

# Texas Psychiatrist



## Join Us at the TSCAP Annual Convention!

Catherine Karni, MD, DFAACAP, President, Texas Society of Child and Adolescent Psychiatry



Catherine Karni, MD, DFAACAP

Being a child psychiatrist is so rewarding! Our children flourish in front of our eyes every day. We share their joy and triumphs, watching them grow as they graduate from grade school, middle school, high school and set off for college. But, we also share their challenges—challenges ranging from the severity of their mental illness to their sometimes limited access to psychiatric care. Oftentimes, we are not only their treating physician; we are also their advocate for clinical or school services.

A major concern in our field is the alarming, skyrocketing rate of suicide—the now second leading cause of death

for 10- to 24-year-olds. I am inviting you all to attend our annual meeting, “A Generation in Distress: Depression and Suicidality in the Teenage Years,” which will take place July 19-21, 2019 at the Westin Riverwalk Hotel in San Antonio. The conference will provide updates on this critical topic. Come to learn and net-

work with colleagues while relaxing in beautiful San Antonio.

See pages 2-3 for the program and registration form. For hotel reservations go online at [www.txpsych.org](http://www.txpsych.org) and place your reservation or call 1-888-627-8396

I look forward to seeing all of you at the meeting. ■



### TSCAP ANNUAL CONVENTION & SCIENTIFIC PROGRAM

*“A Generation in Distress: Depression and Suicidality in the Teenage Years”*

July 19-21, 2019 • Westin Riverwalk Hotel • San Antonio

**HOTEL RESERVATIONS:** Make your hotel reservation today by calling Central Reservations at 1-888-627-8396 or visit [www.txpsych.org](http://www.txpsych.org) and click on the following link in the TSCAP Program Information: [https:// www.marriott.com/event-reservations/reservation-link.mi?id=1548103732990&key= GRP&app=resvlink](https://www.marriott.com/event-reservations/reservation-link.mi?id=1548103732990&key=GRP&app=resvlink).



## Summary of 2019 Legislative Session

Eric Woomer, Federation of Texas Psychiatry Public Policy Consultant



Eric Woomer

After 140 days of work, Texas legislators concluded the 86th biennial legislative session with a streak of high-profile bipartisan bills sent to Governor Greg Abbott’s desk, while avoiding the many pitfalls that threatened to derail their efforts. While not short on controversy, the session was historically productive, addressing issues ranging from school finance reform, to property tax reductions, and disaster preparedness.

**BUDGET** – The final budget totaled \$250.7 billion in federal, state, and local spending as it was signed by Governor Abbott, saw \$94.5 billion in new school funding, including an overall increase of \$6.5 billion, with an additional \$1.6 billion earmarked for teacher pay raises; and \$5 billion to buy down property tax rates across the state.

Total behavioral health funding is estimated to be \$7.8 billion across 23 state agencies. This supports funding for inpatient client services at state and community hospitals, and the legislature added an additional \$26 million for the purchase of 50 additional inpatient beds. In addition,

the community mental health grant programs were appropriated \$23 million to continue these programs, and \$100 million to support the establishment of the Texas Mental Health Consortium.

The Legislature continued its support for state hospital redesign by funding the next phase of the project at over \$400 million. These dollars will support the construction of additional beds at the Rusk, Austin, and San Antonio hospitals.

The Texas Higher Education Coordinating Board (THECB) was appropriated \$157 million for Graduate Medical Education expansion, which includes an increase of \$60 million from the previous biennium. HB 1 also provides additional funding to meet the 1:1 to 1:0 ratio of the first-year residency positions for each medical graduate.

**PROPERTY TAX REFORM** – In an effort to curb the growth of local property taxes, the legislature approved language effectively capping the rate local governments can increase tax rates without seeking voter approval. With the passage of the bill, cities and counties are limited to increasing their property tax rates by 3.5% annually before triggering a voter referendum on the increase. Similarly, school districts are now capped at annual increases of 2.5% before requiring voter approval.

**SCHOOL FINANCE REFORM** – The legislature rewrote the school finance process, providing \$6.5 billion to improve public schools and boost teacher salaries, and lowering school district taxes by \$5.1 billion. Additionally, the bill includes full-day pre-K for eligible students, incentives for dual-language and dyslexia programs, and provi-

sions to develop teacher merit pay systems.

**SCHOOL SAFETY AND MENTAL HEALTH** – Following the tragic school shooting at Santa Fe High School in 2018, the legislature enacted a sweeping school safety initiative to reduce the risk of future shootings. SB 11 by Sen. Larry Taylor includes provisions requiring specific training for school resource officers, strengthening mental health initiatives in schools, and the creation of teams to identify possibly dangerous students. Additionally, the legislation incorporated language from SB 10 establishing a Texas Mental Health Consortium, which died on the House floor during the last days of session. The goal is to bring psychiatrists together with pediatricians in an effort to expand access to mental health services for children and

adolescents.

**HB 1092/SB 268** Authored by Rep. Zedler and Sen. Rodriguez, these bills would allow psychologists to receive training to make them safe prescribers. Trained psychologists will receive training to practice under a physician for 2,000 hours. Neither bill

See **Summary** Page 4

**REGISTRATION NOW OPEN**  
**Texas Society of Psychiatric Physicians**

### 63rd Annual Convention and Continuing Medical Education Program

*“Working with Treatment Resistant Depression, Suicidal Patients and Alcohol and Tobacco Use Disorders”*

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

**HOTEL RESERVATION:**  
**\$142 DISCOUNTED ROOM BLOCK NOW OPEN**

To place a hotel reservation visit the Federation of Texas Psychiatry’s website homepage [www.txpsych.org](http://www.txpsych.org) and click on the link located beside the program information for TSPP, November 8-10 or call 1-888-388-8484 and refer to the Group Name: Texas Society of Psychiatric Physicians.

