

Texas Psychiatrist



Federation of Texas Psychiatry Key Staff Changes Ahead

Debra Atkisson, MD, Chair, Federation of Texas Psychiatry Search Committee



Debra Atkisson, MD

After 32+ years of employment with Texas Psychiatric Organizations, Executive Director, Debbie (Sundberg) Giarratano, will soon be transitioning to the role of Chief Strategy Officer for the Federation of Texas Psychiatry and its' organizations. Mrs. Giarratano's new role will encompass responsibility for shaping the organizations' strategies and serving in an advisory position to the Federation of Texas Psychiatry's Delegate Assembly and to the Executive Committees of TSPP, TSPP APA Assembly Representatives, TSPP CME and Ethics Committees, TSCAP, TAP, Foundation and to the new Federation of Texas Psychiatry's Executive Director. The position will also allow for the continuation of communication on behalf of TSPP with the other District Branch Executive Directors and the oversight, review and recommended guidance of TSPP's operations and interface with APA to ensure the same collegial and cordial relationship that

TSPP and APA enjoys today. And in looking to the future and sustained success of the organizations, Mrs. Giarratano will serve as a resource to the Delegate Assembly and Executive Director in identifying and developing additional revenue sources and an integrated, database system to address the many facets and operations of all of the Federation's Psychiatry organizations. Debbie Giarratano has served organized psychiatry since 12/17/1987, when she joined as Administrative Director for the Texas Society of Psychiatric Physicians and later transitioned to the position of Administrative Director when the Federation of Texas Psychiatry organization was created. In 1988 Mrs. Giarratano was instrumental in completing the application for Full CME Accreditation status for the Texas Society of Psychiatric Physicians and working closely with the TSPP CME Committee has led the organization through numerous re-accreditation cycles

to ensure the continuance of the TSPP CME Full Accreditation status that it enjoys today. In that position she served all of the organizations for organized Psychiatry in Texas. Three years ago she agreed to accept the role of Executive Director of the Federation of Texas Psychiatry. In those three years the impact of her work has resulted in record-setting financial surpluses for the organizations, sustained membership growth, strengthening of all of the organizations' financial reserves to ensure their continued success and stability with a focus on building harmonious, collegial membership organizations working together on behalf of all sectors of Psychiatry. In addition, the Federation of Texas Psychiatry is extremely pleased to announce the selection of Mrs. Melissa Wilson, CEM, CAE as the future Federation of Texas Psychiatry's Executive Director. Melissa also has an association manage-

ment background and experience having served as Association Director in the Department of Association Management Service for the Texas Medical Association since 2000-present. And in that position, serving as Executive Director for three medical professional specialty societies – Texas Society of Plastic Surgeons, Texas Association of Neurological Surgeons and Texas Medical Group Management Association. We look forward to the future success of all of the organizations who are working on behalf of each of you! ■



Welcome to 2020...

Eric Woomer, Federation of Texas Psychiatry Public Policy Consultant



Eric Woomer

The new year has started off with a bang, as the campaign season has heated up, state agencies busy themselves implementing laws passed in 2019, and lawmakers begin their interim hearing schedule. Here is what you need to know in 2020: **Medical Billing Services:** Recently, the Texas Comptroller of Public Accounts set forth a new policy for taxation of medical billing services. Under the new policy, effective April 1, 2020, medical billing services performed by external third parties will be subject to state and local sales taxes. The origin of this shift in policy is somewhat murky. In 2002, the Comptroller's office reviewed this same

question - whether medical billing was "insurance claim adjustment or claim processing" and therefore taxable - and determined that it was not. Now, the Comptroller's office has reversed this policy. To add to the confusion, insurance services performed by employees are not taxable, nor are contracted services performed for certain non-profits – only those services provided by an external third party to for-profit medical providers. The Texas Medical Association recently convened a large stakeholder group to discuss next steps. Outreach to the Comptroller's office and lawmakers is underway, and may result in further modification to this new policy, or delays in implementation. However, until more

certainty is reached, medical providers who contract with third parties for their billing services could see their costs go up. Stay tuned for further developments. **Prescription Monitoring:** You may already know that beginning on March 1, 2020, H.B. 3284 (86th Texas Legislature, 2019) requires medical providers to check the Texas Board of Pharmacy's Prescription Monitoring Program (PMP) database prior to prescribing or dispensing opioids. In an effort to inform providers about their obligations under the new law, the Texas Medical Board (TMB) proposed initial guidance that would have required providers to check the PMP for every patient upon admission to a facility, and would have applied to

inpatient as well as outpatient medication orders. The TMB later held stakeholder conversations about that initial guidance and other efforts to implement H.B. 3284.

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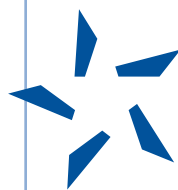
TSPP/TAP Spring Meeting and CME Program

"Hot Topics in Clinical Practice: Updates in Psychiatric Care"

May 16, 2020

Westin Austin at the Domain Hotel

For Registration and Program visit www.txpsych.org



Burnout or Moral Injury; What You Can Do About It

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

I'd like to talk about the "work-related syndrome involving emotional exhaustion, depersonalization and a sense of reduced personal accomplishment,"¹ that can be accompanied by a lack of empathy for patients. Yes, you are all familiar with physician burnout. In the Physicians Foundation's "2018 Survey of America's Physicians: Practice Patterns and Perspectives," 77.8% of physician respondents reported having feelings of professional burnout, either sometimes, often or always. In the survey, respondents reported they spend 23% of their time on non-clinical paperwork. And the 2 factors physicians disliked the most were electronic health records and the loss of autonomy.²

I recently read a guest editorial, "Reframing Clinician Distress: Moral Injury Not Burnout". From the editorial, the authors write that moral injury "occurs when we perpetrate, bear witness to, or fail to prevent an act that transgresses our deeply held moral beliefs. In the health care context, that deeply held moral belief is the oath each of us took when embarking on our paths as health care providers: Put the needs of patients first." Instead, physicians are expected to yield to the expectations of health care systems/hospitals/HMOs (e.g., productivity metrics), health insurance companies (e.g., prior authorizations), electronic health records (e.g., extra hours of documentation), etc. Using the term burnout suggests a failure of resourcefulness and resilience on the part of

the physician, whereas moral injury points to systemic causes of burnout.³

So, what can one do? First, take care of yourself. Schedule time for yourself and stick to that. Many of us may choose to "tough it out" when we are feeling distressed and don't want to involve/worry others. Check-in with your colleagues/residents/fellow, especially if you notice they have distanced themselves from you and others. You can be the one who helps a colleague through a rough time or impending/actual burnout.

