“It was the best of times, it was the worst of times.” As with many enduring literary examples, this opening line of Charles Dickens’ novel, “A Tale of Two Cities” has once again become the mantra for our current situation not only in medicine in Texas but in the economy and politics as well.

For example, woven into the fabric of the original financial institution “bailout” aimed at addressing the mortgage crisis was parity for the insurance coverage of mental illness. More recently, as part of the settlement of the Frew v. Hawkins lawsuit, physicians in Texas who meet certain eligibility criteria can have student loans repaid. The new program, which is scheduled to begin in March 2009, was one of the items set aside by the 2007 Texas Legislature to facilitate access to medical and dental services for children with Medicaid coverage. Once the program is fully implemented, it will provide loan repayments for up to 1,200 physicians and dentists a year. Each doctor will be eligible for up to $140,000 in loan repayments over four years if they meet criteria for serving low-income patients. Who among us would want to settle for second-rate medical care for our family or ourselves? That is not the “American way.” As a society we demand the best in both products and services and there is a tremendous amount of time and resources devoted to ensuring that an acceptable level of quality is achieved. Watchdog groups such as Advocacy, Inc, governmental entities like the Food and Drug Administration as well as private businesses, for example the Joint Commission, have developed from our desire to assure this quality. In the not too distant past, board certification in Psychiatry was awarded for a “lifetime.” But as those who achieve this level of accomplishment must recently every ten years to maintain this certification. New Joint Commission standards require both Focused and Ongoing Professional Performance Evaluation be included in the granting of initial and renewed hospital privileges in an effort to assure current clinical competency in a data driven way.

What needs to be remembered is that none of these quality improvement measures come without a price tag attached. Whereas we once had the luxury of experts and departments when it came to dealing with human resource issues including competency assurances, we have evolved to the point that front line staff is responsible for these functions. This diminishes their ability to provide services to our patients that would in turn require additional staff to assure continuity of necessary care functions. Ironically, technology for all its benefits and services and there is a tremendous amount of time and resources devoted to ensuring that an acceptable level of quality is achieved. Watchdog groups such as Advocacy, Inc, governmental entities like the Food and Drug Administration as well as private businesses, for example the Joint Commission, have developed from our desire to assure this quality. In the not too distant past, board certification in Psychiatry was awarded for a “lifetime.” But as those who achieve this level of accomplishment must recently every ten years to maintain this certification. New Joint Commission standards require both Focused and Ongoing Professional Performance Evaluation be included in the granting of initial and renewed hospital privileges in an effort to assure current clinical competency in a data driven way.

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Unintended Consequences

Martha E. Leatherman, MD, President, Texas Society of Psychiatric Physicians

A young man with symptoms of avian flu was released from a local state-run hospital. He returned to school. Two months later, he was read along with his roommate and three of his fellow fraternity brothers. Of course, the public outrage was immediate and loud, but his father argued that a) he had been hospitalized three times within the past three months with symptoms of avian flu, and each time he had been released without treatment because federally funded patient advocates argued that he did not have to be treated, that treatment for avian flu is dangerous, and that he had a right not to be treated. They showed him ways to mask his symptoms—and were present when he was examined by treating physicians, and even answering for him. These advocates argue that people need protection from the diabolical medical/pharma/industrial complex and so the young man was released from the hospital despite multiple warnings from his physicians. The government-funded patient advocates countered that there was legal noose available to the physicians and hospital that they failed to take.

What?! Who would even believe such a story? Things like this don’t happen! Well, actually, they do—only the disease is different. Here’s the real story:

“William Bruce, a young man with symptoms of paranoid schizophrenia, was actually, they do—only the disease is different. Things like this don’t happen! Well, actually, they do—only the disease is different. Here’s the real story:"

1. Kaplan, A. (October 2008). Patient Advocacy—and a Deadly Outcome. "The patient advocates acted as if William’s treatment meetings with his doctor were adversary depositions and told him how to answer questions and interpolated directions not to answer,” said Bruce senior’s attorney Bob Owens.

This situation raises a number of questions that many psychiatrists routinely face in their practices:

1. Safety versus autonomy
2. The role conflict inherent in treating patients when their families are affected by the treatment
3. The role of patient privacy
4. Forced medication
5. Outpatient commitment

I’m sure you can think of a host of other ethical considerations inherent in treating patients with psychiatric illness. The point here, though, is that despite a general understanding among the public that psychiatric illnesses are “real,” psychiatrists and our patients must still contend with laws and attitudes that hamper patient care, recovery, and sometimes lead to tragedy.

It is tempting simply to work hard, do your best at your job, and leave all that political stuff to the politicians. In my opinion, similar head-in-the-sand attitudes among psychiatrists all over the country have allowed anti-psychiatry forces to insinuate themselves and their dangerous misperceptions into the fabric of the legal system. In a situation such as the one described above, these “advocates” are publicly funded. A patient or family member seeking appropriate treatment in the face of such well-funded opposition must navigate a convoluted and expensive legal system without the advantage of taxpayer funding. Many psychiatrists don’t know that these “advocates” continue to work to undermine our ability to treat our patients.

