What Does the Future Hold for Texas Psychiatry?

Debra Atkisson, MD, President, Texas Society of Psychiatric Physicians

What will psychiatric practice look like in our state? This question is on the mind of many practicing psychiatrists in Texas as well as other states. A number of factors can impact how we deliver psychiatric medical care to our patients. What are those factors and can we impact the outcome with our involvement? Governmental forces, both state and federal, will impact practice. Non-physician mental health practitioners may potentially impact treatment. Integration of psychiatry into primary care may change the role of the psychiatrist. Expansion of research about the brain will improve our knowledge and will impact practice. Public education about mental health will hopefully reduce the stigma which causes a barrier for people seeking treatment, and will positively impact practice. Training future psychiatrists to face the challenges of psychiatric practice in a new era will positively impact practice.

The Texas Legislature is meeting now. A number of bills related to psychiatric practice have been discussed and some have passed the committee meetings to be discussed and voted upon on the House and Senate floor. Some of these proposed bills will restrict our ability to treat our patients. Some of these bills will recommend improved funding to mental health treatment. The outcomes can be potentially positive or negative, depending upon which bill(s) are passed. Our lobbyist, Eric Natek, has worked diligently to help educate legislators and their staffs so that we can practice as effectively as possible. Physicians have been involved in meeting with legislators to assist in their education about how psychiatric treatment is currently working and to correct misinformation about psychiatric practice. Several psychiatrists participated in Capitol Day in February by traveling to Austin, attending a workshop about how to meet with legislators, participating in the rally on the Capitol steps, and then meeting individually with legislators. Dr. Steven Pliszka was effective in meeting with a number of representatives and tirelessly explained what is working well with the current system of practice for foster children. His involvement will hopefully help psychiatrists treat children in this population without legislative restrictions. He is an example of a psychiatrist who is working to impact the future of psychiatric practice in Texas.

Nationally we are in the process of a change in healthcare policies due to the Affordable Care Act. More people will be insured which should translate into more people seeking mental health care. Uncertainties abound about how the new healthcare bill will be implemented on a state by state basis, and Texas is no exception. Governor Perry has stated that Texas will not be building a health exchange, so the federal government will most likely be providing the health exchange in Texas. Agencies in the state are anticipating and working on preparing for the presence of a health exchange which will provide health care coverage for more Texans.

Non-physician mental health practitioners may attempt to expand their scope of practice. Our current legislative body will determine whether this will happen in Texas. Expansion of scope of practice by non-medically trained personnel could impact the quality of psychiatric care received by our patients. As psychiatrists, we are responsible for working to keep the standard of practice at the highest level to benefit our patients.

TSCAP Annual Meeting and Scientific Program

July 26-28

Galveston

See pages 4-5 for program and registration

TSPP Annual Convention and Scientific Program

November 8-10

Houston

Mark Your Calendars
Mental health issues have been subject of intense scrutiny by the Texas Legislature this session. On the heels of the tragedy at Sandy Hook Elementary last year and multiple incidences of gun violence involving people facing mental illnesses, lawmakers have put much greater focus on our state’s behavioral health system and its shortcomings. The results have largely been positive for the mental health advocacy community.

In an effort to spark the conversation about the need for greater investment in the treatment of the mentally ill, the Federation of Texas Psychiatry hosted Capitol Day on February 28, 2013. More than 350 persons with mental illness, psychiatric physicians, mental health providers, advocates and family members met with their legislators about our budget and policy priorities. During our rally on the Capitol’s south steps, three state senators and seven state representatives took time to come speak to the crowd, and to share their support and enthusiasm for our efforts.

From a budgetary perspective, our message has been heard. The Texas Senate and the House of Representatives have each passed versions of a state budget that hold a significant amount of new and increased funding opportunities for mental health services in our state. The different versions of the Appropriations bill each contain $2.5 billion for behavioral health and substance abuse services, and both chambers have recommended increasing state spending across the mental health spectrum by more than $200 million above the baseline. The bills must still be reconciled by a conference committee and signed by the Governor.