Establish support and guidance with others. I am on the APA College Mental Health listserv, where I can turn to colleagues at universities throughout the country for questions and guidance. Some of my colleagues who are in private practice have set up e-mail communication with local psychiatrists where we ask questions of each other (how do you handle this situation?) or can ask others for help (e.g., recommended referrals for patients). You can find support with colleagues at TSPP.

Talk to your supervisor. Administrators should support clinician satisfaction and work to implement organization level solutions. If not, then one may need to reassess your ties with that organization.

Get involved with organized psychiatry. Physician leaders, including leadership at TSPP, have a responsibility to communicate with legislators and influence policy. Our active participation in the legislative process has made the difference in the passage of leg-

islation or killing of a bill. Some of TSPP priorities this past year have included: Scope of Practice (e.g., we testified against a bill on Psychologist Prescriptive Authority; that bill died in committee); Emergency Room holds (we have a representative participating on a Task Force to develop common understanding of the law regarding emergency detentions and OPCs); and Mass Violence/Public Safety (we have a representative who has been involved in the hearings on mass violence and public safety in both in the Texas House and the Senate).

Your involvement can contribute to making changes in the interest of our patients and Texas psychiatrists. To participate, please plan to join us at the TSPP/TAP Spring Committee Meetings, Job Fair Exhibits and Joint Providership CME Program "Hot Topics in Clinical Practice: Updates in Psychiatric Care" on Saturday, May 16, at the Westin Austin at the Domain Hotel. Discounted hotel room reservations at \$189 can be placed before April 23 by visiting the Federation of Texas Psychiatry's website www.txpsych.org and click on the URL link included in the TSPP/TAP announcements: <https://book.passkey.com/e/50059730>

TSPP Committee meetings are open to all TSPP members and resident-fellow members are invited to participate so please RSVP and attend as many of the committees of interest to you. (Note: Due to the confidentiality of ethics, the Ethics



Melissa Gail Inga Eshelman, MD, DFAPA

Committee is a closed meeting).
The Joint Providership CME program and dinner will offer 5 Hours of *Category 1 CME Credits*. Educational topics will include presentations and discussion on Nutritional Psychiatry – What Psychiatrists Need to Know and What They Should Tell Their Patients; Medication Assisted Therapy for Opioid Use Disorders; Somatoform Disorders: Prevalence, Diagnosis and Treatment; Management of the Side Effects of Psychotropic Medications and Diagnosis and Treatment of Borderline Personality Disorder. Program and registration forms will be mailed soon and posted online at www.txpsych.org. I look forward to seeing you at the meeting! ■
1. West, C.P., Dyrbye, L.N., & Shanafelt, T.D. (2018). Physician burnout Contributors, consequences and solutions, *Journal of Internal Medicine*, 283(6), 516-529.
2. <https://physiciansfoundation.org/research-insights/the-physicians-foundation-2018-physician-survey/>
3. Dean, W., Talbot, S., & Dean, A. (2019). Reframing Clinician Distress: Moral Injury Not Burnout. *Federal practitioner: for the health care professionals of the VA, DoD, and PHS*, 36(9), 400-402.

SCENES FROM THE TSPP ANNUAL CONVENTION - AWARDS BANQUET – AWARD PRESENTATIONS



TSPP Award Recipients – Recipients Front Row/Presenters Back Row

TSPP Distinguished Service Award Recipients



Melissa Eshelman, MD, DFAPA (award recipient-left) Constance George, MD (presenter-right)



Fructuoso Irigoyen, MD, DLFAPA (award recipient-right), Esteban Gonzalez, MD, LFAPA (presenter-left)



Daryl K. Knox, MD, DLFAPA (award recipient-left), Mark Jacobs, MD, DLFAPA (presenter-right)



Daryl K. Knox, MD, DLFAPA's Grand daughters

TSPP Psychiatric Excellence Award Recipients



Mark Kunik, MD, DFAPA (award recipient-right), Chad Lemaire, MD, DFAPA (presenter-left)



Gary L. Malone, MD, DLFAPA (award recipient-left), Debra Atkisson, MD, DFAPA (presenter-right)

TSPP Special Service Award Recipient



Eric Woomer – (center, award recipient), Leslie Secrest, MD, DLFAPA (left) and Debra Atkisson, MD, DFAPA (right) presenters

CONGRATULATIONS

to the Following TSPP Members whose nominations were approved by the APA Board of Trustees for Distinguished Fellow, and Fellow status in 2020:

DISTINGUISHED FELLOWS

Osman Ali, MD, DFAPA
Houston

Robert Garrett, MD, DFAPA
Dallas

Ken Hopper, MD MBA, DFAPA
Fort Worth

Oscar Perez, MD, DFAPA
El Paso

Mrudula Rao, MD, DFAPA
San Antonio

FELLOWS

John Casada, MD, PhD, FAPA
Abilene

Ian Guerra, MD, FAPA
Laredo

Sonia Krishna, MD, FAPA
Austin

Michael Millstone, MD, FAPA
Austin

Hitesh Pandya, MD, FAPA
Plano

Erin Silvertooth, MD, FAPA
Austin

SCENES FROM THE TSPP ANNUAL BUSINESS LUNCH AWARD PRESENTATIONS



TSPP President Melissa Eshelman, MD, DFAPA (left) with Award Recipients

TSPP Dr. Spencer Bayles Outstanding TSPP Member Award Recipients



John Casada, MD, PhD, FAPA (award recipient-right) and Melissa Eshelman, MD, DFAPA (presenter-left)



