ACP American College of Physicians
Leading Internal Medicine, Improving Lives | Virginia Chapter



November 2026 Chapter News

Upcoming Dates

IMM 2027
April 15 -17
Los Angeles, CA
Register here

2027 ACP Leadership Day
May 11-12, 2027
Washington, DC

2027 Annual Scientific Meeting
September 24 & 25
Westin Richmond
Mark Your Calendars!

2027 Resident and Student Meetings
September 25
Westin Richmond

MSV 2026 Annual Meeting
October 16-18
Roanoke, VA
Register here

MSV 2027 Annual Meeting
October 15-17
Roanoke, VA

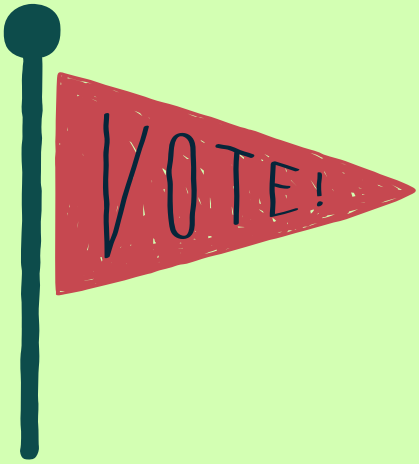
IMM 2028
April 6-8
Washington, DC

IMM 2029
April 26-28
San Diego, CA

Follow Virginia ACP!

@acp_virginia

@VaChapterACP



It's time to vote for our next Chapter Governor! The Governor serves as the official representative of the College for the chapter, providing a link between members at the local level and leadership at the national level. This year we have two superb candidates running for Governor-elect, **Jody P. King, MD FACP** and **Bennett B. Lee, MD MPH FACP.** We want to acknowledge and thank them both for their enthusiastic and dedicated work on behalf of our Chapter. The election will take place through November 6, 2026. Members can vote online. The ballot includes your ACP Member Number and unique Election Passcode that is required to cast a vote.

Governor-Elect Statements

Jody P. King, MD FACP

1. Past Governors have set various visions for the chapter—such as building membership, promoting diversity, ensuring financial sustainability, and creating new committees. What is your vision for our chapter during your four-year tenure as Governor?

Over the past decade, people's trust in the medical system has floundered. Science has been under attack, as has patients' access to timely, affordable healthcare. Meanwhile, the strain placed on physicians in the form of administrative burden, time and productivity pressures, and lack of support, has continued to increase.

As the country's largest medical specialty organization, we have a responsibility, both to the clinicians we represent and to our patients, to be the champions of facts, science, and equitable access to healthcare. My vision is to maximize the chapter's advocacy work so that we can put constant pressure on our local and state government officials, thereby encouraging them to work for us and the patients we serve. I will propose expanding our health and public policy committee to place advocacy champions within each of our Virginia regions, as well as within each of our residency programs and medical schools, thus extending our reach and amplifying our voice.

2. What do you consider to be the strengths of our chapter and the areas for potential growth? How would you build on those strengths and address the areas for growth?

The Virginia chapter has strong, dedicated leaders, within the governor's council and beyond, who strive to advance the mission of our chapter and the ACP. Our chapter meetings, including resident and student meetings, abstract competitions, leadership days, and other events, are extremely well run. We have struggled, however, to achieve regular resident and student involvement beyond our abstract competitions. Appealing to their career goals while also supporting their sense of advocacy and leadership could improve their overall participation and help to advance the chapter. I would seek to provide more dedicated support (by way of funds and mentorship) to each program so we can create resident and student ACP champions at each of our Virginia institutions, creating local outreach and advocacy events of their own.

Bennett B. Lee, MD MPH FACP

1. Past Governors have set various visions for the chapter—such as building membership, promoting diversity, ensuring financial sustainability, and creating new committees. What is your vision for our chapter during your four-year tenure as Governor?

As a longtime ACP member deeply involved in medical education—working with both residents and medical students—I have seen firsthand the value our organization brings to shaping the future leaders of our specialty.

My vision for our chapter rests on three core pillars: investing in our future, leveraging our collective wisdom, and championing diversity.

