disparities in Mental Health Outcomes Following Climate-Related Disasters | Davin Bryant, MD

Anxiolytic Effects of Dextromethorphan-Bupropion (45mg/105mg): Post Hoc Analyses Across Trials in Major Depressive Disorder | Phillip Lai, PharmD

Assessing the Feasibility of Values and Preference Elicitation During Inpatient Psychiatric Hospitalization | Rachael Oyebade, B.S.

Low Total Cholesterol and Suicide Risk: A Systematic Review of Epidemiologic and Neurobiological Evidence | Karlos Parham, MD, MHD

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BLACK PSYCHIATRISTS OF AMERICA

THURSDAY

NOPSI DRYADES BALLROOM | NOPSI COURTYARD



POSTERS, CONT.

Cannabinoid-based Appetite Augmentation in Late-Life Psychiatric Care: A Case of Dronabinol After Limited Response to Mirtazapine | Angel Jordan, MD; Dhaara Antani, RDN

Psychosis, Masculinity, and Medical Mistrust: Cotard's Syndrome in a Black Male with Schizoaffective Disorder | Valarie Ogwo, MD

Social Psychiatry: A Narrative Review on How Self Diagnosing via Social Media is Influencing Psychiatry | Kiatana Ferguson-Square

Visualizing Community Voices: Community-Driven Insights on Mental Health and Climate Disasters in Houston | Adebosola Karunwi

When Making Sense of the Nonsensical, Don't Forget the Thiamine! | Azza Gasmelseed, MD

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FRIDAY

THE CHICORY



SCHEDULE

- 7:30 AM** Check-In Begins (until 9:00 AM)
- 8:00 AM** *Product Theater by Axsome Therapeutics*
Breakfast Served, Visit the registration table to sign up.
- One Patient's Journey With AUVELITY: A Rapid-Acting Antidepressant That Modulates Both Glutamatergic and Monoaminergic Pathways | Napoleon Higgins, MD
- 9:15 AM** Adolescent Gun Violence in New Orleans' Black Communities: Structural Roots, Epigenetic Stress, Inflammatory Pathways, and the Psychiatric Response | Adam Kanawati; Rahn Bailey, MD; Sara Karnes, MD; William Richie, MD
- 10:20 AM** Bridging the Gap in Substance Use Disorder Care and Policy: Illicit Drugs, Prescription Medications, and Decriminalized THC | Philipa Owusu-Antwi MD, MPH
- 11:00 AM** Meet the Speakers & Sponsors Networking Break
- 11:35 AM** Uplifting Historic Lived Expertise of Mass Incarceration: Safeguarding Formerly Incarcerated Individuals as Healthcare Consumers and Educators | Carmen Black, MD, MHS; Johnice Littlejohn, DO, MPH; Tiheba Bain, DDiv
- 12:35 PM** Meet the Speakers & Sponsors Networking Break

2026 SPRING CONFERENCE

BLACK PSYCHIATRISTS OF AMERICA

FRIDAY

THE CHICORY



SCHEDULE

1:00 PM

Product Theater by Bristol Myers Squibb

Lunch Served, Visit the registration table to sign up.

Are We Ready to Think Beyond D2-Binding

Treatment? | W. Craig Washington, MD, Attending Psychiatrist, Washtenaw County Community Mental Health and Adjunct Professor, University of Michigan Department of Psychiatry

2:00 PM

A Toolkit for Mentorship: Academic Session for Young Physicians, Medical Students, Residents, Fellows, and Junior Faculty | Join BPA President, Rahn Kennedy Bailey, MD, from 2-4 PM as he hosts an informal session to support early career psychiatrists. Visit the registration table to sign up.

Presentations from:

- Dedrick Moulton, MD, Chairman of LSU Pediatrics
- Trent Deselle, MD, Vice Chairman of Psychiatry at Ochsner
- Renee Hickson, MD, Faculty at Tulane
- Brian Turner, PhD, Chairman of Psychology at Xavier University

Location:

LSU Dept of Psychiatry

CALS Bldg. 5th Floor Conference Room

2026 SPRING CONFERENCE

BLACK PSYCHIATRISTS OF AMERICA

FRIDAY

THE CHICORY



SCHEDULE

5:00 PM New Orleans Medical Association Welcome Reception

Join NOMA and NMA Region V for a special event welcoming BPA conference attendees to the Crescent City. Baroness on Baronne, 3390 Baronne Street, 5:00-8:00 PM. [Click here to RSVP](#). Limited to 50 sign-ups.