TSPP has worked with advocacy organizations such as NAMI and DBSA to educate lawmakers about psychiatric illness and how physicians approach treatment of psychiatric illness. We have been present at regulatory meetings where anti-psychiatry forces were attempting to insert language that would restrict psychiatric treatment. We have worked to establish relationships with our colleagues in other medical specialties as well as the members of the legislature so that we speak credibly and with one voice about the importance of proper psychiatric care for our patients.

We have been very successful, but this is a job that is never really over. Every two years, we see new legislators in Austin and we have to update them regularly. We have to meet new legislators and let them know that we are caring experts who are committed to our patients’ well-being.

You have a chance to join your colleagues and other advocates in Austin on March 4th. Capitol Day is a very special day spent at the Texas Capitol advocating for quality psychiatric care. Activities include an Advocacy Workshop, lunch, a Rally on the South steps of the Capitol, personal visits with members of the Texas Legislature and a reception. This one-day event is your opportunity to participate in an advocacy activity that will make a difference in the lives of persons diagnosed with mental illness in Texas. I hope to see you there.
**Invitation to Attend TSPP Spring Meeting & CME Program**

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**Scientific Dinner Program**

**Saturday, April 4 • 6:30-9:00 P.M.**

*The Neuropsychiatry of Traumatic Brain Injury*

**Objectives:** At the conclusion of this activity, attendees will be able to:

- Recognize and Describe the epidemiology and the importance of Traumatic Brain Injury
- Describe the Assessment of Traumatic Brain Injury
- Describe and Apply the Neuropsychiatric Treatment of Traumatic Brain Injury

**SCIENTIFIC PROGRAM SPEAKER**

Stuart C. Yudofsky, M.D.

D.C. and Irene Ellwood Chair and Professor

Department of Psychiatry and Behavioral Sciences

Baylor College of Medicine

Chair, Psychiatry Service

The Methodist Hospital

Houston, Texas

**SCIENTIFIC PROGRAM ACCREDITATION**

The Texas Society of Psychiatric Physicians designates this educational activity for a maximum of two (2) AMA PRA Category I Credits. Physicians should only claim credit commensurate with the extent of their participation in the activity. The Texas Society of Psychiatric Physicians is accredited by the Texas Medical Association to provide continuing medical education for physicians.

**TARGET AUDIENCE / PROGRAM OBJECTIVES**

This CME program is designed with didactic lecture supplemented with audiovisual presentation and direct discussion. The program is designed to provide its’ primary target audience of Psychiatrists in the State of Texas, as well as other specialties of medicine, with clinically-relevant information to advance the physician’s competence and effective use of targeted skills so that they may develop strategies to apply the knowledge, skills and judgement of the information presented in the educational activity into their practice.

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**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.

**Cunningham Group**

Professional Liability Insurance Services

Phone: 512-356-5356 • Fax 512-356-7121

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**LEGISLATIVE UPDATE LUNCHEON**

Everyone will want to attend the legislative update luncheon hosted by the TSPP Government Affairs Committee! $15.00 Per Person / $20.00 After March 4. See Registration Form.

**COMMITTEE MEETINGS**

Congratulations on your appointment or re-appointment to TSPP and TAP Committees for 2009! We look forward to welcoming you and your colleagues to the April 4-5 Spring Meeting and to working with you on TSPP and TAP business and interests in 2009.

Not a member of a committee? Not sure which committee(s) to attend? Please plan to attend any committee meeting (with the exception of the TSPP Ethics Committee) and participate in the discussions and activities of the committees.

Committee meetings will be held in the new cluster, interactional format so you may visit several committees of interest to you during the scheduled meetings’ timeframe.

**GOVERNANCE MEETINGS**

The following governing bodies will also meet in conjunction with the Spring Meeting: Texas Society of Psychiatric Physicians’ Executive Council; Texas Academy of Psychiatry Board of Trustees; Texas Foundation for Psychiatric Education and Research Board of Directors and the Federation of Texas Psychiatry Delegate Assembly.

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**REGISTRATION**

**NAME**

**DATE APPOINTED TO TSPP / TAP**

**PHONE (512) 356-5356 • FAX (512) 356-7121**

**MEMBERSHIP**

**COMMITTEE MEETINGS / GOVERNANCE MEETINGS / CME PROGRAM**

Check the Activities You are Planning on Attending and Enclose Payment for Luncheon or CME Dinner, if applicable.

**SATURDAY, APRIL 4**

- 7:00 AM - 8:30 AM FOUNDATION BOARD OF DIRECTORS BREAKFAST MEETING
- 8:30 AM - 10:00 AM COUNCIL ON FELLOW
  - Chapter Leadership Forum
- 8:30 AM - 10:00 AM TEXAS ACADEMY OF PSYCHIATRY
- 10:00 AM - 12:00 PM COUNCIL ON ORGANIZATION
  - Ethics
  - Finance
  - Fellowship
  - Strategic Planning
- 12:00 PM - 1:30 PM COUNCIL ON ADVOCACY
  - Legislative Update / Government Affairs Luncheon
  - $15.00 Per Person Before March 4 / $20.00 Per Person After March 4
- 1:30 PM - 3:30 PM COUNCIL ON SERVICE
  - Academic Psychiatry
  - Public Mental Health Services
  - Children & Adolescents
  - Socioeconomics
  - Forensic Psychiatry
- 3:30 PM - 5:30 PM COUNCIL ON EDUCATION
  - CME
  - MIT Section
  - Hospital Practices
- 5:30 PM - 6:30 PM RECEPTION
- 6:30 PM - 9:00 PM CME DINNER PROGRAM
  - “The Neuropsychiatry of Traumatic Brain Injury” / Stuart C. Yudofsky, M.D.
  - $35.00 Per Person Before March 4 / $45.00 Per Person After March 4