Investing in Our Future

A top priority will be growing our membership among early-career physicians and increasing our visibility with medical students and residents—the future of our specialty. I will work to deepen our chapter's partnerships with the state's medical schools and residency programs, ensuring ACP engages these future colleagues early and meaningfully in their careers.

Leveraging Collective Wisdom

As we look ahead, we must also stay grounded in the expertise of our seasoned private practitioners and academic faculty. Our senior members are an invaluable resource, and I am committed to keeping them engaged by addressing their professional interests and inviting them to serve as mentors—sharing their experience to help guide our newest members.

Championing Diversity

As the son of first-generation immigrants, I carry a personal appreciation for the strength that diversity brings to any organization—one I see reflected in the varied backgrounds and practice settings across our chapter. I am committed to ensuring that every voice, from trainee to senior physician, is heard and represented.
By bridging the generational gap and embracing our diverse perspectives, we will build a stronger, more unified, and more impactful chapter for every member we serve.

2. What do you consider to be the strengths of our chapter and the areas for potential growth? How would you build on those strengths and address the areas for growth?

I believe that one of the greatest strengths of our chapter aside from its members is its history of exceptionally strong leadership, anchored by a Governor's Advisory Council that offers a wealth of institutional memory. Our leadership reflects the true diversity of our state, ensuring that physicians in rural and community settings have their voices amplified just as loudly as those in large urban centers.
Building on these strengths, I see two clear opportunities for growth:
Mentoring Future Physicians
While we have a strong base of engaged medical students, residents and early career physicians, we must scale these efforts deliberately. By expanding chapter activities and formalizing a mentorship program, we can create a seamless pipeline that helps our newest members discover the lifelong value of ACP—while giving our senior members a meaningful way to pass on their expertise.
Strength in Numbers Amid Advocacy Challenges
As our chapter faces increasingly complex policy and financial pressures, our collective voice is our most powerful asset. We need every member engaged—from trainees to veteran academic and private practitioners. A larger, more active membership translates directly into the political and organizational leverage we need to protect our profession and our patients.
By drawing on the varied backgrounds and experience of our council, and mobilizing our full membership, we can meet our chapter's most pressing challenges while securing the future of our specialty.

The Adult Psychiatric Access Line (APAL) is partnering with the University of Virginia to host a new APAL ECHO series: "GLP-1s Beyond Obesity: Emerging Evidence in Substance Use Disorders and Mental Health".

Learn About APAL ECHO

This free ECHO will explore the emerging impact of GLP-1 medications on mental health, including mood, anxiety, compulsive behaviors, substance use, and other behavioral health outcomes.

Join us for one or all parts of this series, which will be held from 4 – 5 PM on the following Thursdays:

November 5 - "GLP-1 Brain: Alcohol Use Disorder"
November 19 - "GLP-1 Brain: Substance Use Disorders"
December 3 - "GLP-1 Brain: Other Mental Health Concerns"

Don't wait – seats will fill quickly!

MSV Health Haven

HealthHaven encompasses three statewide mental health access programs—VMAP, VMAP for Moms+, and APAL—which each offer free, same-day mental health consultation, care navigation, and low-cost CME trainings for healthcare professionals.

Please note: these programs and their access lines are only for healthcare professionals, not patients!

There is information about these programs and an upcoming CME event on the following 2 pages.

healthhaven™
MENTAL HEALTH ACCESS PROGRAMS

Prescribing Clinicians: Register for APAL!

- **WHO:** Any Virginia primary care or other prescribing clinician seeing an **adult patient with behavioral health concerns,** including family physicians, internists, OB/GYNs, NPs, and PAs
- Your registration gives you access to:
  - **APAL:** Virginia's **Adult Psychiatric Access Line,** as well as HealthHaven's other mental health access lines for pediatric and perinatal care
  - **HealthHaven mental health CME offerings,** including future trainings like this one
  - **Faster intake** when you call the Access Lines
- Already registered for VMAP or APAL? You do NOT need to register again. Visting **healthheaven.org/register** and enter your NPI to confirm your register status

Register Here

1-888-371-8627 x 3

healthhaven™
MENTAL HEALTH ACCESS PROGRAMS

1-888-371-8627

These mental health access programs offer **mental health consultation**, **care navigation**, and **CME trainings** for prescribing clinicians who…

VMAP
FOR MOMS+

…provide care to pregnant and postpartum individuals and/or their children.

