Texas Psychiatric Season's Greetings

George D. Santos, MD, President, Texas Society of Psychiatric Physicians

They are the lifeblood for the future successful growth of the organization. Meetings like this are a success only because of the dedication of our staff and members. I have to acknowledge the amazing work from Dr. Jefferson Nelson, the CME committee, and the tireless work from John Bush and Debbie Sundberg. They orchestrated a seamless three-and-a-half day program of committee meetings, business meetings, including a well-organized day-and-a-half scientific program without a hitch. We had physicians attending from all over Texas, from other states, and even from overseas. We also announced the extraordinary accomplishment of our re-accreditation as a CME provider and the possibility of an extension of our accreditation period. THANK YOU Debbie Sundberg! These are singular successes for a state specialty medical organization.

We had the opportunity to recognize some of our members for their distinct contributions. The Distinguished Service Award was presented to Dr. J. Clay Sawyer. The Psychiatric Excellence Awards were presented to Dr. R. Andrew Harper and to Dr. James E. Kreidle. That evening we were also able to give a well-deserved award recognizing our stalwart Executive Director, John Bush, for his TWENTY YEARS of service to TSPP.

When I see efforts come together in this way, I have hope for the future of organized medicine. Meetings like ours are not exercises of self-centered gurus but an example of professionals organized and focused on improving themselves and patient care while dodging complacency. We have to look forward to the coming years and find ways to meet the needs of current and future members. Our team has the educational needs well covered and we are constantly planning ahead for the next program. TSPP will always work hard to monitor regulatory and political challenges. We are right now responding to some threats to telemedicine’s potential to bring needed healthcare to underserved areas. Of course, healthcare reform is very much in play and it has been stormy. It is interesting to see the unchecked emotional responses from some on all sides that serve only to impede informative debate. I believe we need to keep a seat at the table to have our voices heard. It is with this in mind that I encourage everyone to get involved, stay informed, and contribute to the rational debate. Our elected representatives need to have us as a reliable resource of information and analysis. If we don’t speak up, or if we act indifferently, others will fill in the void with their own agendas.

So, our work goes on but we have earned the right to some pride in our accomplishments this past year. Our successful efforts in the political and regulatory arenas and our ongoing educational productions are two clear examples of the value of TSPP and APA membership. We need to keep looking and moving forward, build our organization, and remain relevant and meaningful for our membership. To make this happen, we need everyone’s commitment to growing our ranks and bringing new ideas to the organization. Please help us get the message out in this new year and encourage everyone to join TSPP and the APA.

Happy Holidays to everyone and Happy New Year.

George D. Santos, MD

In Memoriam:......

Spencer Bayles, MD

Houston

Scenes from the 2009 Annual Convention and Scientific Program

more photos on pages 2-5
Medical Malpractice Insurance
Are you paying too much?

The Federation of Texas Psychiatry in cooperation with Cunningham Group is offering Texas psychiatrists free premium indications. Prices have come down during the past year — one insurer dropped its rates 48 percent. Let Cunningham Group shop the market for you and reduce your premium.

Go to the Cunningham website (www.cg-ins.com) and complete the Medical Malpractice Premium Indication Short Form to receive your premium indication.

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Advocacy / Service

Each year, the TSPP Annual Convention and Scientific Program highlights the four core values of membership: ADVOCACY for patients and psychiatry; SERVICE to psychiatry and community; quality PROFESSIONAL EDUCATION; and FELLOWSHIP with colleagues. The 2009 Annual Convention and Scientific Program conducted in Galveston on November 13-15 was no exception. Pictured on the following pages are TSPP members, and colleagues from other professional organizations, as they experienced the 2009 Annual Convention and Scientific Program.
TEXAS SOCIETY OF PSYCHIATRIC PHYSICIANS

TSPP 2009 Annual Convention and Scientific Program

PROFESSIONAL EDUCATION
Substance Use Disorders in Child and Adolescent Psychiatry