Perhaps the mental health issue garnering the most legislative attention is psychotropic prescribing for foster children... The Federation has been extremely active in ensuring that any legislation ultimately adopted does not inadvertently create barriers to care for this population.

The bills are scheduled to eliminate waiting lists for adults and children requiring community mental health services and provide an additional 6,000 slots for clients in crisis over the next biennium. More than 1,000 new clients will be able to access services through public/private collaborative community opportunities. More than 2,900 new individuals will receive services through state substance abuse treatment programs than in the last state budget, and more than 1,600 individuals in need will receive supportive housing services through increased funding for homeless programs.

What’s more, state leadership continues to pursue increased funding opportunities through the state’s application for and approval of the federal “Section 1115” waiver, which allows regional health care partnerships to develop and implement projects that affect local health care and mental health providers in local communities. The proposed $2 billion in increased mental health funding over the next four years will enable the state, in partnership with local communities, to invest significantly greater resources to serve Texans with mental health and substance use treatment needs.

The Legislature is addressing recent cutbacks in graduate medical training as well. Senate Bill 143 creates the Resident Physician Expansion Grant Program, a competitive grant program to encourage the creation of new GME slots through community collaboration and innovative funding. The goals of the new program include increasing GME positions in physician specialties with shortages in the state (including psychiatry) and in medically underserved areas; as well as creating new GME slots without diminishing current GME positions and maximizing local and federal matching funds. Perhaps the mental health issue garnering the most legislative attention is psychotropic prescribing for foster children. Despite the success of the Psychotropic Medication Utilization Review parameters that have made Texas a national leader in reducing psychotropic prescribing in this population, close to a dozen bills have been filed on this topic. The Federation has been extremely active in ensuring that any legislation ultimately adopted does not inadvertently create barriers to care for this population.

House Bill 915 requires greater informed consent for the administration of a psychotropic medication, and must be evidenced by the completion of a form prescribed by the Department of Family and Protective Services (DFPS). The bill would require that a foster child prescribed a psychotropic medication have an office visit with the prescribing physician at least once every 90 days. Perhaps most significantly, the bill would require that the medical consenter, provider, and child would all have to be present in face-to-face health care visits, and provides additional departmental funding to achieve this objective.

Similar legislation, H.B. 473, requires prior authorization for the provision of an antipsychotic or neuroleptic medication to a child who is younger than five years of age. The bill as filed requires a managed care organization, in determining whether to grant prior authorization, to consider whether the prescribed medication has approval by the United States Food and Drug Administration for use by a person of the child’s age and other relevant factors. The Federation has been extremely active in amending H.B. 473 to limit required prior authorization to the third prescribed psychotropic for children under five, as well to modify the FDA approval requirements of the bill as filed.

The Federation has also been diligent in seeking a usable assisted outpatient treatment (AOT) statute in Texas. We are one of 44 states that permit AOT for individuals who have a history of medication noncompliance, and numerous studies have supported AOT’s effectiveness in keeping a patient from returning to prison. However, Texas judges have historically been reluctant to use the Texas statute because they think the law’s ambiguous language effectively bars them from ordering a person to take their medications.

The Federation has worked with legislators and other mental health advocacy groups, including NAMI-Texas, MHAT-Texas and Disability Rights, Texas to make the law more functional by clarifying a judge’s authority to order medications in an outpatient setting. The bill identifies the person responsible to provide the services to the patient, and requires that person to develop a program of care that includes treatment and services, housing and medication. The bill also explicitly grants release from the standard 72-hour emergency detention order for a patient examined and found not to meet the inpatient commitment standard.

Early intervention and treatment of mental illness has also been identified as a priority by lawmakers. Under S.B. 955, DSHS will award up to $30,000 to each of Texas’s 39 local mental health authorities and the North Star Program, to train mental health professionals to administer mental health first aid training to the general public. “Mental health first aid” is an evidence-based, 12-hour training program that educates non-medical professionals about strategies and resources to respond to an individual who is developing a mental health problem or experiencing a crisis.