Melissa Deuter, MD (award recipient-right) and Melissa Eshelman, MD, DFAPA (presenter-left)

Federation John R Bush Leadership Excellence Award



Debra Atkisson, MD, DFAPA, Award Recipient (second to left); J. Clay Sawyer, MD, DLFAPA (left) and A. David Axelrad, MD, DLFAPA (second to right) Presenters and Melissa Eshelman, MD, DFAPA, TSPP President (right).

Welcome to 2020...

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In those discussions, the medical provider community expressed significant concerns about the impact the guidance would have on facility operations and medical treatment.

Accordingly, the TMB released revised instructions to providers, clarifying that the mandatory PMP check is required only when opioids, benzodiazepines, barbiturates, or carisoprodol are prescribed to a patient for take-home, unsupervised use. When such prescribing takes place upon discharge from either an inpatient or outpatient setting, a PMP check is required. A mandatory check of the PMP is not required before, upon admission, or during an inpatient or outpatient stay in a medical facility – only when the patient is released from care with a prescription for a covered medication to be taken in an unsupervised setting.

Additionally, a doctor may delegate the requirement to check the PMP to any legally authorized personnel, much in the same manner as physicians delegate other tasks. Such designees may include nurses, physician’s assistants and administrative personnel. Lastly, a copy of the PMP check should be placed in the patient’s medical records, to document compliance with the law’s requirements. More information about the PMP check can be found at the TMB website: www.tmb.state.tx.us.

Prior Authorization: The House of Representatives has now named their members to the Joint Committee on Prior Authorizations, and we are eagerly awaiting the Senate appointments. The Joint Committee will look for ways to reduce, streamline and/or eliminate prior authorizations. The Federation worked extensively on reducing prior authorizations for antipsychotics during the legislative session, partnering with TMA and other advocacy groups to further that effort, and have already begun conversations with House offices about eroding burdensome authorization requirements that are designed to save a dollar in drug costs, but lead to millions of downstream costs, including increase hospitalization, re-admissions, home-

lessness, substance abuse and criminality – not to mention being burdensome on physicians.

If you have tales of outrageous or frustrating prior authorization requirements, the TMA is collecting such anecdotes for use during the Joint Committee’s deliberations. TMA’s website (www.tma.org) has more details, and would welcome your feedback

Senate Bill 362 Task Force: S.B. 362 (86th Texas Legislature, 2019) included provisions sought by the Federation creating a Task Force under the leadership of the Texas Supreme Court to increase access to courts for emergency detentions and orders of protective custody. That Task Force has had several meetings and is showing progress, particularly in exploring technological solutions to increase court access for emergency detention warrants. They are also looking at consolidating and standardizing the forms that are used for detentions, and how to require or otherwise encourage the adoption of these new processes by various jurisdictions. Much of these changes can be developed through the Supreme Court rules process, but the Task Force is also looking at what

statutory changes could be helpful.

Appropriations: The Federation, along with TMA and other specialties, filed recommendations with the Health & Human Services Commission for appropriations to consider in the 2021 legislative session. We identified a priority of alleviating the lengthy backlog of inmates with mental health disorders awaiting psychiatric forensic consultation, competency restoration, or court ordered treatment by seeking funding for five additional forensic psychiatric fellowships.

Forensic psychiatrists provide psychiatric evaluations of individuals involved with the legal system as well as specialized psychiatric treatment for inmates or state hospital patients who require psychiatric competency restoration before standing trial. However, there are too few specialty trained psychiatrists to meet the demand. Increasing the number of psychiatric forensic fellowships to five will support the pipeline of psychiatrists with the expertise and ability to work in the state’s criminal justice and state hospital systems and relieve backlogs of mentally impaired inmates awaiting assessment, treatment, or trial.

Patient Information Disclosure Discussions: The Hogg Foundation for

Mental Health recently convened a stakeholder meeting to discuss the sharing of confidential mental health and substance use medical/health information. The meeting was a follow-up on discussions held during the legislative session surrounding HB 3519, which failed to pass. At the meeting, the Federation, TMA, NAMI and a variety of patient & family stakeholders discussed what is allowed under current federal HIPPA laws as well as current state law. We also heard from family members about why they feel that changes to current statute is necessary, as well as from individuals with lived experience regarding their concerns and perspectives related to sharing of confidential information. We anticipate continuing the discussion in 2020 with a goal of reaching some consensus on recommendations to the legislature for reforming the law in 2021.

As always, we are pleased to provide legislative 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! ■

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Texas Society of Psychiatric Physicians & Texas Academy of Psychiatry Spring Committee Meetings and Continuing Medical Education Program:



“Hot Topics in Clinical Practice: Updates in Psychiatric Care”

May 16, 2020 • Westin Austin at the Domain Hotel • Austin, Texas

Register early and plan to attend the 2020 committee meetings and Joint Provider Spring CME Program of the Texas Society of Psychiatric Physicians and the Texas Academy of Psychiatry on May 16, 2020 at the Westin Austin at the Domain Hotel, 11301 Domain Drive, Austin, TX. Other organization meetings – TSPP Chapter Leadership Forum, TSCAP Executive Committee and the Federation of Texas Psychiatry Delegate Assembly will be held May 15 and the TSPP Executive Council Meeting, May 17.



