Texas Psychiatrist

Why be involved in TSPP?

Melissa Gail Inga Eshelman, MD, DFAPA, President, Texas Society of Psychiatric Physicians

These last 2 months have been difficult for many Texans. At the beginning of August there were shootings with the loss of innocent lives in El Paso. This occurred again at the end of August in Midland-Odessa. Currently, there is flooding along the Texas Gulf Coast from Tropical Storm Imelda. Many Texans have been affected; those who tragically lost their lives, those who were injured, friends and family members, first responders, medical staff, etc. Undoubtedly, many Texas psychiatrists in these and other communities may have been known someone directly affected or perhaps been affected themselves. Many thanks to our Texas psychiatrists and other mental health professionals who are providing support and treatment to those psychologically affected.

I’d like to focus the remainder of this column on access to mental health care. In the September 6, 2019 issue of Psychiatric News, APA President Bruce Schwartz, MD wrote about the poor access to care for adolescent and young adults. This is the age when many psychiatric disorders emerge, yet mental health resources are limited. I resonated with this issue, as I am a psychiatrist who provides treatment to college students. There are not enough child and adolescent and general psychiatrists. Texas is known for our increasing populations growth, but this adds to the difficulty in providing good access to care. The nonprofit Mental Health America ranked Texas 49 out of 50 states and Washington, D.C. in 2018 for access to mental health care. The challenge in providing mental health treatment is even more limiting in rural areas and affects not only our youth, those with chronic mental illness, our geriatric population, individuals who are homeless and others.

The Federation of Texas, of which TSPP is a voting member organization, has done much work in advocating for public policy to address these issues. An example of a bill to increase access to care that was supported by the Federation was SB 10. This bill related to the creation of the Texas Mental Health Care Consortium to facilitate access to mental health care services through telehealth and the child psychiatry access network. Provisions of SB 10 were added to SB 11, which was signed into law by Governor Abbott. Another area of advocacy addressed support of bills that would increase the workforce. The State Physician Education Loan Repayment Program has been successful in improving access to care by encouraging physicians to pay off their medical loans by working in underserved areas in Texas. HB 2681 related to increasing the amount of money a physician could receive under the physician education loan repayment program by $5,000 each year. This bill was signed by Governor Abbott and effective September 1, 2019.

In addition, TSPP is committed to providing CME education for our members on topics that will assist our treatment of individuals who are underserved. This includes upcoming presentations at our November meeting on treatment resistant depression, treatment of adolescents and young adults with psychiatric issues and smoking cessation in individuals with mental illness.

These are some actions, but so much more we need to do as we strive to make a difference for our patients, profession and communities. Please take care and I hope to see many of you in November at the TSPP Convention and Scientific Program.


Ramón Aragón, M.D., Chair, RFM Section of the Texas Society of Psychiatric Physicians

As was asked to reflect on the highights of our organization and meetings from the Resident-Fellow Member (RFM) perspective, those were the words that came to mind. Medical organizations have traditionally been looked upon for guidance and support on issues that currently affect or can potentially affect our clinical practice. It is relatively easy to remain sheltered from these issues during our training years; however, it becomes increasingly important to become involved in activities and organizations that aim to improve the practice environment both for physicians and patients alike. TSPP provides a unique opportunity for residents and fellows training in Texas to experience the behind-the-scenes work towards advocating and maintaining a strong presence in the academic and legislative organizations in the state. The TSPP hosts a semiannual meeting where the RFM section holds a designated committee time to discuss issues specifically pertaining to our training status. This provides a forum for current trainees at various stages in their training to explore issues that are being presently addressed at different institutions throughout the state and brainstorm ideas and potential improvements to bring back to their individual programs.