Paul Croarkin, DO, President, Texas Society of Child and Adolescent Psychiatry

Substance use disorders among adolescents are common and lead to significant problems both in Texas and nationwide. Recent national surveys conducted by the Substance Abuse and Mental Health Services Administration indicate that 18% of eighth graders, 36% of all high school sophomores, and nearly 50% of all high school seniors have used an illegal drug at some point. Approximately 10% of all children and adolescents ages 12-17 currently use illicit drugs. While the use of drugs such as LSD, ecstasy, cocaine, and heroin is thought to be declining in this age group, the misuse, abuse, and diversion of prescription medications is on the rise. Substance use disorders and addictions have a bidirectional relationship with other psychiatric illnesses. Comorbidity is the rule rather than the exception and these other diagnoses may herald, exacerbate, or follow heavy substance use. Unfortunately, substance use disorders in teenagers often go untreated. Recent information suggests that less than 5% of the teenagers who are in need of treatment for addictions actually receive treatment. If undetected and unchecked, substance use disorders have a pernicious impact on a teen’s social, psychological, and neurological development. This also heralds the treatment of other psychiatric illnesses.

Substance use is a relatively common behavior among adolescents. This is concerning but under our current diagnostic system not sufficient for a diagnosis of abuse or dependence. Other behaviors include maladaptive patterns of use with consequences such as educational or social impairment, dangerous behavior, legal difficulties, and ongoing use despite significant social consequences. Finally, substance dependence is marked by tolerance, withdrawal symptoms, rapid increases in amounts used over time, and unsuccessful attempts at ceasing or attenuating use. This is in the context of ongoing social, educational, psychological, and medical consequences.

There is a dearth of training, research, and continuing medical education opportunities for child and adolescent psychiatrists and other clinicians. Therefore, the Texas Society of Child and Adolescent Psychiatry (TSCAP) plans to focus its upcoming 2010 summer annual meeting and scientific program on substance use disorders in child and adolescent psychiatry. Please mark your calendars now for July 23-25, 2010 at the Moody Gardens Hotel, Galveston and plan on attending “Addressing Substance Abuse in Child and Adolescent Psychiatry: Prevention, Diagnosis, and Treatment.” For room reservations at the TSCAP discounted rate of $189 at Moody Gardens Hotel, please call 1-888-388-8484. We have finalized a dynamic program with the following speakers and presentations.

Our keynote speaker, Oscar G. Bukstein, M.D. will present “Best Practices for the Assessment and Treatment of Adolescents with Substance Use Disorders.” Dr. Bukstein has published numerous peer-reviewed articles and books on adolescent substance use disorders. He has a extensive clinical experience in the treatment of adolescents with comorbid substance use disorder and psychiatric illnesses. Dr. Bukstein has served on the work group for the American Psychiatric Association that developed the “Practice Guideline for the Treatment of Substance Use Disorders: Alcohol, Cocaine, and Opioids.” He was also the primary author for the American Academy of Child and Adolescent Psychiatry’s “Practice Parameter for the Assessment and Treatment of Adolescent Substance Use Disorders.” Dr. Bukstein conducts numerous pharmacological trials for adolescents with substance use disorders, depression and ADHD.

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TSCAP’s long-time member, leader, and speaker, Steven R. Pliszka, M.D. will present “Treatment of ADHD in Patients with Substance Abuse Problems: Balancing Risks and Benefits.” We can look forward to this as he brings a wealth of knowledge and clinical experience to discuss this challenging clinical dilemma.

We are also very fortunate to have a presentation by Christopher R. Thomas, M.D. entitled, “Ethical and Legal Issues in the Treatment of Children and Adolescents with Substance Abuse.” Dr. Thomas is an award winning speaker and academician with expertise in antisocial behaviors in youth and legal issues in child psychiatry.

This conference will also include presentations on evidence based psychosocial interventions for adolescents with substance use disorders, strategies to promote recovery in high school and college students, and our annual resident/faculty case presentation which will focus on a patient with substance abuse. I look forward to seeing you all in Galveston next summer for the program. Happy Holidays.

Congratulations....

The APA has approved the following members for recognition as Distinguished Fellow and Distinguished Fellow – Life Fellow – Frank L. Giordano, MD, and Irwin Schussler, DO; Distinguished Fellow – Melissa Gull Inga Heshelman, MD, Octavio N. Martinez, Jr., MD, Thomas L. Matthews, MD, Jacqueline C. McGregor, MD, Mark Stephen Moeller, MD, Victor R. Scarano, MD, Olga M. Tolecki, MD, and Elizabeth F. Weinberg, MD.

JOB BANK

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.