Call & **press 1** to connect with:

- Perinatal Psychiatrists
- Perinatal Licensed Mental Health Professionals (LMHPs)
- Care Navigators

VMAP

…see patients 21 & under with mental health concerns.

Call & **press 2** to connect with:

- Child/Adolescent Psychiatrists
- Developmental Pediatricians
- LMHPs
- Care Navigators

APAL

…see adult patients with behavioral health concerns.

Call & **press 3** to connect with:

- Adult Psychiatric & Physician Specialists
- Clinical Pharmacists
- LMHPs
- Care Navigators

The REACH Institute:
Adult Behavioral Health in Primary Care

A CME Opportunity for Virginia Primary Care Clinicians



The Adult Psychiatric Access Line (APAL) is excited to offer an in-depth CME training in behavioral health!

The REACH Institute: **Adult Behavioral Health in Primary Care (ABH)** empowers Virginia PCCs to gain skills and confidence in assessing, managing, and treating behavioral health conditions encountered in daily practice.

How REACH ABH Works

3-Day Virtual Training:
Start by joining us virtually **Friday through Sunday, November 6–8, 2026**. In these 3 days, you will engage with expert faculty and peers in interactive sessions that equip you with the skills to assess, manage, and treat adult behavioral health concerns in a primary care setting.

Bi-Monthly Case-Based Learning Calls:
In the four months that follow this training, you will join twice-monthly calls led by a REACH family physician-psychiatrist faculty team and learn how to manage adult behavioral health issues based on participants' actual cases.

Earn up to **25.5 CME credits** for only a **$100** registration fee!

Scan now to register!

You'll Learn How To...

- Correctly identify and differentiate among behavioral health issues such as anxiety and somatic symptoms, depression, chronic pain, adult ADHD, psychosis, and bipolar disorder
- Create and implement a comprehensive and effective treatment plan
- Effectively manage psychopharmacology: select medications, initiate and taper dosages, monitor improvements, and identify and minimize medication side effects

APAL Adult Psychiatric Access Line | The REACH Institute | MSV Medical Society of Virginia | VAFP

Credit Designation Statements: In support of improving patient care, this activity has been planned and implemented by the University of Arkansas for Medical Sciences and The REACH Institute. University of Arkansas for Medical Sciences is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.
AMA Statement: The University of Arkansas for Medical Sciences designates this live activity for a maximum of ***25.5 AMA PRA Category 1 Credits™***. Participants should claim only the credit commensurate with the extent of their participation in the activity.
ANCC Statement: The University of Arkansas for Medical Sciences designates this live activity for a maximum of 25.5 ANCC contact hours. Nursing contact hours will be awarded for successful completion of program components based upon documented attendance and completion of evaluation materials.
AAPA Statement: The University of Arkansas for Medical Sciences has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CE credit for activities planned in accordance with AAPA CE Criteria. This activity is designated for 25.5 AAPA Category 1 CE credits. PAs should only claim credit commensurate with the extent of their participation.
AAFP Statement: The AAFP has reviewed Adult Behavioral Health in Primary Care and deemed it acceptable for up to 24.25 Live AAFP Prescribed credit(s). Term of Approval is from 11/06/2026 to 03/10/2027. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Save the Date!

Registration information will be emailed to all members when available.

ACP POST-ELECTION



DEBRIEF



David Pugach, JD

ACP VP of Gov. Affairs and Public Policy



Raminder Gill, MD, MACP

Immediate Past Chair, ACP PAC



Renee Carter, MD, MPH, FACP

Governor, ACP Virginia Chapter



Sara Tesfastion, MD

Past Chair, ACP Council of Residents and Fellows

Join us!