As our training advances, we become progressively more conscious of our own preferences and goals. The RFM section seeks to assist residents and fellows in framing their career path. We seek to collaborate avidly in committees within the organization which include Academic Psychiatry, Chapter Leadership, Government Affairs, and Public Mental Health Services. Our participation in these committees has grown and we continue to encourage this growth and activities. As RFM section members, we have participated in activities such as Capitol Day, in which legislators are collectively approached to discuss issues such as midlevel independent practice. This was a remarkable opportunity, in Dr. Rachel Zettl’s (PGY-4 at UTSW) words: “There is nothing more powerful than using your expertise to advocate for those suffering from mental illness. Several groups of my fellow residents road down to Austin together and then grouped up by district. This allowed us to make a team effort of disseminating information. I was surprised how little our lawmakers knew about the plight of our patients, and was very excited about the interest they showed in learning about the current state of mental health care in Texas. It was such a great experience. If you get the chance to be a part of Capitol Day, I highly recommend it!”

We are all aware of the overwhelming need for Psychiatrists in our country, and of course, our state. This need is bound to prevail for the coming years and it is of utmost importance that we, as trainees, recognize that we are an essential part of the future of our specialty. We hope to continue to grow our section and its participation within the organization to continuously collaborate with various committees. For instance, we have coordinated a joint-workshop for our upcoming fall meeting where the Academic Psychiatry committee will host, together with the RFM section, a session to discuss the impact of culture in the practice of psychiatry. This is a joint effort that we strive to build upon for future meetings.

The RFM section is a wonderful opportunity for trainees to gain experience in leadership positions within our organizations. The semiannual meetings are also remarkable networking events in which we aim to provide the RFM section with numerous opportunities to interact with seasoned psychiatrists that are currently in a wide array of practice areas such as Forensic Psychiatry, Child and Adolescent, Private Outpatient, Substance Use Disorder, Academic Psychiatry, and Telepsychiatry among others.

As the RFM chair, I invite current trainees and Program Directors to join our organization and continue working towards improving the practice of Psychiatry in our state.
As a general rule, the summer after a legislative session is typically a slow period... the summer of 2019 has truly been an exception to the rule!

The Nominating Committee composed of Joseph Penn, MD, Terry McMahon, MD and Daryl Knus, MD will present the following slate of candidates for consideration:

President-Elect: 2020-21, Michael R. Arambula, MD, Pharm.D. San Antonio
Secretary-Treasurer: 2020-21, Karen Dineen Wagner, MD, PhD. Galveston
APR Representative, Position 1, 2020-23, Michael R. Arambula, MD, Pharm.D. San Antonio
Councillor-at-Large, 2020-23, Richard Noel, MD, Houston

have announced their retirements include Rep. Dwayne Bohac (R-Houston), Rep. Jessica Farrar (D-Houston), Rep. Eric Johnson (D-Dallas), Rep. Rep. Jonathan Stickland (R- Bedford), Sen. Jose Rodriguez (D-Ell Paso), and Rep. Cesar Blanco (D-Ell Paso), who is running to replace Sen. Rodriguez, as well as Speaker Bonnen (R-Angleton). Given the scandal in the speaker’s office and the proceedings related to the possible impeachment of President Donald Trump, it is very likely that Texas will see additional seats vacated or change parties. Democrats believe this is their best opportunity to gain a majority of seats in the Texas House, which has a current partisan split of 85 Republicans and 65 Democrats. As always, we are pleased to provide leg- islative support to the Federation of Texas Psychiatry. We appreciate the opportunity to serve you and the House of Medicine, and are always ready to answer any questions or address any concerns you may have. Thank you for all you do for Texas!

As a general rule, the summer after a legislative session is typically a slow period, politically speaking. However, with a scandal in the Texas House of Representatives, the mass shootings in El Paso and Odessa, a flurry of activity on mental health issues, intermittent charges for House and Senate committees, and the usual comings and goings of the elected class, the summer of 2019 has truly been an exception to the rule!