MEETING LOCATION / INFORMATION

Located in the heart of The Domain, within one of Austin's premier destinations, the AAA 4-Diamond Award Winning Westin Austin at the Domain Hotel is centrally located among 1.3 million square feet of high-end shopping and local music, fine dining, an upscale movie theater featuring independent and major films, and jogging paths offering a taste of the calming greenery found nearby. Easy steps from the hotel door, or a complimentary Westin golf cart shuttle away, you will find Spa Reveil, an exclusive spa sanctuary dedicated to creating a memorable experience for every guest (Spa Reservations 1-512-339-7000), outstanding shopping choices including Neiman Marcus, Tiffany & Company, Louis Vuitton, Nordstroms, Dillards and numerous dining options such as Flemings, Jaspers, Kona Grill, Cru Wine and many

HOTEL RESERVATIONS

TSPP has negotiated a small block of rooms with a discounted room rate of \$189 for reservations placed **BEFORE APRIL 23**. To take advantage of this rate, visit the Federation of Texas Psychiatry's website at www.txpsych.org and click on the URL link included in the announcement/information for the TSPP/TAP meeting:
<https://book.passkey.com/e/50059730>

** Booking a room within the TSPP room block is an important way to support TSPP and TAP and helps to keep the overall meeting registration fee and costs as low as possible. Booking outside of the TSPP block, or at another hotel could expose TSPP to monetary charges for attrition. Plus, staying in the hotel keeps you connected with all the activities and networking opportunities during the event. Please help us help you by booking your room at the hotel hosting the meeting and within the TSPP room block.*

others. Or, plan to remain in the hotel and enjoy fine dining in a relaxed atmosphere celebrating premium meat and seafood, great wine, and fresh produce and relax in the warm retreat of the lobby offering live music on most weekday afternoons.

MEETING HIGHLIGHTS

- TSPP & TAP Joint Provider Spring CME Program (5 Hours of Category I CME Credits)
- TSPP Committee Meetings – Open to ALL Members, including Residents and Fellows in Training
- Networking with Colleagues from Around the State of Texas
- Exhibits that offer Business Practice Tools, Malpractice Insurance and Employment Opportunities
- TSPP Government Affairs Committee & Luncheon Program
- Complimentary Refreshments & Reception
- TSPP Executive Council Meeting & Installation of Officers for 2020-21

PARTICIPATION POLICY

The Texas Society of Psychiatric Physicians' policy is to promote an environment of mutual respect, well-being, and collegiality at its meetings. TSPP values and benefits from the diverse opinions its members hold on the issues with which the Society and the psychiatric profession are confronted.

All individuals at the meeting agree to conduct themselves in a manner appropriate for health care professionals. This includes respect for the intellectual property of others, proper display and use of meeting badges, and the avoidance of aggressive or inappropriate behavior towards others. Individuals participating in TSPP sponsored meetings agree to listen respectfully to all views presented, be courteous to others regardless of whether you agree or disagree with the views presented, and to exhibit the professionalism and collegiality expected of psychiatrists.

If an individual believes that these rules have been violated or acceptable social decorum has otherwise been breached, he or she shall contact TSPP staff to help

with the situation. TSPP reserves the right to remove meeting access rights of any individual violating this policy and will not provide a refund.

By registering for this meeting, you agree to abide by the Participation Policy as described above.

EXHIBITS

Complimentary refreshments and snacks will be provided in Primrose Foyer of the Westin Austin at the Domain Hotel for registered attendees. Exhibits will be open throughout the day Saturday to provide you with information designed to enhance your practice and improve the optimal delivery of medical care to your patients. In addition there will be 'job fair' exhibitors who have employment opportunities for Psychiatrists in the State of Texas.

EXHIBITORS (to date)

Professional Risk Management Services, Inc.

UTMB Correctional Managed Care

Texas Foundation for Psychiatric Education and Research

PROGRAM SCHEDULE

FRIDAY, MAY 15

4:00 pm - 10:00 pm	Temporary Registration Desk	.Bluebonnet Foyer
4:30 pm - 6:00 pm	TSPP 2020-21 Officer Orientation	.Bluebonnet
6:00 pm - 7:30 pm	Chapter Leadership Forum	.Bluebonnet
6:00 pm - 7:30 pm	TSCAP Executive Committee Meeting	.Wine Room
7:30 pm - 9:00 pm	Federation Delegate Assembly Meeting	.Bluebonnet

SATURDAY, MAY 16

7:00 am - 9:00 pm	Registration	.Primrose Foyer
7:30 am - 8:45 am	Foundation Board of Directors Breakfast Meeting	.Verbena B
9:00 am - 9:50 am	Continental Breakfast	.Primrose Foyer
9:00 am - 10:30 am	Council on Leadership Meetings:	
	Ethics	.Camellia A
	Distinguished Fellowship	.Camellia B
	Finance	.Plumeria A
	Council on Education Meetings:	
	Continuing Medical Education	.Verbena A
	Professional Practice Management	.Plumeria B
7:00 am - 9:00 am	Exhibits Set-Up	.Primrose Foyer
10:30 am - 10:50 am	Refreshment Break / Visit with Exhibitors and Door Prize Drawings	.Primrose Foyer
10:50 am - 12:20 pm	Council on Service Meetings:	
	Academic Psychiatry	.Camellia A
	Children and Adolescents Psychiatry	.Camellia B
	Forensic Psychiatry	.Plumeria A
	Public Mental Health Services	.Plumeria B
12:20 pm - 12:40 pm	Refreshment Break / Visit with Exhibitors and Door Prize Drawings	.Primrose Foyer
12:40 pm - 1:40 pm	Lunch / Council on Advocacy Meeting	.Primrose AB
1:40 pm - 2:30 pm	Texas Academy of Psychiatry Board of Directors Meeting	.Bluebonnet
1:40 pm - 2:30 pm	Resident Fellow Member in Training Section	.Verbena
2:30 pm - 8:00 pm	CME SCIENTIFIC PROGRAM: Hot Topics in Clinical Practice: Updates in Psychiatric Care	.Primrose CD
2:30 pm - 3:30 pm	“Nutritional Psychiatry – What Psychiatrists Need to Know and What They Should Tell Their Patients” – Marisa S. Touns, MD	
3:30 pm - 4:30 pm	“Medication Assisted Therapy for Opioid Use Disorders” – Adriane Dela Cruz, MD, PhD	
4:30 pm - 4:50 pm	Refreshment Break / Visit with Exhibitors and Door Prize Drawings	.Primrose Foyer
4:50 pm - 5:50 pm	“Somatoform Disorders: Prevalence, Diagnosis and Treatment” – R. Lowell McRoberts, III, MD	
5:50 pm - 6:50 pm	“Management of the Side Effects of Psychotropic Medications” – Stephen R. Saklad, Pharm.D., BCPP	
6:50 pm - 7:00 pm	Refreshment Break	.Primrose Foyer
7:00 pm - 8:00 pm	Dinner and Continuation of CME Program	
	“Diagnosis and Treatment of Borderline Personality Disorder” – John M. Oldham, MD, MS	