Participants learn how to assess risk, listen to and support the individual in crisis, and identify professional resources and supports. The program can be taught to anyone, though it is especially relevant for key community professionals such as teachers, health care workers, police officers, and faith leaders who regularly interact with Texas youth. Additional funds will be used to provide voluntary, no-cost training to educators, administrators, and other school faculty and staff. This training will fulfill up to 12 hours of continuing professional education required by the Texas Education Agency.

While the Legislative Session has thus far been marked by a focus on mental health funding and policy development, it is too soon to declare the Session a success. The Session ends in late May, and the Governor’s Veto Period lasts an additional 30 days. The Federation will continue to monitor legislative activities and budget priorities with the best interests of patients and the practice of psychiatry as the foremost considerations. We also want to extend a special thanks to those physicians that have been so willing to share their time and expertise to enhance the understanding and awareness of legislators about how the bills they consider affect the most vulnerable of Texans. Your efforts are acknowledged and much appreciated.

Congratulations... The following are recognized as new 50 Year Members of APM/TSIPP:
Virgil M. Cox, MD, PA, Fort Worth
Burton C. Einspruch, MD, Dallas
Mae Frances McMillan, MD, Houston
William Patrick Moore, MD, Houston
Francisco J. Rodriguez, MD, San Antonio
Laszlo Varga, MD, Granbury

Promising Developments in the Legislature
Eric Weomer, Public Policy Consultant, Federation of Texas Psychiatry
The Federation of Texas Psychiatry and its partners in the Mental Illness Awareness Coalition (NAMI Texas, Mental Health America of Texas, and DBSA Texas) hosted Capitol Day on February 28. Over 350 physicians and advocates attended and their presence was felt during a rally on the steps of the Capitol and during individual visits with members of the Legislature.
**MEETING LOCATION / HOTEL RESERVATIONS**

**ALL MEMBERS AND NON-MEMBERS ARE INVITED TO JOIN TSCAP’S Annual Convention and Scientific Program will be held at the Moody Gardens Resort and Spa, Seven Hope Blvd., Galveston, TX, 77551-5822. A special TSCAP rate of $189 is available to program registrants until JULY 3rd or until sellout, whichever occurs first. Make your hotel reservation today by calling 1-888-388-8444.**

**MOODY GARDENS HOTEL / RESORT AMENITIES**

Surrounded by 242 acres of breathtaking gardens and majestic pyramids, Moody Gardens Hotel, Spa and Convention Center is Galveston’s premier meeting destination. Moody Gardens features:

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- Aquarium Pyramid-Oceans of the world are represented in a 1.5 million gallon aquarium teeming with creatures from penguins to stingrays, sharks and more.
- IMAX 3D Theater: A part of the action in the IMAX 3D Theater featuring amazing 3D and 2D films on a giant six-story screen.
- IMAX Ride Drink Theater – Strap yourself in and dive, twist and turn as your seat mirrors every movement on a giant wrap-around screen with six-channel surround sound.
- AND, special activities for you during Convention opening and closing ceremonies.

**NEW – Galveston Island Historic Pleasure Pier!**

The Galveston Island Historic Pleasure Pier juts out 1,000 feet over the surf at 25th Street, where the original Pleasure Pier stood from 1943 until it was destroyed by Hurricane Carla in 1961. More recently, it was the site of the Flagship, an over-the-water hotel built in 1965 that was demolished after 2008’s Hurricane Ike. The $60 million project puts a roller coaster and Ferris wheel over the Gulf of Mexico and feature 16 rides, carnival games and souvenir shops. Food vendors offer sausage-on-a-stick and other tourist favorites. And houses the Pleasure Pier Aquarium Pyramid featuring 16 rides, carnival games and souvenir shops. Food vendors offer sausage-on-a-stick and other tourist favorites. And houses the original Pleasure Pier!

**TOTAL REGISTRATION**

**SCIENTIFIC PROGRAM REGISTRATION**

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**PAYMENT INFORMATION**

- **Check** in the Amount of $_________________ payable to Texas Society of Child and Adolescent Psychiatry. Postmarked payment will be given on site at the program at no AGD Charge.
- **American Express**

**REGISTRATION**

[Form details]

**MEETING SYLLABUS ORDER**

Color copies will be provided on site. Therefore, no additional charge. The MEETING SYLLABUS ORDER can be downloaded from the website or provided on site at the program at no AGD Charge.