Speaker of the House Dennis Bonnen has been embroiled in one of the most notable Texas political scandals in recent memory, after he and one of his top lieutenants, Rep. Dustin Burrows (R-Lubbock) met with a far-right political operative, Michael Quinn Sullivan, in June. During that meeting, Bonnen and Burrows criticized leaders from Texas cities and counties and made several off-color remarks about their House colleagues, as well as discussed with Sullivan a list of ten Republican representatives that he could endeavor to defeat in their re-election primaries without facing repercussions from the Speaker’s political team. After it was revealed that the meeting was secretly recorded by Sullivan, Speaker Bonnen announced he was not running for re-election to the legislature (thereby stepping down as leader of the House) and Rep. Burrows announced his resignation as chair of the House GOP caucus. The mechanisms for filling a vacancy in the Speaker’s chair when the House is not in session, and who that replacement would be, are still being discussed.

Governor Greg Abbott created a domestic terrorism task force following the recent gun violence in two West Texas communities, and also issued eight Executive Orders to further address the issue. The House and Senate are required to continue to monitor the activities of the Consortium and the development of the implementation plan. The Federation worked steadily during the 86th Legislature to look for ways to address mental health holds by Texas physicians and facilities. Senate Bill 662 by Sen. Joan Huffman included provisions sought by the Federation that required the creation of a Task Force under the leadership of the Texas Supreme Court to develop uniform rules and forms for emergency detentions, but we also hope to foster the creation of a teledicine-based consultation and training network of academic hubs to provide psychiatrists to function as academic medical directors at community mental health settings, as well as developing new resident opportunities and fellowships. The next meeting will be scheduled in the coming weeks. We will continue to monitor the activities of the Consortium and the development of the implementation plan.

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The Giving Season Has Arrived!

The Texas Foundation for Psychiatric Education and Research’s 2019 Annual Campaign has officially begun. We welcome all contributions for this most worthy and useful cause. Contributions are deductible to the full extent of the law. To donate to the 2019 Annual Campaign, please complete the green payment information in the coupon below and mail to TFPER, 401 West 15th Street, Suite #675, Austin, TX 78701.

Many of you know that the Foundation was formed in 1991 with the express purpose of helping to ensure access to quality psychiatric care, to combat the stigma and the discrimination which still exists regarding psychiatric care, to contribute to quality education programs in psychiatry to further patient care, and to improve treatment through innovative research. This campaign provides the resources required to pursue these goals.

TSPP members have contributed over 60% of all funds raised for the Foundation, with the Academy, individuals, businesses, other foundations, and other organizations making up the remainder. Over $400,000 in charitable contributions has been raised since 1991, and nearly 140 grants totaling over $275,000 have been awarded for such Foundation-relevant purposes as public education and advocacy (40%), professional education (57%), and research (3%).

For the past several years, the Foundation has also played an increasing role in contributing to TSPP’s Annual Convention, which offers a high-quality Annual CME Program, and providing grants to TSPP Chapters for local MIAW activities. The Foundation is proud to be able to play a role in these outstanding endeavors and through your generous donations will be able to continue to do so.

I am pleased to support the Foundation with a contribution of:

$ ________

I am pleased to commit a pledge of $ ________

payable on (date)___________________________________________

Please Charge $ ________ To My: □ VISA □ MasterCard

Name _______________________________

Credit Card # _______________________________

Exp. Date: _______________________________

3 Digit Code on Back of Card on Right of Signature Panel _______________________________

Signature ________________________________________________________________________

Donor Information: Name________________________ Address________________________

Telephone ( ) _______________________________

Contact me about a PLANNED GIFT.

□ A Bequest □ A Gift of Insurance □ A Charitable Trust

Texas Foundation for Psychiatric Education and Research • 401 W 15th Street, Suite 675, Austin, Texas 78701.

Thank you in advance for your support.

J. Clay Sawyer, MD, DFAAPA

The Giving Season Has Arrived!