Welcome Reception

Black Psychiatrists of America Spring Conference.

Hosted by: NOMA & NMA Region V

Friday, March 27, 2026

5pm-8pm

Baroness on Baronne

339 Baronne Street, New Orleans, La 70112

Registration Required

2026 SPRING CONFERENCE

BLACK PSYCHIATRISTS OF AMERICA

SATURDAY

THE CHICORY



SCHEDULE

- 7:30 AM** Check-In Begins
- 8:00 AM** All Attendee Continental Breakfast
- 9:15 AM** Beyond the Silence: Self-Advocacy, Support, and Neurobiological Resilience in the Black Fertility Journey | Marilyn Griffin, MD, DFAPA, DFAACAP; Rev. Dr. Stacey L. Edwards-Dunn, MPH, MDIV, DMIN; Jonathan Shepherd, MD, DFAACAP, FAPA; Erika Taylor, MD, MPH, DFAACAP
- 10:20 AM** Misdiagnosis and No Diagnosis: Bipolar, Psychotic Disorders and Historical Wariness in Health Care Systems, Diagnosis and Treatment | William B. Lawson, MD, PhD
- 10:45 AM** Meet the Speakers & Sponsors Networking Break
- 11:15 AM** Complex Neurodiversity in BIPOC Communities Across the Lifespan: Case-Based Perspectives on ADHD, Autism, Mood Disorders, and Co-Occurring Conditions | Sara Brathwaite, MD; Brandi Walker, PhD
- 12:00 PM** Unmasking ADHD in Midlife: Differentiating Attention, Mood, Lifespan Hormonal Transitions, and Mental Health Equity in Black Women | Agena Davenport, MD, FACOG

2026 SPRING CONFERENCE

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SATURDAY

THE CHICORY



SCHEDULE

12:45 PM Author's Corner | Sponsored by Otsuka

1:15 PM Awards Presentation

1:30 PM Awards Reception

2:15 PM Business Meeting

VARIES Evening Events

Supernus/Biogen at Ralph's on the Park
Sign up at the registration table for the start time

Bristol Myers Squibb at the NOPSI
Sign up at the registration table for the start time

Acadia at GW Fins
Sign up at the registration table for the start time

Spring Conference Party
Hosted by BPA President, Rahn K. Bailey, MD. Drop in or hang out! 7 Golf Villa Drive, English Turn, starting at 8:00 PM.

2026 SPRING CONFERENCE

BLACK PSYCHIATRISTS OF AMERICA

SATURDAY

THE CHICORY



AUTHORS

Mind Matters: A Resource to Psychiatry for Black Communities |
Napoleon B. Higgins, MD

How Amari Learned to Love School Again: A Story about ADHD |
Napoleon B. Higgins, MD

**Bree's Journey to Joy: A Story About Childhood Grief and
Depression |** Napoleon B. Higgins, MD

**Transition 2 Practice: 21 Things Every Doctor Must Know in
Contract Negotiations and the Job Search |** Napoleon B. Higgins,
MD

**Peeling Back the Layers for a Vision of the Future of African
American Health |** William B. Lawson, MD, PhD

**Beyond the Pandemic: Race, Mental Health, and America's
Reckoning |** William B. Lawson, MD, PhD

2026 SPRING CONFERENCE

BLACK PSYCHIATRISTS OF AMERICA

SUNDAY

NOPSI DRYADES BALLROOM



SCHEDULE

7:30 AM Check-In Begins

8:00 AM *Scientific Education Presentation*
Acadia Pharmaceuticals

Breakfast Served, Visit the registration table to sign up.

Hallucinations and Delusions Associated with Parkinson's Disease Psychosis | Jacquelyn McLemore, MD (Executive Medical Science Liaison, Acadia Pharmaceuticals) and Theresa Rowry, DNP, FNP-C, PMHNP (Medical Science Liaison, Acadia Pharmaceuticals)

9:15 AM **Ancestral Echoes Across Borders: Queer Immigrant Experiences, Complex Trauma, Cultural Humility, and Neurobiological Considerations in Psychiatric Care** | Uchenna Lizmay Umeh, MD, MBA, FAAP; Mich P. Gonzalez

10:00 AM **Constructive Interference: Neurobiological Adaptation to Intersectional Trauma in Black LGBT Mental Health** | Andre Rosario, MD