Nov. 30, 2026 | 8 PM ET
7 PM CT | 5 PM PT

ACP Chapters Collaboration

CA Southern III, CANO, Virginia

Culinary Medicine:

Doctors, Cooking and Chronic Disease

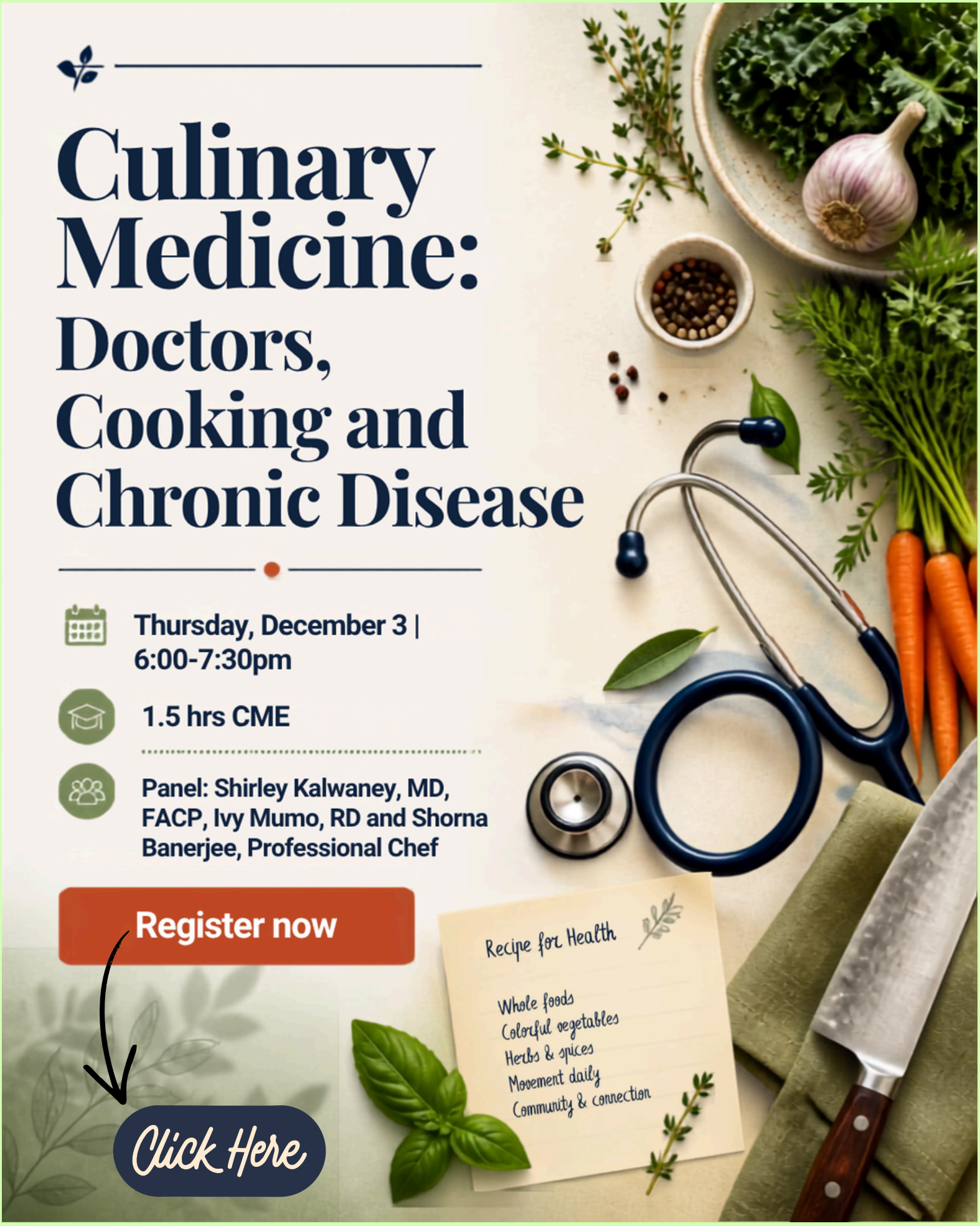
Thursday, December 3 | 6:00-7:30pm

1.5 hrs CME

Panel: Shirley Kalwaney, MD, FACP, Ivy Mumo, RD and Shorna Banerjee, Professional Chef