**SUNDAY, APRIL 5**

- 8:00 AM - 9:30 AM FEDERATION OF TEXAS PSYCHIATRY DELEGATE ASSEMBLY BREAKFAST MEETING
- 9:30 AM - 12:00 PM TSPP EXECUTIVE COUNCIL

**METHOD OF PAYMENT:**

- Check in the Amount of $___________ To: Texas Society of Psychiatric Physicians (Mail Checks Payable to Texas Society of Psychiatric Physicians)
- Please Charge $___________ To My: □ VISA □ MasterCard □ American Express
- Credit Card #: ___________________________ Expiration Date: ___________
- 3 Digit Code on Back of Card on Right of Signature Panel
- Name of Cardholder (as it appears on card) ___________________________________________
- Signature
- Address where you receive your credit card statement (include address, city, state, zip)

**CANCELLATION/REFUND/POLICY**

In the event of cancellation, a full refund will be made if written notice is received by the TSPP no later than March 4, 2009, less a 25% handling charge. No refunds will be given after March 4.

RETURN TO:

Texas Society of Psychiatric Physicians, 401 West 15th Street, Suite #675, Austin, TX 78701; Phone (512) 478-0605; Fax (512) 478-5223; Email: TSPPofc@aol.com

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**FEBRUARY / MARCH 2009**

**T X P S Y C H I A T R I S T**

**3**
The TSCAP Executive Committee is putting the finishing touches on the plans for the Annual Meeting, July 24-26, in downtown Fort Worth. The CME scientific program “Bipolar Disorder in Children and Adolescents: Diagnostic and Treatment Dilemmas” features a wide range of interesting speakers that have been recruited to address this broad ranging topic and to help clinicians untangle the current issues in this complex and sometimes controversial clinical diagnosis. Speakers will cover a wide range of subjects to help conference attendees hone their diagnostic and treatment skills. National trends indicate a rise in the use of this diagnosis in the pediatric population and this has raised concerns about the true incidence and prevalence as well as about appropriate interventions. Some have even proposed the diagnosis is, at least in part, a vehicle to generate pharmaceutical sales. Building on the meeting theme of Bipolar Disorder, presenters will cover multiple related content areas. A key clinical difficulty is clarification of the presentation of this complex disorder in the younger age groups. The meeting will address current information on etiologic factors that appear associated with the disorder. Teasing out co-occurring and related disorders of emotional and behavioral dysregulation will be discussed. In addition to assistance with diagnosis, information will be provided in the area of treatment with a focus on a multidisciplinary approach. The newest information on the status of pharmacologic interventions will be reviewed addressing concerns of many clinicians about how to prescribe appropriately and to deal with the complexities of polypharmacy. Since medication is not the only tool in our tool box, the role of cognitive behavioral therapy for the patients will be covered. As has been our tradition, a members-in-training will present a related clinical case for group consideration and discussion. To round out the picture, plans include involving a speaker from a community based advocacy group to provide information about support and advocacy resources as well as the point of view of families with a family member suffering from this condition. Finally for the ethics CME this year, a panel will discuss the impact of the pharmaceutical industry on our clinic practice. Observations from clinicians in both academic and private practice settings will discuss the impact of changes in regulations and policies regarding contact with representatives from the pharmaceutical companies. A panel discussion will also include a representative from the pharmaceutical industry to provide the perspective of the companies on this hot topic for physicians.

Apart from the educational program, the meeting will take place at the newly opened Omni Fort Worth Hotel, 1300 Houston Street, Fort Worth. This beautiful new hotel is currently the largest in Fort Worth and is situated in the downtown area, within walking distance of many of Fort Worth’s most visited restaurants and cultural activities. This fresh and comfortable venue will provide a great setting to catch up with old friends and colleagues as well as to meet new faces and to make new contacts. As always, this meeting welcomes family and loved ones to take a weekend getaway with you. I’m hoping you will make this exciting and topical meeting part of your Summer plans today. The reservation block for our group is already available so you can book your rooms now by calling 1-800-843-6664 and asking for the TSCAP discounted room rate of $175. I hope to see all of you in Fort Worth!

Discounted Meeting Registration
Before July 2

Discounted meeting registration is available for all attendees who register BEFORE July 2 to make plans to register early to take advantage of the registration savings!

Special Invitation To Tscap Trainee And Medical Student Members
All TSCAP Trainee and Medical Student Members who register prior to July 2 will be exempt from the Scientific Program Registration Fee - so register early! After July 2, TSCAP Trainee and Medical Student Members may register at the reduced fee of $30.00.