J. Clay Sawyer, MD, Chairman, Texas Foundation for Psychiatric Education and Research

Your Foundation Contributions At Work

The Texas Foundation for Psychiatric Education and Research is pleased to provide grants to support the following TSPP Chapters’ MIAW Activities in 2019.

Note: All TSPP Chapters were invited to apply for a MIAW grant from the Foundation.

BEXAR – SAN ANTONIO

The Bexar Chapter (Bexar County Psychiatric Society) continued events and partnered with NAMI, American Foundation for Suicidce Prevention (AFSP), Menninger, Bexar County Psychological Society, YMCA, Second Baptist Church and Southside ISD.

On October 7, 2019, the movie ‘Angst – It Gets Better’ was shown. The group assigned a moderator to facilitate discussion and shared guides for teachers, students, and peer-to-peer pamphlets in English and Spanish, anxiety tip sheets and commonly asked questions to emphasize Mental Health needs and educate attendees about prevention and treatment measures for mental illnesses. The targeted audience were parents, teachers and school administrators of middle school in the Southside of the city.

On October 8, 2019, the group conducted a Mental Health Program in the YMCA to highlight signs and symptoms of anxiety, PTSD, and depression and follow up with treatment options and resources for the purpose of emphasizing how mental health and physical health are interdependent. The program was tailored to families in nearby communities, YMCA staff and members in the Southeast side of the city.

On October 9, 2019, the group conducted a Mental Health Program in the Southside of the city in Second Baptist Church to emphasize and highlight the importance of advocating for Mental Health and educating attendees about preventive measures and treatment method for mental illness. The targeted audience was the African American Congregation in Second Baptist Church.

HOUSTON

The Houston Chapter (Houston Psychiatric Society) partnered with NAMI Houston, Houston Psychological Association and Houston Community College - Department of Psychology to present a live depression screening event on October 10, 2019 at the Houston Community College, Southwest Campus where Psychiatrists, Fellows, Residents and Psychologists performed the confidential interviews.

Why Care? Was the theme of the activity noting physical ailments are obvious, as a broken limb, but mental illness has many disguises. Know the signs to help yourself or someone else. The target audience were college students and community members, young adults 19-38. Appointments were not required. Media coverage included the community paper (Bellaire & Village Southwest), Community College Newspapers and Social Media Outlets (Facebook and Twitter).

NTSPP – DALLAS

The North Texas Chapter (North Texas Society of Psychiatric Physicians) planned a Mental Health Symposium sponsored by St. Luke’s Community United Methodist Church to address mental health issues in the community. The church is located approximately 1 mile from Fair Park, an impoverished area of Dallas.

The theme of the symposium was “Mental Health: Navigating the Path to Liberation and Healing” and was intended to raise community awareness of the importance of good mental health and provide education about the many life challenges that may face those who have or will experience life trauma, especially trauma experienced in childhood.

The symposium targeted community members, mental health providers and local agencies / service providers and provided an opportunity for networking among local agencies and service providers.

Medical material was provided to the Dallas Morning News and the event was given a Facebook page and covered in Eventbrite.

Sponsors / exhibitor included NTSPP, The Meadows Foundation, the Grant Halliburton Foundation, NAMI, Parkland Hospital, City of Dallas, Dallas County District Attorney’s office and other participants.

Your contribution is tax deductible to the full extent of the law. Thank you for your support.

J. Clay Sawyer, MD, DFAAPA

October/November 2019

Texas Psychiatrist
**MEETING LOCATION**

The TSPP 63rd Annual Convention and Scientific Program will be held at the beautiful Moody Gardens Hotel, Seven Hope Blvd., Galveston, Texas on November 8-10, 2019.

Moody Gardens boasts diverse Galveston attractions. Educational activities include its many educational formats, with one focused on the rainforest and the other on ocean life. Moody Gardens also has Galveston’s premier coastal golf courses, 3D and 4D movies, Discovery Museum, the Colonel Paddlewheel Boa, Rope Course & Zip Line and seasonal Galveston Island attractions like the Festival of Lights.