Register now

Click Here



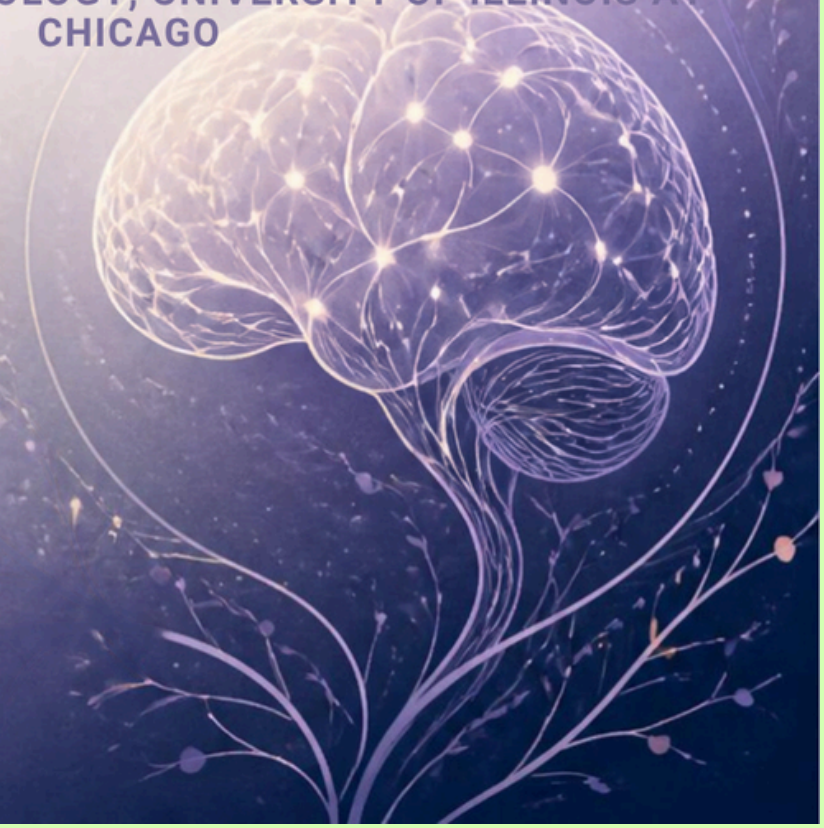
Neuroplasticity and the Brain in Menopause

Women and Medicine Committee-sponsored webinar

January 28
5:30 - 7:00pm
Zoom

FEATURING DR. PAULINE MAKI
PROFESSOR OF PSYCHIATRY, PSYCHOLOGY AND OBSTETRICS & GYNECOLOGY, UNIVERSITY OF ILLINOIS AT CHICAGO

Register Here!



ACP American College of Physicians Leading Internal Medicine, Improving Lives | Virginia Chapter

What ACP is Doing

ACP has been a strong voice advocating for the need to reduce stigma and help physicians know they are not alone. ACP's efforts include:

Advocating for System Change

- Promotes reducing stigma around physicians seeking mental health care
- Developed Patients Before Paperwork Initiative and Advocacy Toolkit to modernize license/credentialing applications.

National Partnerships

- Joined National Physician Suicide Awareness (NPSA) Day coalition with 150+ partners.
- Expanded efforts into a year-round campaign supporting mental health help-seeking and positive work environments.

Support for Physicians

- Goal: ensure physicians know they're not alone; seeking help = strength.
- Published policy paper on Physician Suicide Prevention and the Ethics and Role of a Healing Community.
- ACP offers a CME case study on physician suicide prevention and the ethics and role of the physician colleague and the healing community

Educational Resources

- Micro-learnings, covering topics such as:
  - Building support networks
  - Promoting psychological safety
  - Fostering belonging in communities
  - Peer coaching to support colleagues in need

Efforts to decrease burnout and prevent physician suicide are built into these ACP products and services, yet there is always an opportunity to find ways to highlight and better articulate those connections to ACP members. ACP has and will continue to advocate for healthy workplace conditions for physicians and their teams to reduce burnout, prevent suicidal behaviors and ideations, and increase overall physician well-being and professional fulfillment.

For more resources please visit the
IM Emotional Support Hub

Visit The New One-Stop Collection of ACP's Recent Advocacy Efforts

ACP advocates for you on policy changes that will make a difference in your daily work, your professional development, and your patients' health. For the latest advocacy efforts from ACP, visit the new one-stop collection featuring articles, statements, and ways you can take action on various campaigns.