REGISTRATION

NAME _______________________________________________________________________
MAILING ADDRESS _______________________________________________________________________
PHONE NUMBER _______________________________________________________________________
EMAIL _______________________________________________________________________

SCIENTIFIC PROGRAM REGISTRATION

Before July 2 After July 2
TSCAP Member Physician $195 $215
Non-Member Physician $250 $270
Allied Health Professional / Spouse / Guest $180 $200
TSCAP Member Trainee / Medical Student No Fee $30
Non-Member Trainee / Medical Student $30 $50

SOCIAL EVENTS

☐ Friday Welcome Reception
☐ Sunday Membership Business Breakfast
TSCAP Members No Charge $20
Non-Members / Guests $20 $25

PAYMENT INFORMATION

☐ Check in the Amount of $ _______________________________________________________________________
☐ Visa ☐ MasterCard ☐ American Express
Expiration Date: _______________________________________________________________________

Address where you receive your credit card statement (include address, city, state, zip)

CANCELLATIONS – Deadline for cancellation is July 3, 2009. In the event of cancellation, a full refund will be made if written notice is received in the TSCAP office by July 2, 2009, less a 25% handling charge. NO REFUNDS WILL BE GIVEN AFTER JULY 2, 2009.

RECEIVED TO:
TEXAS SOCIETY OF CHILD AND ADOLESCENT PSYCHIATRY, 401 WEST 15TH STREET, SUITE 6675, AUSTIN, TX 78701; PHONE (512) 478-0603; FAX (512) 478-5223
**G E N E R A L  I N F O R M A T I O N**

**LOCATION / HOTEL RESERVATIONS**
All events will take place at the Omni Fort Worth Hotel, 1300 Houston Street, in downtown Fort Worth, 817/335-6664. A special TSCAP discounted room rate of $175 single or double occupancy is available in TSCAP program rooms before July 2 or upon sell-out whenever occurs first. Make your hotel reservation today by calling 1-800-445-6664.

Located across the street from the Fort Worth Convention Center and Fort Worth Water Gardens, the Omni Fort Worth Hotel offers the ‘Omni Sensational Kids Program’ with special amenities for children staying at the hotel; in addition the hotel features a state-of-the-art fitness center and full-service health club; heated outdoor swimming pool and outdoor whirlpool; revitalizing spa; luxurious massage treatments for the kid in every-one! Maps for scenic hiking, walking, jogging and biking paths located nearby along the Trinity River are available at the Omni Concierge Desk. Restaurants located within the hotel include the Bob’s Steak & Chop House ranked as one of the top steakhouses in the country; Wine Thief (where you can enjoy various selections of wine paired with the finest cheeses); Cast Iron (featuring the true flavors of Fort Worth); Whiskey & Rye Sports Bar and Back yaks, in addition to 24 hour guest room dining. Numerous restaurants, entertainment and museums are also within walking distance, so there is definitely something for every age group!

**OPENING WELCOME RECEPTION WITH EXHIBITORS**
A special Welcome Reception for all TSCAP attendees and their guests has been planned to kick off the weekend’s meeting and activities. The reception will be held Friday, July 24, 4:30 - 8:30 pm in the Texas Ballroom at the Omni Hotel.

**EXHIBITS**
The TSCAP’s Welcome Reception, Continental Breakfasts and Refreshment Breaks will be held in the Texas Ballroom of the Omni Hotel. Please make plans on visiting with the exhibitors during the following hours:
- **Friday, 6:30-8:30 pm**
  - Welcome Reception
- **Saturday, 7:00 am - 9:00 am**
  - Continental Breakfast
- **Saturday, 10:30 am - 10:50 am**
  - Refreshment Break
- **Saturday, 12:20 pm - 12:30 pm**
  - Refreshment Break
- **Saturday, 2:10 am - 2:30 pm**
  - Refreshment Break

**ANNUAL BUSINESS MEETING BREAKFAST**
The Annual TSCAP Business Meeting will be held Sunday 9:00 am - 9:00 am in the Sundance Room of the Omni Hotel. All members are encouraged to RSVP and attend.

**PROGRAM AT A GLANCE**

**FRIDAY, JULY 24**
- **1:00 pm - 5:30 pm** Exhibit Set-Up
- **6:30 pm - 8:30 pm** Welcome Reception with Exhibitors

**SATURDAY, JULY 25**
- **7:30 am - 8:10 am** Continental Breakfast w/Exhibitors
- **8:15 am - 8:30 am** Welcome & Opening Remarks … ……. Fort Worth Ballroom 1-3
- **8:30 am - 10:30 am** Differentiating Bipolar and Severe Mood
  - Depression and Neuroimaging
  - Ellen Liebenluft, M.D., NIMH, Bethesda, Maryland
- **10:00 am - 10:50 am** Refreshment Break in Exhibit Hall …………Texas Ballroom
- **10:50 am - 12:20 pm** Update on Medication Treatments for Bipolar Disorder in Children
  - Karen Dineen Wagner, M.D., Ph.D., UTMB, Galveston, Texas
  - Kirti Saxena, M.D., Georgetown School of Medicine
- **12:20 pm - 12:30 pm** Refreshment Break in Exhibit Hall
- **12:30 pm - 1:30 pm** Clinical Case Presentation
  - Neesha Desai, M.D., Fellow Presenter, UT Southwestern, Dallas, Texas
  - Kirk Senace, M.D., Faculty Discusant, UT Southwestern, Dallas, Texas
- **1:30 pm - 1:45 pm** Refreshment Break in Exhibit Hall
  - Role of Cognitive Behaviour Therapy for Children and Adolescents with Bipolar Disorder
  - Monica Ramirez Brown, Ph.D., UT Arlington & UTMB, Galveston, Texas
  - Ellen Liebenluft, M.D., National Institute of Mental Health, Bethesda, Maryland
  - National Institute of Mental Health