10:40 AM Meet the Speakers Networking Break

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SUNDAY

NOPSI DRYADES BALLROOM



SCHEDULE

- 11:15 AM** AI, Neuromodulation, and Climate Stress in Psychiatry: Advancing Access through Clinical Efficiency and Research, and Emerging Technologies | Aderonke Omatade, MD; Ifeanyi Olele, DO, MBA, MS, FAPA; Napoleon B. Higgins, Jr. MD; Oluwanifesimi Olu-Lawal MD; Stephanie Robertson; Tracie Hicks DNP MBA
- 12:15 PM** Closing Remarks

2026 SPRING CONFERENCE

BLACK PSYCHIATRISTS OF AMERICA



Activity Overview/Description: This four-day live meeting will feature dynamic and enriching sessions and panel discussion on topics that include neurobiological impact of historical trauma, gun violence in black communities and substance abuse disorder.

Target Audience: This activity is intended for physicians.

Accreditation Statement:

The National Medical Association is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Credit Designation Statement:

The National Medical Association designates this live in-person activity for a maximum of **10.25 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Learning Objectives:

- Analyze the neurobiological impact of historical trauma.
- Utilize evidence-based frameworks to create actionable psychiatric interventions.
- Integrate knowledge from epigenetics and neurobiology to traditional psychiatric treatment protocols

Unapproved Use of Disclosure:

Please note that this activity may contain discussions of unlabeled uses of FDA-approved products, AND/ OR discussions of investigational products not yet approved by the FDA. Please refer to the official prescribing information for approved indications, contraindications, and warnings.

Summary of Planning/Faculty Disclosure:

In accordance with the Accreditation Council for Continuing Medical Education's Standards for Integrity and Independence, all persons who control the educational content of NMA accredited activities must disclose all financial relationships with any ineligible companies that they have had over the past 24 months. NMA uses the ACCME's definition of ineligible companies: Those whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. There is no minimum financial threshold. NMA determines whether any of those relationships is relevant to this activity. All of the relevant financial relationships identified for persons in a position to control activity content have been mitigated.

The following planners, moderators, and speakers declare no relevant relationship with commercial entities.

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- Carmen Black, MD
- Sara Brathwaite, MD
- Gregory Care
- Rev. Dr. Stacey L. Edwards-Dunn, MPH, MDIV, DMIN
- C. Freeman, MD, MBA, FAPA
- Mich P. Gonzalez
- Danielle Hairston, MD
- Tracie Hicks DNP MBA
- Adam Kanawati
- Sara Karnes, MD
- William B. Lawson, MD, PhD
- Johnice Littlejohn, DO, MPH
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- Oluwanifesimi Olu-Lawal MD
- Aderonke Omatade, MD
- Philipa Owusu-Antwi MD, MPH
- William Richie, MD
- Stephanie Robertson
- Andre Rosario, MD
- Jonathan Shepherd, MD, DFAACAP, FAPA
- D. Wayne Smith, MD, MBA, LMHCA, CCTP
- Erikka Taylor, MD, MPH, DFAACAP
- Nicole B Washington, DO, MPH

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- Agena Davenport, MD, FACOG: Vira Health-Speaker
- Napoleon Higgins, Jr., MD: Axsome Pharmaceuticals- Speakers Bureau; BMS- Speakers Bureau; Collegium Pharmaceuticals -Speakers Bureau; Janssen- Speakers Bureau, Consultant; Lundbeck Pharmaceuticals -Consultant, Speakers Bureau; Neurocrine Biosciences -Speakers Bureau; Noven Pharmaceuticals –Consultant; Otsuka Pharmaceuticals -Consult, Speakers Bureau; Sage Pharmaceuticals -Consultant, Speaker; Supernus Pharmaceuticals -Consultant, Speakers Bureau
- Marilyn Griffin, MD, DFAPA, DFAACAP: CVS/Aetna-Ownership Interest/Stock
- Ifeanyi Olele, DO, MBA, MS, FAPA: Abbvie- Consultant, Speaker; Axesome-Speaker; Collegium-Speaker; Electromedical Publishing-Consultant, Speaker; Genomind- Speaker; Intra-cellular Therapies - Speaker; Neuronetics-Consultant, Speaker
- Brandi Walker, PhD: Insightful Inc.- Research Consultant; Otsuka-Research Consultant
- Francios Williams, MD: Otsuka- Consultant

Disclaimer:

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