Latest ACP Advocacy Updates:

- ACP shared its priorities with the presidential transition team, ahead of President Trump being sworn into office, and congressional leadership.
- ACP has also sent a letter to RFK Jr
- ACP has issued the following public statements:
- Reiterated the importance of vaccines and evidence-based public health policies
- Issued a joint statement with 5 other medical societies to protest the U.S. withdrawing from the World Health Organization
- Reaffirmed our commitment to advancing equity
- Issued a joint statement about the removal of data and guidance from federal websites
- Issued a joint statement about protecting Medicaid

ACP has signed on to the following amicus briefs:

State of Nebraska, et al., v. U.S. Environmental Protection Agency, et al.; Alliance of Nurses for Healthy Environments, et al. This case challenges the EPA's authority to reduce emissions by accelerating the adoption of electric trucks. The amicus brief that ACP signed onto in the case argues that the rule will achieve significant emissions reductions that are expected to benefit human health.

The below briefs are still to be filed:
PFLAG, Inc., et al., v. Donald J. Trump, in his official capacity as President of the United States. This case was filed by PFLAG, GLMA, and a number of adolescents and their parents against the executive order that President Trump signed seeking to functionally ban gender affirming care for individuals under the age of 19. The amicus brief that ACP signed onto in the case argues that the widely accepted guidelines for treating gender dysphoria were developed through a robust and transparent process and provide for gender-affirming medical care when indicated.

ACP is also in the process of signing onto another brief in a separate case also against the executive order on gender affirming care.

ACP is implementing several grassroots advocacy campaigns via the ACP's Advocates for Internal Medicine network that address protecting access to care for Medicaid enrollees, supporting the Medicare Patient Access and Practice Stabilization Act; and supporting funding for the NHSC and THCGME Programs.

ACP has reminded members that they have access to the following clinical resources:

- Adult Immunization Resource Hub
- Sex and Gender Health Learning Hub
- In the Clinic from Annals of Internal Medicine
- DynaMedex®

Annals of Internal Medicine published "Potential Clinical and Economic Impacts of Cutbacks in the President's Emergency Plan for AIDS Relief Program in South Africa: A Modeling Analysis" (2/11/25)

Lastly, there are two additional external items that may be of interest to you. There is a Stand Up for Science 2025 rally scheduled for March 7, 2025, in Washington, D.C., and in cities across the country. Second, physicians who are concerned about patients who are immigrants could consider sharing the "Know Your Rights" resource from the National Immigration Law Center.

ACP's Strong Advocacy Efforts Addressing ACIP and Vaccine-Related Issues

ACP Advocates for Internal Medicine Network

Join more than 15,000 colleagues in the Advocates for Internal Medicine Network (AIMn) in advocating for the interests of internal medicine in Washington, D.C. The AIMn program is for ACP members interested in participating in federal advocacy. It is designed to help members engage with their federal lawmakers on policy issues important to ACP and internal medicine.

Enroll Now - after clicking the link, scroll down to the right where it says: Enroll in the Advocates for Internal Medicine Network and enter your information to join.

ACP Resource Hubs

2026 ACP Advocacy Priorities

I.M. Emotional Support Hub

Financial Well-being

Telehealth Resources

Integrating Behavioral and Mental Health into Primary Care

Practice Resources

Clinical Information Resources

Substance Use Disorder Education

AI Resource Hub

ACP offers educational webinars for ACP members on a variety of topics relevant to internal medicine.

These webinars provide an opportunity to learn, pose questions, and share ideas with others. Register for an upcoming webinar today. Can't make it to the live webinar? Access webinar recordings in the On-Demand Library.

ACP Online Upcoming Webinars



UNPAID DUES?

Act now and renew your ACP membership today!

If you haven't already, renew your ACP membership today to regain access to your member-exclusive educational and clinical benefits, valued at over $6,000! As a valued member of ACP, your success is important to the internal medicine community.

Stay connected with the internal medicine community. Get free subscriptions to Annals of Internal Medicine® and DynaMedex®. You'll also get discounts on ACP MKSAP℠, Board Review courses, the annual Internal Medicine Meeting, and more. [If applicable, insert info about an upcoming chapter activity]

Don't let these valuable opportunities slip away—renew now and thrive with us!

Renew your membership today to explore all your member-exclusive benefits.

2026 Annual Meeting

CLAIM CME*

*expires 9/26/27