**SUNDAY, JULY 26**
- **8:00 am - 9:00 am** TSCAP Annual Business Meeting Breakfast ………… Sundance 1 Members Complimentary; Guests $20.00
  - BSP / Registration Required in Advance
- **9:00 am - 9:15 am** Welcome and Opening Remarks
- **9:15 am - 10:15 am** Depression and Bipolar Support in Texas
  - DBSA Texas Representative
  - PEDO Texas Representative
  - Dr. Thomas, UT Southwestern
- **10:15 am - 10:30 am** Refreshment Break
- **10:30 am - 12:30 pm** Panel Discussion: Impact of Pharmaceutical Research and Manufacturers of America (PhRMA) Code on our Clinical Practice
  - Academic - Pedro L. Delgado, M.D., UT Southwestern, San Antonio, Texas
  - Private Practice - Matthew Brans, M.D., Houston, Texas
  - Pharmaceutical Industry - To be Determined

**EXHIBIT / SOCIAL SPONSORSHIP OPPORTUNITIES**
The Texas Society of Child and Adolescent Psychiatry meetings provide an excellent opportunity to meet the Child and Adolescent Psychiatricians throughout the State of Texas all in one location! Last year’s Annual Conference was the greatest attended to date, so don’t miss this one!

If you are interested in Exhibit Display Space or Sponsorship of one the TSCAP social activities in conjunction with the Annual Convention, please contact the Texas Society of Child and Adolescent Psychiatry at 817/478-0605, or visit the website www.txpsych.org and download an Application for Exhibit Display / Social Sponsorship.

We hope you will make plans to join us!

**LOCATION, LOCATION, LOCATION!**

**FORT WORTH - City of Cowboys and Culture**

**Sundance Square** is Downtown Fort Worth’s Entertainment and Shopping District - here you will find an entertainment destination to satisfy everyone! You can catch a movie, enjoy improvisational comedy, dance the night away, attend a theatre performance, listen to live music or attend an event at the Bass Performance Hall. And, one of the best places to have a meal in Sundance Square is you can dine there every day of the week and never eat at the same restaurant twice – there’s something for everyone’s taste! For a calendar of events, tickets, reservations, etc. visit www.basshall.com.

In addition to the outstanding Scientific Program be sure to make plans to enjoy some of the following exciting sites and sounds of Fort Worth.

- Step back in time and visit the Fort Worth Historic Stockyards, National Historic District, a one of a kind location with many unique attractions. It is the only place in the United States that has a daily cattle drive! Texas Longhorns are driven down East Exchange Avenue which is right in the heart of the Stockyards. For the history buff, museums and historic locations are plentiful to learn about Texas’ great history. In addition, the family is sure to enjoy the Cowboy Coliseum, Grapevine Vintage Railroad, Stockyards Museum, Texas Cowboy Hall of Fame and don’t miss the world famous fajitas, hamburgers, fajitas, bar-b-que or gourmet cuisine all located within walking distance!

**The oldest zoo in Texas, the Fort Worth Zoo was founded in 1909 with one lion, two bear clubs, an alligator, a coyote, a peacock and a few rabbits. From those humble beginnings, the zoo has grown into a nationally ranked facility housing more than 5000 native and exotic animals. The atmosphere benefits from a widespread lack of cages. Most animals are separated from the viewer by rivers or gullies. And don’t miss the World of Primates, a menagerie of orangutans, chimpanzees, gibbons, mandrills and gorillas!**

**SCIENTIFIC PROGRAM SPEAKERS**

- **Monica Ramirez Basco, Ph.D.**
  - Clinical Psychologist
  - Assistant Professor of Psychiatry
  - University of Texas at Arlington

- **Ellen Liebenluft, M.D.**
  - Researcher, Affective Disorders Unit, Mood and Anxiety Disorders Program
  - National Institute of Mental Health
  - Bethesda, Maryland
  - National Institute of Mental Health

- **Kirti Saxena, M.D.**
  - Clinical Associate Professor of Psychiatry
  - University of Texas Southwestern Medical Center at Dallas
  - National Institute of Mental Health
  - Bethesda, Maryland

- **Neesha Desai, M.D.**
  - UT Southwestern Medical Center at Dallas
  - Child Psychiatry Fellow (PGY-4)
  - University of Texas Medical Branch
  - Galveston, Texas

- **Karen Dineen, M.D.**
  - Assistant Professor of Psychiatry
  - UT Southwestern Medical Center at Dallas
  - Child Psychiatry Fellow (PGY-4)
  - University of Texas Medical Branch
  - Galveston, Texas

**APPLICATION FOR EXHIBIT DISPLAY / SOCIAL SPONSORSHIP**

If you are interested in Exhibit Display Space or Sponsorship of one the TSCAP social activities in conjunction with the Annual Convention, please contact the Texas Society of Child and Adolescent Psychiatry at 817/478-0605, or visit the website www.txpsych.org and download an Application for Exhibit Display / Social Sponsorship.

We hope you will make plans to join us!