**HOTEL RESERVATIONS**

To place a hotel reservation at the TSPP home page w w w .txpsych.org and

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

**AWARDS**

**FRIDAY – TEXAS ACADEMY OF PSYCHIATRY PROGRAM – OPEN TO ALL ATTENDEES – FREE for Texas Academy of Psychiatry Members / $25 for TAP Non-Members. Not a member of TAP? If you are already a member of TSSP or TSCAP you can join the Texas Academy of Psychiatry as a member for only $25.00 (email TSPPinfo@tmc.com for a TAP application to join or go online at www.txpsych.org). Not interested in membership at TAP yet, you can still register and attend the TAP Program for $25.00 Registration Fee – see registration form.**

**TEXAS ACADEMY OF PSYCHIATRY PROGRAM: ASSISTED OUTPATIENT TREATMENT (AOT): Another Option for Patient Engagement**

(AOT) has been used successfully across the nation as another option to engage patients with complex mental health needs and poor treatment adherence into ongoing mental health treatment. This presentation will discuss the legal statutes regarding patient civil commitment in Texas. Panelists from CMHC in Fort Worth, San Antonio and Houston will discuss their experience with this intervention and some of the outcomes achieved.

**MEETING SCHEDULE**

**ADVANCE TO THE 2019 TAP AWARDS**

THURSDAY, NOVEMBER 7

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>12:00 pm</td>
<td>Golf Outing – Pre-registered golfers meet in hotel lobby to leave for golf</td>
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<tr>
<td>2:00 pm</td>
<td>Registration – Group Registration Desk, South Foyer</td>
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<tr>
<td>6:00 pm</td>
<td>TAPSC Executive Committee – Board Room</td>
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<tr>
<td>7:00 pm</td>
<td>Chapter Leadership Forum Meeting – Ivy Room</td>
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<tr>
<td>8:00 pm</td>
<td>Federation Delegate Assembly – Ivy Room</td>
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FRIDAY, NOVEMBER 8

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<tr>
<th>Time</th>
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<tr>
<td>7:30 am</td>
<td>Registration – Group Registration Desk, South Foyer</td>
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<tr>
<td>8:00 am</td>
<td>Foundation Board of Directors Breakfast Meeting – Boardroom</td>
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<tr>
<td>8:00 am</td>
<td>Exhibit Hall Set Up – South Foyer</td>
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<tr>
<td>8:30 am</td>
<td>Committee Refreshments – East Ballroom Foyer</td>
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<tr>
<td>9:00 am</td>
<td>COUNCIL ON LEADERSHIP MEETINGS – Ivy 1</td>
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<tr>
<td>10:45 am</td>
<td>COUNCIL ON SERVICE MEETINGS – Ivy 1</td>
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<tr>
<td>12:00 pm</td>
<td>Exhibits AND Poster Presenters Session Set Up – Moody I</td>
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<tr>
<td>12:30 pm</td>
<td>Council Members’ Luncheon – Garden Canyon</td>
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<tr>
<td>12:30 pm</td>
<td>TSSP Office Orientation – Board Room</td>
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<tr>
<td>1:30 pm</td>
<td>Texas Academy of Psychiatry Board of Trustees Meeting – Salina H</td>
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<tr>
<td>1:30 pm</td>
<td>Resident-Fellow Section Committee Meeting – Salina E</td>
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<tr>
<td>2:00 pm</td>
<td>Texas Academy of Psychiatry Program – ASSISTED OUTPATIENT TREATMENT – Salina H</td>
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<tr>
<td>2:00 pm</td>
<td>COUNCIL ON EDUCATION MEETINGS – Ivy 2</td>
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<tr>
<td>2:30 pm</td>
<td>Continuing Medical Education Committee – Ivy 2</td>
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<tr>
<td>2:30 pm</td>
<td>Professional Practice Management Committee – Ivy 2</td>
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<tr>
<td>3:45 pm</td>
<td>Academic Psychiatry Committee Workshop – Salina E</td>
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<tr>
<td>3:45 pm</td>
<td>COUNCIL ON ADVOCACY MEETING – Government Affairs Committee – Salina G</td>
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SATURDAY, NOVEMBER 9