**EXHIBITS**

TSCAP’s Welcome Reception, Continental Breakfasts and Breaks are held in the Moody Gardens Hotel. Please make plans to visit with the Exhibitors during the Friday Welcome Reception and enter to win the drawings for door prizes to be awarded throughout the day on Saturday. Exhibit hours:

Welcome Reception: 8:30 am - 9:30 pm
Continental Breakfast Saturday: 7:30 am - 8:10 am
Refreshment Break Saturday: 10:30 am - 10:50 am
Breakfast Saturday: 11:50 am - 12:10 pm

**G E N E R A L  I N F O R M A T I O N**

**ANNUAL MEETING BREAKFAST**
The Annual TSCAP Business Meeting will be held Sunday, July 28 at 7:45 am, in the Foyer. All members are encouraged to register and attend.

**EXHIBITORS**

American Professional Agency, Inc.
Clarity Child Guidance Center
San Marcos Treatment Center

**PROGRAM AT A GLANCE**

**Friday, July 26**

- **7:00 am - 8:30 am**: Welcome Reception with Exhibitors
- **8:30 am - 9:30 am**: Continental Breakfast Saturday
- **9:30 am - 10:00 am**: Refreshment Break Saturday
- **10:00 am - 11:00 am**: Welcome Reception with Exhibitors

**Saturday, July 27**

- **7:30 am - 8:10 am**: Continental Breakfast Saturday
- **8:00 am - 9:00 am**: Continental Breakfast Saturday
- **9:00 am - 10:00 am**: Refreshment Break Saturday
- **10:00 am - 11:00 am**: Continental Breakfast Saturday
- **11:00 am - 12:00 pm**: Continental Breakfast Saturday

**Sunday, July 28**

- **7:45 am - 8:45 am**: Continental Breakfast Saturday
- **8:45 am - 12:45 pm**: Continental Breakfast Saturday
- **10:15 am - 10:30 am**: Continental Breakfast Saturday

**P R O G R A M  A T  A  G L A N C E**

- **7:30 am - 8:10 am**: Welcome Reception
- **8:00 am - 9:00 am**: Continental Breakfast
- **9:00 am - 10:00 am**: Refreshment Break
- **11:00 am - 12:00 pm**: Continental Breakfast
- **1:30 - 1:45 pm**: Continental Breakfast
- **2:00 pm - 3:00 pm**: Continental Breakfast

**O B J E C T I V E S**

- To provide a forum for the exchange of ideas and the advancement of knowledge in the field of child and adolescent psychiatry.
- To promote the highest standards of medical care for children and adolescents.
- To provide training programs for residents and fellows in child and adolescent psychiatry.
- To support research in the field of child and adolescent psychiatry.
- To foster a climate of cooperation and collaboration among professionals involved in the care of children and adolescents.
- To advocate for the rights and needs of children and adolescents and their families.
- To work to eliminate discrimination on the basis of race, ethnicity, gender, sexual orientation, or religion.
- To promote an environment of mutual respect and understanding among all individuals involved in the care of children and adolescents.
Many physicians are moving to electronic medical records and billing processes and are unfamiliar with the technology and application. Continuing education is needed to recognize the technological changes and formulate a plan to effectively apply it in their medical practice.

The Diagnostic and Statistical Manual of Mental Disorders provides standard criteria for the classification of mental disorders. It is used by clinicians and researchers around the world in the diagnosis and treatment of those patients with mental illness. The revised DSM-5 will be published in May of this year and education is needed for clinicians to identify the major changes in the classification of mental disorders to formulate a diagnosis and develop a management/treatment plan.

Continuing education is needed to improve the physicians’ knowledge about ethics and the Standards of Care so they are able to recognize how the ethical principles and legal requirements are different and recognize the differences so they may develop strategies to apply the knowledge in their practice.