**SCIENTIFIC PROGRAM**

- **Bipolar Disorder in Children and Adolescents: Diagnostic and Treatment Dilemmas**
  - July 24-26, 2009 * Omni Fort Worth Hotel * 1300 Houston Street * Fort Worth, Texas
  - Jointly Sponsored by Texas Society of Psychiatric Physicians and Texas Society of Child and Adolescent Psychiatry

**TEXAS PSYCHIATRIST**

**FEBRUARY / MARCH 2009**
PhRMA Revised Marketing Code Reinforces Commitment To Responsible Interactions With Healthcare Professionals

Effective January 2009, the new Pharmaceutical Research and Manufacturers of America (PhRMA) Code went into effect. For a full copy of the PhRMA Code please visit www.phrma.org. What does the newly revised PhRMA Code mean to you, as a Physician?

Washington, D. C. (July 10, 2008) — Reflecting the continuing commitment of America’s pharmaceutical research and biotechnology companies to pursue policies and practices that best serve the needs of patients and the healthcare community, the Pharmaceutical Research and Manufacturers of America (PhRMA) Board of Directors has adopted measures to enhance the PhRMA Code on Interactions with Healthcare Professionals.

The newly revised PhRMA Code, which builds on improvements already made in the previous 2002 version, is part of an ongoing effort to the PhRMA Code on Interactions with Healthcare Professionals. The voluntary PhRMA Code on Interactions with Healthcare Professionals, which will take effect in January 2009, reaffirms that interactions between company representatives and healthcare professionals should be focused on informing the health care professionals about products, providing scientific and educational information, and supporting medical research and education.

PhRMA companies conduct interactions with up-to-date, accurate information about the medicines they prescribe clearly improves patient care and advances health care in general. Pharmaceutical research companies that dis- cover and develop new medicines are the most knowledgeable about their products and are in the best position to inform health care professionals about a wide range of topics related to these medicines, including new treatment options, appropriate dosing, emerging safety developments and potential interactions with other drugs.

“Although our member companies have long been committed to responsible market- ing of the life-enhancing and life-saving medicines they develop, we have heard the voices of policymakers, healthcare profes- sionals and others telling us we can do bet- ter,” said Billy Tauzin, President and CEO of PhRMA.

“This updated Code fortifies our compa- nies’ commitment to ensure their medicines are marketed in a manner that benefits patients and enhances the practice of medi- cine. Simply put, it marks a renewed pledge to practice what we preach. We hope all companies that interact with healthcare profes- sionals will adopt these standards.

“For example, the revised Code:

• Prohibits distribution of non-educational items (such as pens, mugs and other items (such as pens, mugs and other.

“reminder” objects typically adorned with a company or product logo) to healthcare providers and their staff. The Code acknowledges that such items, even though of minimal value, “may foster misperceptions that company interactions with healthcare professionals are not based on informing them about medical and scientific issues. • Prohibits com- pany sales representatives from providing restaurant meals to healthcare profession- als, but allows them to provide occasional meals in healthcare professionals’ offices in conjunction with informational presen- tations. The Code also strengthens previous standards that companies should not provide any entertain- ment or recreational benefits to healthcare professionals.

includes new provisions that require com- panies to ensure that their representatives are sufficiently trained about applicable laws, regulations and industry codes of practice – including this Code – that govern interactions with healthcare profes- sionals. Companies are also asked to assess their representatives periodically and to take appropriate action if they fail to comply with relevant standards of con- duct.

• Provides that each company will state its intentions to abide by the Code and that company CEOs and Compliance Officers will certify each year that they have processes in place to comply, a process patterned after the concept of Sarbanes- Oxley compliance mechanisms. Companies also are encouraged to get exter- nal verification periodically that they have processes in place to foster compliance with the Code. PhRMA will post on its Web site a list of all companies that announce their pledge to follow the Code, contact informa- tion for company compliance officers, and information about the companies’ annual certifications of compliance.

• Includes additional guidance for speaking and consulting arrangements with healthcare profes- sionals, including disclosure requirements for healthcare providers who are members of committees that set formulas or develop clinical practice guidelines and who also serve as speakers or consultants for a phar- maceutical company. Several of the changes to the Code like PhRMA’s recent acceptance of the revised Physician Payments Sunshine Act in the Senate, reflect PhRMA’s position that appropriate transparency in relation- ships with healthcare professionals can help build and maintain patient trust in the healthcare system.

The Pharmaceutical Research and Manu- facturers of America (PhRMA) represents the country’s leading pharmaceutical research and biotechnology companies, which are devoted to inventing medicines that allow patients to live longer, healthier and more productive lives. PhRMA companies are lead- ing the way in the search for new cures.


...
Texas physicians are dedicated to making the process more transparent, and ensuring that employers and employees—our patients—can see exactly how insurance companies are using these premium dollars.

Skyrocketing Health Insurance Costs Afflict All Texans
For many employers and their employees, yearly health insurance premium increases are unsustainable. No one feels this challenge more acutely than your local neighborhood businesses, such as family-owned restaurants, auto mechanic shops, and physician practices. All are trying to provide affordable health insurance coverage for their employees because it’s the right thing to do. But in these uncertain economic times, affording health insurance is becoming more difficult. According to the U.S. Census Bureau and the Texas Department of Insurance, only 52 percent of Texans have coverage through their employer. For small businesses—the bulk of Texas employers—the number is even worse: 34 percent. In fact, Texas ranks last in the nation for employer-sponsored insurance.