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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>5:00 pm</td>
<td>Executive Council Meeting – Salina G</td>
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<tr>
<td>6:00 pm</td>
<td>Welcome Reception with Exhibitors AND Poster Session – Moody I</td>
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<tr>
<td>6:30 pm</td>
<td>Complimentary Continental Breakfast in Exhibit Hall for Registrants and Paid Guests – Moody I</td>
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<tr>
<td>8:15 am</td>
<td>Refreshment Break and Door Prize Drawings with Exhibitors and Poster Session – Moody I</td>
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<tr>
<td>10:30 am</td>
<td>Refreshment Break and Door Prize Drawings with Exhibitors and Poster Session – Moody I</td>
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<tr>
<td>11:50 am</td>
<td>Refreshment Break and Door Prize Drawings with Exhibitors and Poster Session – Moody I</td>
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<tr>
<td>12:10 pm</td>
<td>Lunch – Moody I</td>
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<tr>
<td>3:45 pm</td>
<td>Refreshment Break and Door Prize Drawings with Exhibitors and Poster Session – Moody I</td>
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<tr>
<td>4:30 pm</td>
<td>Exhibits and Poster Session Closes – Moody I</td>
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<tr>
<td>6:15 pm</td>
<td>Reception for Awards Banquet Registrants – Floridai</td>
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<td>7:00 pm</td>
<td>Awards Program – Floridai</td>
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SUNDAY, NOVEMBER 10

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<td>9:30 am</td>
<td>Refreshment Break – South Ballroom Foyer</td>
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**T A X A S  S O C I E T Y O F P S Y C H I A T R I S T S**

**63rd Annual Convention and Scientific Program**

November 8-10, 2019 • Moody Gardens Hotel • Galveston
The learning objectives for this activity have been designed to address clinician competence. Upon completion of this program, participants should be able to:

1. Describe the risk factors associated with treatment-resistant depression and suicide.
2. Identify strategies to address these ethical questions in specific patients, such as non-adherence, medication substitution, psychopharmacologic augmentation, psychological, somatic modalities such as ECT, TMS, TSM, and light therapy.
3. Competently work with patients to accept and facilitate support from families and other support systems, such as mental health services. There is a need for more psychiatrists with the ability to effectively work with adolescents and young adults.

The learning objectives for this activity have been designed to address clinician competence. Upon completion of the program, participants should be able to:

1. Identify strategies to address the issues in the treatment of the remaining non-responding patients, such as non-adherence, medication substitution, psychopharmacologic augmentation, psychological, somatic modalities such as ECT, TMS, TSM, and light therapy.
2. Competently work with patients to accept and facilitate support from families and other support systems, such as mental health services. There is a need for more psychiatrists with the ability to effectively work with adolescents and young adults.

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**Sponsors**

**Platinum**
- Texas Foundation for Psychiatric Education and Research
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**Gold**
- Moody Gardens Hotel • Galveston, Texas

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**Texas Society of Psychiatric Physicians**

**63rd Annual Convention & Scientific Program**

November 8-10, 2019
Moody Gardens Hotel • Galveston, Texas

**CANCELLATION POLICY:** In the event of cancellation, a full refund will be made if written notice is received in the TSPP office by October 1, 2019, less a 25% processing charge. NO REFUNDS will be given after October 1, 2019.