SUNDAY, MAY 17

9:00 am - 11:00 am	Executive Council Meeting	.Private Dining Room
	Continental Breakfast and Installation of Officers for 2020-21	



Texas Society of Psychiatric Physicians & Texas Academy of Psychiatry Spring Committee Meetings and Continuing Medical Education Program:



“Hot Topics in Clinical Practice: Updates in Psychiatric Care”

May 16, 2020 • Westin Austin at the Domain Hotel • Austin, Texas

SCIENTIFIC PROGRAM SCHEDULE

<p>2:30 pm - 3:30 pm “Nutritional Psychiatry – What Psychiatrists Need to Know and What They Should Tell Their Patients” – Marisa S. Toups, MD</p> <p>Objectives: The learning objectives for this activity have been designed to address clinician competence. Upon conclusion of the activity, participants should be able to:</p> <ul style="list-style-type: none">• Identify dietary and nutritional risks in patients’ current history.• Counsel patients on effective nutritional strategies, including risk benefit considerations, that may affect their psychiatric illness and overall health.• Make appropriate referrals to qualified nutritionists when indicated.• Discuss mood disorders and current treatment recommendations.• Identify latest evidence (or lack thereof) for the use of supplements in dementia, autism spectrum disorders and other disorders where nutrition and supplements are widely written and discussed.	<ul style="list-style-type: none">• Identify and apply co-management of psychiatric and medical symptoms by psychiatry and primary care practitioners.• Recite and effectively combine pharmacotherapy, psychotherapy, medical monitoring to improve behavioral outcomes.
<p>3:30 pm - 4:30 pm “Medication Assisted Therapy for Opioid Use Disorders” – Adriane Dela Cruz, MD, PhD</p> <p>Objectives: The learning objectives for this activity have been designed to address clinician competence. Upon conclusion of the activity, participants should be able to:</p> <ul style="list-style-type: none">• Cite medication assisted therapy for treatment of opioid use disorder.• Identify and discuss Medication for Addiction Treatment (MAT)	<p>5:50 pm - 6:50 pm “Management of the Side Effects of Psychotropic Medications” – Stephen R. Saklad, Pharm.D., BCPP</p> <p>Objectives: The learning objectives for this activity have been designed to address clinician competence. Upon conclusion of the activity, participants should be able to:</p> <ul style="list-style-type: none">• Recognize and improve their knowledge and competence of explaining potential side effects, reducing the likelihood of side effects and effectively treating psychotropic side effects to their patients whenever possible.• Identify and improve the knowledge and competence of explaining potential side effects, reducing the likelihood of side effects and effectively treating tardive dyskinesia and the data on current treatments.• Recite and improve the knowledge and competence of explaining potential side effects, reducing the likelihood of side effects and effectively treating Qtc prolongation as well as many more common ones.
<p>4:30 pm - 4:50 pm Refreshment Break / Visit with Exhibitors and Door Prize Drawings<i>Primrose Foyer</i></p>	<p>6:50 pm - 7:00 pm Refreshment Break<i>Primrose D</i></p>
<p>4:50 pm - 5:50 pm “Somatoform Disorders: Prevalence, Diagnosis and Treatment” – R. Lowell McRoberts, III, MD</p> <p>Objectives: The learning objectives for this activity have been designed to address clinician competence. Upon conclusion of the activity, participants should be able to:</p> <ul style="list-style-type: none">• Apply sensitivity and identify specificity of somatoform diagnoses.	<p>7:00 pm - 8:00 pm Dinner and Continuation of CME Program: “Diagnosis and Treatment of Borderline Personality Disorder” – John M. Oldham, MD, MS</p> <p>Objectives: The learning objectives for this activity have been designed to address clinician competence. Upon conclusion of the activity, participants should be able to:</p> <ul style="list-style-type: none">• State the current criteria for determining decision making capacity.• Describe the current laws impacting mental health treatment in those with limited capacity to make informed treatment decisions due to mental illness.• Discuss how shared decision making might be used to improve care for those with severe mental illness.

CME PROGRAM GOAL / TARGET AUDIENCE

This live activity has been designed in a lecture format with case examples followed by an interactive audience question and answer period to provide its’ primary target audience of Psychiatrists, as well as other specialties of medicine, with the most up-to-date, evidence-based data that can be translated into clinical practice.

The information and data presented will address the professional practice gaps of the learners and advance the physician’s competence and improve their knowledge about the complex contributing factors in this patient population and introduce additional resources and new strategies to improve outcomes so that they may develop strategies to apply the knowledge, skills and judgement of the information presented in the educational activity into their practice.