So Where Are the Premium Dollars Going?
Texans pay more money each year for health insurance but receive less coverage in return. Patients are now paying more money out of their own pockets for their health care, and paying more for health care coverage. Over the past decade, insurance companies have decreased their costs by increasing premiums and offering products with much larger deductibles, copays, and coinsurance.

While insurance premiums are increasing and patients are paying greater out-of-pocket costs, these companies also are ratcheting down physician payments. At the same time, the cost to run a physician practice has increased by over 30 percent. This is due in inflation and the ever more complex paperwork burdens placed on them. Similarly, payments made by Medicaid and Medicare have not kept pace with general inflation or physicians’ operating costs.

What Should Be Done? The time has come for Texas to implement solutions so that Texas’ employers and patients can see exactly how their health insurance premium dollars are being spent.

Make Insurance Companies Accountable for Their Marketplace Decisions
Texas needs a health care system that allows all patients to receive the care they need when they need it. Removing barriers to affordable health care is critical.

To get there, legislators should enact a code of conduct that curtails skyrocketing health insurance premiums, brings more transparency to the business operations and coverage designs of the multi-billion-dollar industry, and holds health insurance companies accountable for the promises they make to the Texans who pay their premiums.

The Texas Medical Association is asking legislators to support the Health Insurance Code of Conduct Act of 2009. This law would ensure transparency and accountability in the way insurance companies conduct business and better protect patients from questionable insurance tactics that result in loss of coverage and increased out-of-pocket costs.

1. Transparency and Accountability in Health Insurance Cancellations and Rescission

Health insurance tactic: When patients incur high medical bills, health insurance companies increasingly are canceling policies unilaterally, a practice called “recision.” Insurers pour over the patients’ health information for evidence that the patients did not disclose their entire medical history to the insurance company on their insurance application. If an error or omission is found, no matter how insignificant, the insurance company rescinds the policy rather than continue to pay the patient’s medical bills. What is worse, the insurer then attempts to reclaim all previous payments it made on the patient’s behalf to doctors, hospitals, and other health care providers.

Patient impact: No health insurance when health care coverage is needed most. Patients also are stuck with additional medical expenses for prior payments the insurer revoked. Recently, only after a Watahahachie woman appealed to her congressman was her insurance reinstated. The company said she did not check “acne” on her application, so it denied her treatment for breast cancer and revoked her coverage.

Code of Conduct solution: Require insurers to notify patients that rescission of their policy is under consideration prior to the actual cancellation. In addition, the insurer would have to provide a patient an itemized list of information about why the policy is being revoked and how to initiate an independent review of the decision. This solution will allow the patient to verify the insurer’s decision if desired and help prevent him or her policy from being revoked inappropriately.

2. Transparency and Accountability in the Calculation of Premium Quotes

Health insurance tactic: Insurance quotes are developed in a black box. Small medical expenses and individuals have little or no understanding of how or why their health insurance premium quote increased from the prior year.

Patient impact: Paying more each year for unreachable premium increases. At renewal, when small employers ask the broker, agent, or insurance company how their premium was spent, they often are told the information is not available, or they receive incomplete information. Recently Harris County Medical Society, a small, nonprofit business in Houston, experienced an unwelcome double-digit increase in its premium quote with no understandable basis provided by the insurer that warranted the increase.

Code of Conduct solution: Allow Texas’ small businesses to challenge health insurance premium quotes, and have insurers provide information to justify a premium increase. If a small business believes its premium increase is unwarranted, it can ask TDI to investigate the proposed rate.

3. Transparency and Accountability in the Calculation of the Medical Loss Ratio

Health insurance tactic: Health insurer profits are expressed in part of the industry’s term “medical loss ratio.” The medical loss ratio is the percentage of premium dollars spent on payments to physicians, hospitals, and other health care providers for health care services rendered. The amount of premium dollars left over often translates into administrative expenses that include health insurer profits. Simply stated, insurers can maximize their profits by keeping the amount of the premium dollar they spend on the patient’s health care to a minimum.

Patient impact: Employers and employees are spending more money on health insurance each year but have no idea exactly where their health care coverage premium dollars are going. Is it going toward their health care costs or to the insurer’s bottom line?

Code of Conduct solution: Require a consistent reporting formula for the term “medical loss ratio.” The formula needs to specify exactly what insurers can include as a medical cost vs. profit for expenses for items such as marketing, administration, and recruitment. This solution would allow employers and patients to compare the performance of their health plan with other plans and aid in shopping for health insurance.

4. Transparency and Accountability for Unregulated Secondary Networks (aka Silent PPOs)

Health insurance tactic: Currently, the discounted rates physicians negotiate with health plans are being hijacked by unregulated preferred provider organizations (PPO) networks. These entities, called “silent” and “managed care” networks, take a discount that has been accessed without a physician’s permission. They shop around to find the lowest rate a physician has agreed to wish any health plan. Then the PPO sells, resells, or leases that discounted rate to insurance companies, discount brokers, and other unregulated health care businesses—without the physician’s knowledge or permission. These unregulated companies then fraudulently apply these discounts to minimize their payments for patients’ medical expenses.

Patient impact: While the plan gets a discount and pays less, the patient pays more of the medical costs due to the inappropriate applied discount.

Code of Conduct solution: Regulate how a physician’s contract information is sold, leased, or shared among health insurance plans and other companies. In addition, these companies should be required to register with the Texas Department of Insurance. This solution prohibits any business or insurance company from improperly using a physician’s contract information and forcing greater costs onto patients.