**Registration Information**

<table>
<thead>
<tr>
<th>Event</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Golf Outing – Thursday</td>
<td>$150</td>
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<tr>
<td>Committee Attendee Lunch – Friday</td>
<td>$35</td>
</tr>
<tr>
<td>RESIDENT SECTION PROGRAM</td>
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</tr>
<tr>
<td>RFM and Academic Psychiatry Joint Program</td>
<td></td>
</tr>
<tr>
<td>Impact of Culture in Psychiatric Practice</td>
<td>No Chg</td>
</tr>
<tr>
<td>Texas Academy of Psychiatry Program – Friday</td>
<td>$325</td>
</tr>
<tr>
<td>Non-TAP Member</td>
<td>$275</td>
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<tr>
<td>MCT Registered or Scientific Program</td>
<td>$50</td>
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<tr>
<td>Texas Academy of Psychiatry Program – Friday</td>
<td>No Chg</td>
</tr>
<tr>
<td>Registration includes your online program syllabus, complimentary continental breakfast and AM/PM refreshment breaks.</td>
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<tr>
<td>TSPP/ACADEMY/TSCAP Member</td>
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<tr>
<td>TSPP/ACADEMY/TSCAP Non-Member</td>
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<tr>
<td>TSPP/ACADEMY/TSCAP Trainee Member/MS</td>
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<td>TSPP/ACADEMY/TSCAP Trainee Non-Member/MS</td>
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<tr>
<td>Guest</td>
<td>$65</td>
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<tr>
<td>Awards Banquet and Gala – Saturday</td>
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<tr>
<td>Former TSPP Award Recipient</td>
<td>$45</td>
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<tr>
<td>Awards Banquet</td>
<td>$145</td>
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<tr>
<td>Reserved Table for *</td>
<td>$400</td>
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**METHOD OF PAYMENT:**

- Check in the Amount of ____________________________

**SPECIAL DIETARY NEEDS:**

{Insert dietary needs here}

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**METHOD OF PAYMENT:**

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**Check**

- 3 or 4 Digit Code on Back of Card on Right of Signature Panel

**Signature**

**ADDRESS WHERE YOU RECEIVE YOUR CREDIT CARD STATEMENT**

{Address details}

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**TOTAL REGISTRATION FEE:**

$ ____________________________
Distinguished Fellow status is awarded to outstanding psychiatrists who have made broad and significant contributions to the psychiatric profession and their communities, and is the highest membership honor the APA bestows upon members. Excellence, not mere competence, is the hallmark of an APA Distinguished Fellow.

Do I meet the requirements to apply for Distinguished Fellow status in APA?

If you have been a member of the American Psychiatric Association for at least eight consecutive years as a General Member or Fellow of APA, and are Board Certified by the ABPN, AOA, RCPS, or an equivalent certification board, you have met the basic eligibility requirements for application to Distinguished Fellowship status. In the APA, Letters of support from three current Distinguished Fellows or Distinguished Life Fellows must accompany a completed application form that demonstrates the nominee’s excellence in at least five categories, with emphasis given to the two categories of involvement in the District Branch (TSPP), chapter and/or other components and activities of the APA. Other categories in which the nominee may demonstrate excellence include: involvement in other medical and professional organizations; participation in non-compensated mental health and medical activities of social significance; participation in community activities unrelated to income-producing activities; clinical contributions; administrative contributions; teaching contributions; scientific and scholarly publications.

Since Distinguished Fellowship is an APA honor, the TSPP Distinguished Fellowship Committee feels very strongly that participation in organized psychiatry is an extremely important component. Length and quality of service in the activities of the Chapter, District Branch, and APA are critical for nomination to Distinguished Fellow status, as would be expected. The APA grants the District Branches wide latitude as to how to weigh the various sections of the application, and in the many years I have served on this committee, at least some credit has been required in these sections for a successful application.