IDENTIFIED PRACTICE GAPS / NEEDS ASSESSMENT

TSPP identified educational needs and professional practice gaps from members expressed needs and in medical literature and incorporated it into the CME activity to address the relevant educational needs concerning competence that underlie the professional practice gaps of the participants.

Many psychiatrists have insufficient knowledge and competence in counseling their patients about effective nutritional strategies, including risk-benefit considerations, that may affect their psychiatric illness and overall health.

Disorders presenting as physical symptoms but having no known physical cause present clinical burdens for primary care physicians and require mental health treatment for effective management. Diagnostic and treatment methods to address conversion disorder, somatic symptoms disorder, illness, anxiety disorder are needed for improved recognition and clinical outcome.

Side effect of psychiatric medications is an everyday occurrence in the psychiatric practice. It contributes to non-compliance of treatment recommendation, medical misadventure, morbidity, missed opportunities in achieving the treatment goals.

Not enough waived physicians to prescribe Suboxone. Psychiatrists often don’t have training or knowledge to help their patients with OUD.

OBJECTIVES

The learning objectives for this activity have been designed to address clinician competence and are listed under each presentation.

ACCREDITATION STATEMENT

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Texas Medical Association (TMA) through the joint providership of the Texas Society of Psychiatric Physicians and the Texas Academy of Psychiatry. The Texas Society of Psychiatric Physicians is accredited by TMA to provide continuing medical education for physicians.

CREDIT STATEMENT

The Texas Society of Psychiatric Physicians designates this Live Activity for a maximum of five (5) *AMA PRA Category I Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

FACULTY AND PLANNERS DISCLOSURE POLICY

In compliance with the ACCME/TMA Standards for Commercial Support of CME, to assure balance, independence, objectivity and scientific rigor in all of its CME activities, prior to the education activity being delivered to the learners, the Texas Society of Psychiatric Physicians implemented a mechanism to identify and resolve personal conflicts of interest from everyone who was in a position to control the content of the education activity.

TSPP will disclose to learners the existence (or non-existence) of all relevant financial relationship(s) that the faculty and planners did (or did not) have with any commercial interest concerned with the content of the educational presentation.

Disclosure will occur prior to the presentation through written communication in the syllabus / handout materials.

ABOUT THE SPEAKERS

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<http://www.txpsych.org>

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Join Us at the TSCAP Annual Convention!

Susan Wynne, MD, President, Texas Society of Child and Adolescent Psychiatry



Susan Wynne, MD

Please join me in attending Texas Society of Child and Adolescent Psychiatry Annual Convention and Scientific Program: Mood Dysregulation and Evolving Modalities in the Delivery of Psychiatric Care. The program will be held at Moody Gardens Hotel in Galveston, TX July 17-19, 2020. The keynote speaker is James McGough, MD, University of California Los Angeles, and he will speak on Disruptive Mood Dysregulation Disorder.

Additional topics include mental health urgent care, university student mental health care and gender dysphoria. You can earn 9 *AMA PRA Category 1 CME Credits™*, with two of the credit hours designated for medical ethics.

Moody Gardens is a recreational wonderland, with three Pyramids: Aquarium, Discovery and Rainforest. Additional attractions include: reef rescue virtual reality experience, 3D and 4D theaters, Colonel

Paddlewheel boat, ropes course and zipline and Palm Beach. Moody Gardens has Galveston's premier golf course. Hotel amenities feature an outdoor pool with water-fall, indoor lap pool, spa and fitness center. There are activities for everyone in the family!

Come and network with other professionals and enjoy the exhibitors. Get away, while learning about cutting-edge topics in Child and Adolescent Psychiatry.

I will see you in Galveston. ■

To Register Visit
<http://www.txpsych.org>



TSCAP Annual Convention & Scientific Program “Mood Dysregulation and Evolving Modalities in the Delivery of Psychiatric Care”

JULY 17-19, 2020 • Moody Gardens Hotel, Galveston, Texas

GENERAL INFORMATION

MEETING LOCATION

TSCAP's Annual Convention and Scientific Program will be held at the Moody Gardens Hotel, Seven Hope Blvd., Galveston, Texas. Moody Gardens boasts diverse Galveston attractions. Activities include its massive pyramids, with one focused on the rainforest and the other on ocean life. Moody Gardens also has Galveston's premier golf course, 3D and 4D movie theaters, Discovery Museum, the Colonel Paddlewheel Boat, Rope and Zip Line. Fun for everyone!

HOTEL RESERVATIONS

Special Reminder:
Booking a room within the TSPP room block is an important way to help keep the overall meeting registration fee and costs as low as possible. Booking “outside of the TSPP block” or at another hotel could expose TSPP to monetary damages for hotel room block attrition which may then necessitate an increase in future meeting registration rates. Plus, staying in the hotel keeps you connected with all the activities and networking opportunities during the event.



Please “help us help you” by booking your room at the hotel hosting the meeting and within the TSPP room block

Special TSCAP discounted room rates at the rate of \$209.00 are available to program registrants BEFORE JUNE 25 or upon sell-out, whichever occurs first. Make your hotel reservation today by calling Central Reservations at 1-888-388-8484 and refer to group name Texas Society of Child and Adolescent Psychiatry.

OPENING WELCOME RECEPTION WITH EXHIBITORS

Make plans to attend the complimentary Welcome Reception with Exhibitors on Friday evening, 6:30 pm - 8:30 pm, Expo A1 and A2, located in the Moody Gardens Convention Center First Floor - also accessible through Moody Gardens Hotel 2nd floor connector link to the Convention Center. Signage will be provided to assist you in locating the Expo Meeting Rooms. Visit throughout the evening with your friends, colleagues and exhibitors in a fun-filled, relaxing atmosphere and complete your entry for the special door prize drawings to be awarded on Saturday!

