



2026 ANNUAL MEETING

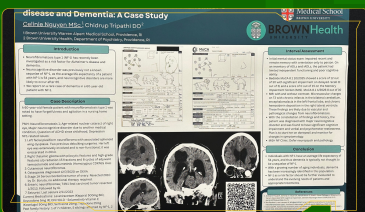


The 2026 American Psychiatric Association Annual Meeting took place this past May in San Francisco, bringing together psychiatrists from across the country to discuss the future of the field. This year's theme, "Empowering the Psychiatric Workforce: Taking Control of Our Practices One Step at a Time," reflected the very real pressures facing psychiatrists today: administrative burdens, workforce shortages, burnout, changing care models, patient-centered care, and the rapidly expanding role of artificial intelligence.

One of the most memorable moments of the meeting was a conversation between immediate past APA President Dr. Miskimen Rivera and Dr. Sanjay Gupta, CNN's Emmy Award-winning chief medical correspondent and a practicing neurosurgeon, during the opening convocations. Dr. Gupta shared a powerful story from his time as a journalist embedded with a combat unit. In the field, with no medical equipment available, he operated on a soldier who had been shot in the head. Remarkably, the soldier survived.

Years later, Dr. Gupta met that same soldier again, this time in a very different setting: a quiet weekend afternoon in the soldier's living room, surrounded by family. Over a coffee table, they shared their memories of what had happened. Dr. Gupta reflected that the conversation itself had healing powers as significant as the surgery. It was a moving reminder of the importance of the work that we do.

The meeting also featured a wide range of high-quality clinical presentations. Notable research included findings that low-dose buprenorphine may help sustain ketamine's anti-suicidal effects, a self-report tool that may help identify difficult-to-treat depression earlier, concerns about cannabis policy changes and psychosis risk, and research linking undiagnosed adult ADHD with high-risk driving after traffic accidents.



MAINE PSYCHIATRISTS AT ANNUAL MEETING

Maine was well represented at the meeting. Two Maine psychiatrists, Dr. Chidrup Tripathi and Dr. Linda Chaudron, presented important work on the national stage. Dr. Tripathi shared data on NFI and dementia, while Dr. Chaudron spoke about women transforming psychiatric leadership.

THE POWER OF MEMBERSHIP: WHY IT MATTERS

Membership in MAPP is more than joining—it's a commitment to a healthier, more equitable future. By becoming a member, you help strengthen our collective voice and advance meaningful healthcare reform across the state. Members stay informed with timely policy updates, participate in advocacy efforts, and connect with a community dedicated to change. Your involvement supports initiatives like Advocacy Day and grassroots education, making our work possible. Every member amplifies the call for accessible, fair healthcare. If you're already with us, thank you. If not, now is the time to join and make a difference together.

ADVOCACY DAY SUCCESS: VOICES RAISED, IMPACT MADE

MAPP members and supporters came together in powerful ways for our recent APA Advocacy Day, demonstrating the strength of our collective voice and our shared commitment to improving healthcare for all.

From engaging with legislators to sharing personal stories, participants helped highlight the urgent need for equitable, patient-centered healthcare solutions. The conversations were thoughtful, respectful, and impactful—reinforcing that real change happens when communities show up informed and united.

Key highlights from the day included:

- Productive meetings with policymakers across party lines
- Strong turnout from our membership and partners
- Increased awareness of our mission and legislative priorities

Advocacy Day is more than an event—it's a reminder that every voice matters. Whether you attended, made calls, sent emails, or supported from behind the scenes, your advocacy made a difference. We encourage everyone to stay engaged as the legislative session continues. Together, we can keep the momentum going.



THE ASSEMBLY MEETING

While the scientific sessions were underway, APA state representatives also gathered in the Assembly to discuss policy, advocacy, and support for psychiatrists in the United States and around the world. APA leaders outlined a multi-year governance modernization effort named Psychiatry 2030 Strategy that is organized around three pillars: Medical Leadership, Member Success, and Organizational Strength.

APA CEO and Medical Director Dr. Marketa Wills spoke about the future of DSM, describing a shift from a “statistical” framework toward a “scientific” one. She also pushed back on “MAHA Monday” and the “overprescribing” narrative while emphasizing evidence-based care, and shared decision making. She also noted that more than half of the psychotropics are prescribed by non-psychiatrists. A membership survey highlighted the issues psychiatrists are most concerned about: prescribing by non-medically trained providers, systems hiring lower-cost or less-trained clinicians, telehealth and digital therapies, access to care, and psychiatrist shortages.

The Assembly also advanced action papers on topics ranging from interventional psychiatry and ethical AI to obesity management, emergency behavioral health screening, gambling harm, suicide prevention in training programs, valproate safeguards for people of childbearing potential, physician cognitive assessment, and eating disorders in marginalized communities.

It was an action packed six days and there's more to come! Upcoming events include the MAPP Fall Conference on October 8th at the Harraseeket Inn on Main Street in Freeport, and 2026 APA State Advocacy Conference (Nov 15 – 16th) in Arlington VA.

WISHING YOU A MEANINGFUL AND RESTFUL SUMMER

As June marked the beginning of summer, we want to extend our warmest wishes to all MAPP members and supporters.

Summer offers a chance to recharge, reconnect, and reflect. Whether you're enjoying time by the water, exploring Maine's beautiful outdoors, or gathering with family and friends, we hope this season brings you both joy and renewal.

Even as we embrace a slower pace, our work continues. The need for accessible, affordable healthcare doesn't take a vacation—and neither does our commitment. Summer is also a great time to stay informed, engage in conversations, and invite others to learn more about our mission.

Ways to stay connected this summer:

- Share MAPP resources with friends and neighbors
- Attend local events or community discussions
- Follow updates and action alerts from our team



We are grateful to have such a passionate, dedicated community. Enjoy the sunshine—you've earned it!