Other District Branches take a similar stance. Paraphrasing the APA application guidelines, involvement and participation in the APA and its component organizations could mean holding elected offices, committee work as a chair or committee member, newsletter work, website design/maintenance for the Chapter, political action / legislative committee oversight, or conducting special projects at the District Branch or Chapter level. Substantial committee work together with elected office or membership on the Executive Council for several years will usually qualify the nominee for higher credit in this category. No credit is given for membership alone in the APA and its District Branches and Chapters. Serving on APA Area Councils, the Assembly or Board of Trustees counts, as does holding elected office. Other examples of activities such as work on APA Councils, Committees, Task Forces, or editorial boards of APA publications would earn credit as well.

Historically, the local TSPP Chapter leadership and their representatives to TSPP identified and encouraged strong candidates to apply for Distinguished Fellow status. They served as mentors, assisting the applicant with developing and editing the application, assessing letters of recommendation, or suggesting activities or leadership opportunities that would strengthen a future application. When APA began soliciting online applications for Distinguished Fellow status directly from the membership two years ago, a great deal of confusion ensued. Members were not necessarily aware that TSPP still had to review all of the documentation and decide whether or not to nominate the member to APA for Distinguished Fellow status. Applicants sometimes uploaded supporting documents to APA, sometimes mailed or emailed them to TSPP, or, on occasion, did not submit them at all which resulted in an incomplete application that could not be considered. Communication from APA about the status of applications was often delayed or the information inaccurate. Hopefully, these process issues have now been resolved by APA.

If you are considering applying for Distinguished Fellowship status in 2020, first review all of the DPFA requirements at https://www.psychiatry.org/about-apa/meet-our-organization/district-branches/district-branch-resources/guide-apa-distinguished-fellowship-requirements in detail, and then, if you believe you meet the criteria, reach out to your Chapter Representative to the TSPP Distinguished Fellowship Committee to discuss your interest. If you don’t have a local chapter representative, contact TSPP via email at tsppfa@aol.com, and one of our committee members will be designated to serve as your advisor. The committee will be distributing lists of members who meet basic eligibility requirements (board certification and length of membership) for the local Chapters to reference in their outreach efforts.

2020 Application and Process for Distinguished Fellow Status

Mark Jacobs, MD, Chair, TSPP Distinguished Fellowship Committee

Who are the TSPP Distinguished Fellowship Committee Members / Chapter Representatives?

Melissa Eschelman, MD, Vice Chair, DFAPA
Michael Arambula, MD, PharmacD
Edythe Harvey, MD, DFAPA
Mark S. Jacobs, MD, Chair, DFAPA
J. Clay Sawyer, MD, DFAPA
Carol North, MD, DFAPA
Terry McMahon, MD
Fructuoso Irigoyen-Rascon, MD, DFAPA
Debra Atiksson, MD, DFAPA
Bexar Chapter Rep
Galveston-Brazoria Chapter Rep
Houston Chapter Rep
Lone Star Chapter Rep / Waco
North Texas Chapter Rep / Dallas
Panhandle Chapter Rep / Dallas
South Texas Chapter Rep / McAllen
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Federation Executive Committee

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Federation of Texas Psychiatry
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Austin, Texas 78701
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TSPsychiatry@aol.com (E-mail)
http://www.txpsych.org (website)

CALENDAR OF MEETINGS

NOVEMBER
8-10 Texas Society of Psychiatric Physicians
63rd Annual Meeting and Scientific Program
Moody Gardens Hotel, Galveston, Texas
Registration: visit www.txpsych.org
Hotel Reservations: $142 on or before October 15
888-388-8484

APRIL 2020
Texas Society of Psychiatric Physicians
and Texas Academy of Psychiatry
Spring Meeting and CME Scientific Program
(Site To Be Determined)

JULY 2020
17-19 Texas Society of Child and Adolescent Psychiatry
Annual Convention and CME Scientific Program
Moody Gardens Hotel, Galveston, Texas

NOVEMBER 2020
Texas Society of Psychiatric Physicians
64th Annual Convention and CME Scientific Program
(Site To Be Determined)

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.