EXHIBITS

TSCAP's Welcome Reception, Continental Breakfasts

and Refreshment Breaks, will be held in the Expo A3 Room of the Moody Gardens Convention Center. Exhibits will be open throughout the evening, Friday, and all day Saturday and provide you with information designed to enhance your practice and help improve the optimal delivery of medical care to your patients. In addition, there will be ‘job fair’ exhibitors who have employment opportunities for Psychiatrists in the State of Texas.

Welcome Reception

Friday - 6:30 - 8:30 pm

Continental Breakfast

Saturday - 7:30 am - 8:00 am

Refreshment Break and Door Prize Drawings

Saturday - 10:30 am - 10:50 am

Refreshment Break and Door Prize Drawings

Saturday - 11:50 am - 12:10 pm

Refreshment Break with Exhibitors and Door Prize Drawings

Saturday - 1:10 pm - 1:30 pm

Exhibitors Tear Down and Depart

Saturday - 3:00 pm - 5:00 pm

ANNUAL MEETING BREAKFAST

The Annual TSCAP Business Meeting and Breakfast will be held Sunday, 7:45 am - 8:45 am in the Expo A1 Room of the Moody Gardens Convention Center.

PROGRAM AT A GLANCE

Friday, July 17

12:00 pm - 8:30 pm	Temporary Registration	Expo Registration Desk, Moody Gardens Convention Center, First Floor
2:00 pm - 5:30 pm	Exhibit Set-Up	Expo A1 and A2, Moody Gardens Convention Center, First Floor
4:30 pm - 6:30 pm	TSCAP Executive Committee Meeting	Board Room, 9th Floor, Moody Gardens Hotel
6:30 pm - 8:30 pm	Welcome Reception with Exhibitors	Expo A1 and A2, Moody Gardens Convention Center, First Floor

Saturday, July 18

7:00 am - 4:30 pm	Registration	Expo Registration Desk, Moody Gardens Convention Center, First Floor
7:30 am - 8:00 am	Continental Breakfast with Exhibitors	Expo A1 and A2, Moody Gardens Convention Center, First Floor
8:00 am - 3:45 pm	Scientific Program	Expo A3, Moody Gardens Convention Center, First Floor
<i>Note: For Saturday's Program, to reduce expenses, refreshments will be set in one location, in the Exhibit Hall, Expo A1 and A2</i>		
10:30 am - 10:50 am	Refreshment Break and Door Prize Drawings	Expo A1 and A2, Moody Gardens Convention Center, First Floor
11:50 am - 12:10 pm	Refreshment Break and Door Prize Drawings	Expo A1 and A2, Moody Gardens Convention Center, First Floor
1:10 pm - 1:30 pm	Refreshment Break and Door Prize Drawings	Expo A1 and A2, Moody Gardens Convention Center, First Floor
3:00 pm - 5:00 pm	Exhibits Teardown / Depart	Expo A1 and A2, Moody Gardens Convention Center, First Floor

Sunday, July 19

7:00 am - 1:00 pm	Registration	Expo Registration Desk, Moody Gardens Convention Center, First Floor
7:45 am - 8:45 am	TSCAP Annual Business Meeting and Breakfast	Expo A1, Moody Gardens Convention Center, First Floor
Open to All Attendees - See Registration Form for Payment Information		
8:45 am - 12:45 pm	Scientific Program	Expo A3, Moody Gardens Convention Center, First Floor
10:15 am - 10:30 am	Refreshment Break	Expo Foyer A3, Moody Gardens Convention Center, First Floor

“Mood Dysregulation and Evolving Modalities in the Delivery of Psychiatric Care”

SCIENTIFIC PROGRAM SCHEDULE

Saturday, July 18 (6 Hours Category I CME Credit Hours™)

8:00 - 8:30 am	Welcome & Opening Remarks
8:30 - 10:30 am	Disruptive Mood Dysregulation Disorder KEYNOTE SPEAKER: James J. McGough, MD
Objectives: The learning objectives for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:	
<ul style="list-style-type: none">Identify aggression in DMDDIncrease knowledge of current research on DMDDIdentify pharmacological treatment of target symptoms of DMDDIdentify differences and similarities between Bipolar DO, ADHD and DMDD	
10:30 - 10:50 am	Refreshment Break
10:50 - 11:50 am	Mental Health Urgent Care Panel Phillip Balfanz, MD, MBA and Melissa Deuter, MD
Objectives: The learning objectives for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:	
<ul style="list-style-type: none">Describe mental health urgent care model in private practice setting.Discuss the delivery of care in the urgent care model, its' advantages and disadvantages, and identify specific issues that psychiatrists may face.	
11:50 - 12:10 pm	Refreshment Break
12:10 - 1:10 pm	Resident Case Presentation and Faculty Discussant Resident and Faculty Discussant TBD
1:10 - 1:30 pm	Refreshment Break
1:30-2:30 pm	PANEL: Texas Child Mental Health Care Consortium and Preliminary Data/ Engagement Sarah Wakefield, MD, Melissa DeFilippis, MD, Nhung Thi-Vien Tran, MD
Objective: The learning objective for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:	
<ul style="list-style-type: none">Describe the goals of the Texas Child Mental Health Care Consortium (TCMHCC)Discuss CPAN and how Pediatricians can access it.Describe the goals and components of TCHAT.	
2:30 - 3:30 pm	University / Student Health Psychiatric Services Melissa Eshelman, MD
Objectives: The learning objectives for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:	

- Understand special diagnostic challenges of college student mental health treatment and limits of treatment: number of visits, availability of psychiatrists, psychologists, masters-level mental health practitioners.
- Identify different interventions and evidence based treatments in delivering care to college students.
- Discuss confidentiality issues pertaining to the interface between the university and the college student.