5. Transparency and Accountability in Physician Rankings

Health insurance tactic: All major health insurance companies in Texas use some form of physician ranking or tiering of their networks. They market these networks to employers and patients as “quality” enhancements or “high-performance” networks. In reality, the rankings are based almost exclusively on claims data and cost. They rarely include any review of the quality of care the patient receives. Repeatedly, physicians find numerous inaccuracies in the data. Health insurance companies also post these rankings publicly on their Web sites prior to giving physicians any opportunity to verify the accuracy of the information and correct any mistakes made by the insurer.

Patient impact: Employers and patients are being deceived about the availability and quality of the physicians in the health plans’ network, suffer disruption in longstanding physician relationships, and have limited access to certain types of specialists.

Code of Conduct solution: Require health insurance companies to use scientifically valid criteria to evaluate physicians’ performance and disclose those criteria in advance. Physicians should be given the opportunity to review their data and ranking before this information is made public. Physicians also would have an appeals process to correct any misleading or wrong information. A physician’s disagreement with his or her ranking would be included in the information the insurance company publicizes.

6. Transparency and Accountability in Claims Processing

Health insurance tactic: Five years ago, a federal class-action lawsuit was filed under the Racketeer Influenced and Corrupt Organizations Act (RICO). The lawsuit charged several large health insurance companies with using claims-processing practices and systems that fostered patient reimbursement. Most major health insurance companies agreed to a settlement with many state medical societies rather than face federal antitrust trials over their disturbing claims processing practices. These practices included refusing to process claims for vaccine administration, formulating clinical policies on criteria that are not supported by medical science, and unilaterally changing billing codes and amounts.

Patient impact: These practices disrupted the patient-physician relationship and made it more difficult for physicians to provide patients the care and services that should have been covered.

Code of Conduct solution: Curb a number of the settlement’s provisions, which are set to expire in the near future. This would continue to hold insurance companies accountable for how they process claims to ensure they are paying for the patient’s care the way they should.
Capitol Day 2009

“No man’s life, liberty or property are safe while the legislature is in session.”

Judge Gideon J. Tucker

The Texas Legislature is now in session. During the 140-day session, the 181 legislators will file over 6,000 bills.

Generally, about 300 filed bills could affect the practice of psychiatry in Texas.

Member organizations of the Federation, including the Texas Society of Psychiatric Physicians, the Texas Academy of Psychiatry and the Texas Society of Child and Adolescent Psychiatry, urge you to become involved in the political and legislative process to ensure that quality psychiatric care and patient safety are preserved and protected.

You can begin this involvement by attending and participating in the activities of CAPITOL DAY on March 4, 2009. CAPITOL DAY, sponsored by the Mental Illness Awareness Coalition (Depression and Bipolar Support Alliance of Texas, Mental Health America of Texas, NAMI Texas and the Federation of Texas Psychiatry), will afford you the opportunity to participate in several activities on March 4th to advocate for your patients and profession. For additional information about CAPITOL DAY, including registration information, please visit the Federation’s website, www.txpsych.org.

Come to CAPITOL DAY prepared to learn and to have a very fulfilling and fun experience. And, wear your white coat to the rally and legislative visits to demonstrate that “The Doctor is in the House.”

We hope to see you in Austin at the Texas Capitol on March 4th — MARCH FORTH FOR MENTAL HEALTH.

“Just because you do not take an interest in politics doesn’t mean that politics won’t take an interest in you.”

Pericles

CALENDAR OF MEETINGS

MARCH

4 MIAC Capitol Day 2009 “March Forth for Mental Health” Sponsored by the Mental Illness Awareness Coalition (Federation of Texas Psychiatry, Depression and Bipolar Support Alliance of Texas, Mental Health America of Texas and NAMI Texas) For additional information please visit the Federation’s website www.txpsych.org

APRIL

4-5 Texas Society of Psychiatric Physicians & Texas Academy of Psychiatry Spring Meeting and CME Dinner Program “The Neuropsychiatry of Traumatic Brain Injury”, Stuart C. Yudofsky, M.D. Westin Galleria Hotel, Houston, Texas TSPP Discounted Room Rate $159 / Hotel Reservations Until March 4 or Upon Sell-Out, whichever occurs first / 1-800-228-3000 For additional information please visit www.txpsych.org or call 512-478-0605

MAY

1 TMA Section on Psychiatry Program TExMED 2009, Austin Convention Center For additional information 1-800-888-7955 or www.texmed09.texmed.org

16-21 American Psychiatric Association Annual Meeting San Francisco, CA For additional information visit www.psych.org

JUNE

11-13 Texas Osteopathic Medical Association and Texas Society of the American College of Osteopathic Family Physicians Joint Annual Convention Arlington, Texas

JULY

24-26 Texas Society of Child & Adolescent Psychiatry Annual Meeting & Scientific Program “Bipolar Disorder in Children and Adolescents: Diagnostic and Treatment Dilemmas” Omni Fort Worth Hotel, Fort Worth, Texas TSCAP Discounted Room Rate $175 / Hotel Reservations Until July 2 or Upon Sell-Out, whichever occurs first / 1-800-843-6664 For additional information please visit www.txpsych.org or call 512-478-0605

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.