### FACULTY AND STAFF DISCLOSURE POLICY

The Texas Society of Child and Adolescent Psychiatry will disclose to participants the existence of any relevant financial relationships between faculty and TSCP staff and members, who planned, authored, contributed to, and/or reviewed the content of this activity, and any commercial interest discussed in this educational activity. Disclosure will occur prior to the presentations through written communication in the syllabus or handout material and through oral communication to the audience by the moderator or chair.

### CME ACCREDITATION

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Texas Medical Association (TMA) through the Joint Accreditation of the Texas Society of Psychiatrists, Physicians and the Texas Society of Child and Adolescent Psychiatry. The Texas Society of Psychiatric Physicians is accredited by the Texas Medical Association to provide continuing medical education for physicians.

The Texas Society of Psychiatric Physicians designates this Live Activity for a maximum of eight (8) AMA PRA Category 1 Credits™. Participants should claim only the credit commensurate with the extent of their participation in the activity.

The presentations entitled “Electronic Communications with Patients – The Good and the Bad” and “WIMING – Ethics and the Standards of Care” have each been designated by the Texas Society of Psychiatric Physicians as one (1) hour of education in medical ethics and/or professional responsibility.

### NEEDS ASSESSMENT

TSCP has incorporated into this CME activity the relevant educational needs concerning competence that underlie the professional practice gaps of our participants.
The most recent revision of Diagnostic and Statistical Manual of Mental Disorders (DSM-5) is now available for preorder from American Psychiatric Publishing, DSM-5, which received final approval by APA Board of Trustees on Dec. 1, 2012, is the guidebook used by clinicians and researchers to diagnose and classify mental disorders. It is the first major revision of diagnostic criteria to be published since 1984. Preorders for the book will be fulfilled beginning on the manual’s publication date of May 22.

“This new manual represents the current science and best practices of our field providing standard criteria by which mental disorders are diagnosed,” said James H. Scully, MD, medical director and chief executive officer of APA. “Since the last revision, a wealth of new research and knowledge has become available. Our hope is that by more accurately defining disorders, diagnosis and clinical care will be improved and new research will be facilitated to improve our understanding.”

To help people understand the context for many of the changes, a new DSM-5 web site (www.psychiatry.org/dsm5) features news updates, fact sheets, videos, highlights of changes, and order information.

The print version of the book, as well as a suite of complementary publications, may be ordered by calling 1-800-368-5777.

Available in May:
DSM-5 Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5)
Guidebook used by clinicians and researchers to diagnose and classify mental disorders. $199 (hardcover); $149 (paperback)

Available in August:
Desk Reference to the Diagnostic Criteria from DSM-5
Concise reference provides quick access to the information essential to making a diagnosis. $69 (paperback)

The Pocket Guide to the DSM-5 Diagnostic Exam
Clinician’s companion for using DSM-5 in diagnostic interviews. $65 (paperback)

Available in September:
Study Guide to DSM-5
Companion volume for students, residents, and clinicians. $70 (paperback)

DSM-5 Clinical Cases
Presents patient cases that exemplify the mental disorders in DSM-5. $129 (hardcover); $89 (paperback)

DSM-5 Handbook of Differential Diagnosis
Designed for both clinicians and students learning psychiatric diagnosis. $87 (paperback)

D SM-5 Set for May 22 Publication

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James H. Scully, MD
APA Medical Director and CEO

Question:

What is the purpose of the DSM-5 diagnostic criteria revision?

The purpose of the DSM-5 diagnostic criteria revision is to provide a comprehensive and up-to-date classification of mental disorders. The revision aims to improve diagnostic practices and facilitate the development of evidence-based treatments. It includes new diagnoses, revised criteria for existing disorders, and additional information on the course, etiology, and treatment of mental health conditions. The DSM-5 also introduces new diagnostic tools and guidelines to improve the accuracy and consistency of diagnoses across different settings and populations.
Organized psychiatry in Texas is unique in the United States in terms of opportunities offered to participate in Organized Psychiatry. Your involvement in your professional organizations can benefit you as a physician and can benefit your patients. Organized Psychiatry in Texas offers psychiatrists many opportunities, including: providing the platform to ADVOCATE for your profession and patient benefitting from outstanding CONTINUING MEDICAL EDUCATION programs; providing SERVICE to your community; enjoying collegial FELLOWSHIP with colleagues from all areas of Texas and all practice settings; and developing LEADERSHIP skills. If you are already involved as a member of an Organized Psychiatry in Texas...THANK YOU for your participation. If you are not yet involved, please do yourself a favor and become involved. Your involvement is wanted and needed and it will be rewarding to you and your patients. Organized Psychiatry in Texas consists of the following organizations:

**FEDERATION OF TEXAS PSYCHIATRY (Federation)**

A Texas non-profit corporation incorporated on July 1, 2004. It is an organization whose purpose is to unite and serve all Texas psychiatric organizations and to encourage membership in TSPP. The Federation offers association management services from the Federation. The Academy has approximately 55 members and receives its association management services from the Federation.

**TEXAS ACADEMY OF PSYCHIATRY (Academy)**

A Texas non-profit corporation incorporated on June 29, 2004. It is a professional membership organization for physicians who practice psychiatry in the State of Texas. It has no affiliation with a national organization. The Academy is independently governed by a Board of Trustees composed of members of the organization. The Academy has approximately 55 members and receives its association management services from the Federation. The Academy is recognized by the Internal Revenue Service as a 501(c)(6) organization.

**TEXAS SOCIETY OF PSYCHIATRIC PHYSICIANS (T SSP)**

A Texas non-profit corporation established in May 1956 and incorporated on March 18, 1963. It is a professional membership organization for physicians who practice psychiatry in the State of Texas. T SSP is a District Branch of the American Psychiatric Association, a national professional membership organization. T SSP is independently governed by an Executive Council composed of members of the organization. T SSP has approximately 1,200 members and receives its association management services from the Federation. T SSP is recognized by the Internal Revenue Service as a 501(c)(6) organization.

**TEXAS SOCIETY OF CHILD AND ADOLESCENT PSYCHIATRY (TSCAP)**

A Texas non-profit corporation established in October 1966 and incorporated in 1967. It is a professional membership organization for physicians who practice psychiatry in the State of Texas and who are dedicated to the care and treatment of mental illnesses in children and adolescents. TSCAP is a Regional Council of the American Academy of Child and Adolescent Psychiatry, a national professional membership organization. TSCAP is independently governed by an Executive Committee elected by members of the organization. TSCAP has approximately 500 members and receives its association management services from the Federation. TSCAP is recognized by the Internal Revenue Service as a 501(c)(6) organization.

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Debbie Dansbe  (281) 269-6709  dsdansbe@utmb.edu

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**American Psychiatric Association**

APRIL/MAY 2013  
TExAS PSYCHIATRIST  
7
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EDITORIAL BOARD
Federation Executive Committee

MANAGING EDITORS
John R. Bush
Debbie Sundberg

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Austin, Texas 78701
(512) 478-0605/(512) 478-5223 (FAX)
TxPsychiatry@aol.com (E-mail)
http://www.txpsych.org (website)

CALENDAR OF MEETINGS

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19-21 Texas Society of Psychiatric Physicians and Texas Academy of Psychiatry
Spring Meeting and CME Program
Westin Austin at the Domain
Austin, TX
For more information: www.txpsych.org or 512/478-0605

MAY
17-18 Texas Medical Association
TexMed 2013
Henry B. Gonzalez Convention Center
San Antonio, TX

JULY 2013
26-28 Texas Society of Child and Adolescent Psychiatry
Annual Convention and Scientific Program
Moody Gardens Hotel
Galveston, TX
For more information: www.txpsych.org or 512/478-0605

NOVEMBER
8-10 Texas Society of Psychiatric Physicians
Annual Convention and Scientific Program
Westin Houston Memorial City Hotel
Houston, TX
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Whether you are looking for career opportunities or you are recruiting to fill a position in your organization, you will want to check out the Federation’s JOB BANK on its website at www.txpsych.org. The Federation’s JOB BANK could be just what you have been looking for.

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