3:30 - 3:45 pm Closing Remarks

Sunday, July 19 (3 Hours Category I CME Credit Hours™)

8:45 - 9:15 am	Welcome & Opening Remarks
9:15 - 10:15 am	Special Clinical Considerations in Treating Persons with Intellectual and Developmental Disabilities in Residential Treatment Centers / Group Homes Steven R. Pliszka, MD and Juan I. Campos, MD
Objectives: The learning objectives for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:	
<ul style="list-style-type: none">Discuss pharmacological treatments of different target symptoms.Identify differences in dosing and medication choices for persons with IDDIdentify specific clinical challenges in these settings.Discuss treatments and specific clinical challenges of patients with Dysruptive Mood Dysregulation Disorder with co-morbid Attention Deficit Hyperactive Disorder, Major Depressive Disorder and Bipolar Disorders.	
10:15 - 10:30 am	Refreshment Break
10:30 - 11:30 am	ETHICS: Seclusion and Restraint in Correctional Setting Joseph V. Penn, MD
Objectives: The learning objectives for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:	
<ul style="list-style-type: none">Identify the clinical, legal and ethical issues related to Seclusion and Restraint.	
11:30 - 12:30 pm	ETHICS: Transgender and Gender Dysphoria Walter J. Meyer, III, MD
Objectives: The learning objectives for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:	
<ul style="list-style-type: none">Identify and improve the clinical competency in understanding ethical issues involving transgender patients.Identify and discuss best practices for Transgender youth/teens and hormone therapy (when/why/how to refer)Discuss how Transgender Youth Issues are being addressed in mental health settings.	
12:30 - 12:45 pm	Closing Remarks

ACCREDITATION STATEMENT
This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Texas Medical Association (TMA) through the joint providership of the Texas Society of Psychiatric Physicians and the Texas Society of Child and Adolescent Psychiatry. The Texas Society of Psychiatric Physicians is accredited by TMA to provide continuing education for physicians.

CREDIT STATEMENT
The Texas Society of Psychiatric Physicians designates this Live Activity for a maximum of nine (9) AMA PRA Category I Credits™ Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ETHICS DESIGNATION STATEMENT
The Ethics Presentations: “Seclusion and Restraint in Correctional Setting” and “Transgender and Gender Dysphoria” have been designated by the Texas Society of Psychiatric Physicians for a total of two (2) credits of education in medical ethics and/or professional responsibility.

TARGET AUDIENCE/PROGRAM OBJECTIVES
This live activity has been designed with didactic lectures supplemented with panel discussion, clinical vignettes, audiovisual presentations, direct discussion and case presentation and discussion in multiple educational sessions.

The program is designed to provide its’ target audience of Child and Adolescent Psychiatrists, Adult Psychiatrists, Pediatricians and Primary Care Physicians with clinically relevant information to advance the physicians’ competence and provide them with 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.

NEEDS ASSESSMENT
TSCAP has incorporated into this CME activity the relevant educational needs concerning competence that underlie the professional practice gaps of the participants.

FACULTY AND PLANNERS DISCLOSURE POLICY
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ABOUT THE SPEAKERS

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Secretary-Treasurer
Texas Society of Child and Adolescent Psychiatry
President
Bexar County Psychiatric Society (2020-2021)
Kerr-Bandera Medical Society Delegate
Texas Medical Association

Juan I. Campos, MD

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President
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James J. McGough, MD
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David Geffen School of Medicine at UCLA
Los Angeles, California
Chair of the Program Committee
American Academy of Child and Adolescent Psychiatry
Chair
UCLA Medical Institutional Review Board for Neuroscience
Former Member, US Food and Drug Administration
Psychopharmacology Advisory Panel
Principal or Co-Principal Investigator in over 50 Clinical Trials, including NIH-Funded Projects on Severe Mood Dysregulation and Trigeminal Nerve Stimulation for ADHD

Author of Book Entitled: ADHD
Published by Oxford University Press

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The TEXAS PSYCHIATRIST is published 5 times a year in February, April, June, August, and October. Members of Federation member organizations are encouraged to submit articles for possible publication. Deadline for submitting copy to the Federation Executive Office is the first day of the publication month. Copy must be edited, acceptable for publication.

Display advertising is available and publication is determined on a case by case basis by the Editorial Board. The Editorial Board reserves the sole right to accept or reject any submitted advertising copy.

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Whether you are looking for career opportunities or you are recruiting to fill a position in your organization, you will want to check out the Federation's **JOB BANK** on its website at www.txpsych.org. The Federation's **JOB BANK** could be just what you have been looking for.

CALENDAR OF MEETINGS

APRIL

24-29

**American Psychiatric Association
Annual Meeting**
Philadelphia, PA
www.psych.org

MAY

1-2

TEXMED
Fort Worth Conention Center and Omni Hotel
Fort Worth, TX
www.texmed.org

15-17

**Texas Society of Psychiatric Physicians
and Texas Academy of Psychiatry
Spring Meeting and CME Program**
"Hot Topics in Clinical Practice: Updates in Psychiatric Care"
Westin Austin at the Domain Hotel
Austin, Tx
Registration: Mailed and Posted Online at www.txpsych.org
Hotel Reservations \$189 on or before April 23
Reserve online at www.txpsych.org or
<https://book.passkey.com/e/50059730>

JULY

17-19

**Texas Society of Child and Adolescent Psychiatry
Annual Meeting and Scientific Program**
"Moody Dysregulation and Evolving Modalities
in the Delivery of Psychiatric Care"
Moody Gardens Hotel
Galveston, Tx
Registration: Mailed and Posted Online at www.txpsych.org
Hotel Reservations \$209 on or before June 25
1-888-388-8484

OCTOBER

19-24

American Academy of Child and Adolescent Psychiatry
Hilton San Francisco Union Square
San Francisco, CA
www.aacap.org

NOVEMBER

**Texas Society of Psychiatric Physicians
Annual Convention and Scientific Program**
Site and Dates TBD