**MEETING REGISTRATION:**  
**DISCOUNTED EARLY BIRD MEETING REGISTRATION AVAILABLE JUNE 1 UNTIL AUGUST 30.**



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Texas Society of Child and Adolescent Psychiatry

# Annual Convention & Scientific Program

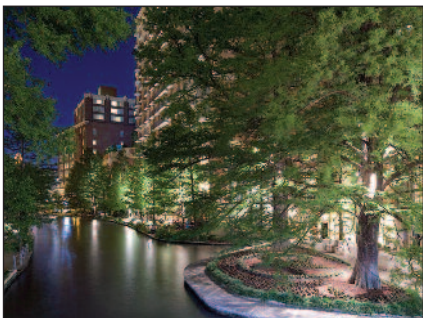
## A Generation in Distress: Depression and Suicidality in the Teenage Years

JULY 19-21, 2019 • Westin Riverwalk Hotel • San Antonio, Texas

### GENERAL INFORMATION

#### MEETING LOCATION

TSCAP's Annual Convention and Scientific Program will be held at the Westin Riverwalk Hotel, recently honored as one of the World's Best Places to Stay by Conde Nast Traveler's acclaimed Gold List. Located at 420 W. Market Street, on the banks of the historic Riverwalk the Westin Riverwalk, San Antonio Hotel features a heated outdoor pool and WestinWORKOUT® Fitness Studio. The Woodhouse Day Spa® is an oasis-like spa that ensures rejuvenation. Savor authentic Italian cuisine and river views from the patio of Zocca Cuisine d'Italia located in the hotel or sample the delicious options at the hotel's café or pool bar. In addition, the Westin Riverwalk offers guests direct access to one of the most charming and beloved Texas destinations, the San Antonio Riverwalk. Whether you set out on foot or, by the water taxi that picks up outside of the hotel on the banks of the River, the hotel's location overlooking the Riverwalk invites you to explore the myriad restaurants, shops and entertainment venues that line the banks of the San Antonio River as it winds through downtown.



Wander a bit further and you'll discover rich sites of culture and the arts. Breathe in some Texas history at The Alamo and the Spanish Governor's Palace, stroll through Market Square and La Villita, San Antonio's historic arts village, or sip a cold microbrew at the Historic Pearl Brewery. Great family attractions, including the San Antonio Zoo and Six Flags Fiesta Texas, are just short trips from the hotel.

#### HOTEL RESERVATIONS / PARKING

Make your hotel reservation today by calling Central Reservations at 1-888-627-8396 or visit [www.txpsych.org](http://www.txpsych.org) and click on the following link in the TSCAP Program Information:

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1548103732990&key=GRP&app=resvlink>

Discounted valet parking available for TSCAP meeting registrants and guests July 19-21 at the rate of \$25.00, or a self-parking pay lot is available across from the hotel.

#### OPENING WELCOME RECEPTION WITH EXHIBITORS

Make plans to attend the complimentary festive Fiesta Welcome Reception with Exhibitors on Friday evening, 6:30 pm - 8:30 pm, Navarro B Room, Ballroom Level. 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 Navarro B Room, Ballroom Level of the Westin Riverwalk Hotel. 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 - 8:30 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 - 4:00 pm

#### ANNUAL MEETING BREAKFAST

The Annual TSCAP Business Meeting and Breakfast will be held Sunday, 7:45 am-8:45 am in the Madero Room, Ballroom Level.

#### EXHIBITORS

American Professional Agency, Inc	Professional Risk Management Services, Inc.
Cedar Crest Hospital	The Menninger Clinic
GeneSight	Tris Pharma, Inc.
Genomind	UTMB Correctional Managed Care
Meridell Achievement Center	

### PROGRAM AT A GLANCE

#### Friday, July 19

12:00 pm - 8:30 pm	Temporary Registration . . . . . (Friday Only) Hotel Main Lobby
2:00 pm - 5:00 pm	Exhibit Set-Up . . . . . Navarro B, Ballroom Level
4:00 pm - 5:30 pm	TSCAP Executive Committee Meeting . . . . . Zapata - Ballroom Level
6:30 pm - 8:30 pm	Fiesta Welcome Reception with Exhibitors . . . . . Navarro B, Ballroom Level

#### Saturday, July 20

7:00 am - 4:30 pm	Registration . . . . . (New Location) Navarro Pre-Function
7:30 am - 8:30 am	Continental Breakfast with Exhibitors . . . . . Navarro B, Ballroom Level
8:00 am - 2:45 pm	Scientific Program . . . . . Navarro A, Ballroom Level
<i>Note: For Saturday's Program, to reduce expenses, refreshments will be set in one location, in the Exhibit Hall, Navarro B</i>	
10:30 am - 10:50 am	Refreshment Break and Door Prize Drawings . . . . . Navarro B, Ballroom Level
11:50 am - 12:10 pm	Refreshment Break and Door Prize Drawings . . . . . Navarro B, Ballroom Level
1:10 pm - 1:30 pm	Refreshment Break and Door Prize Drawings . . . . . Navarro B, Ballroom Level
3:00 pm - 4:00 pm	Exhibits Teardown / Depart . . . . . Navarro B, Ballroom Level

#### Sunday, July 21

7:00 am - 1:00 pm	Registration . . . . . Navarro Pre-Function
7:45 am - 8:45 am	TSCAP Annual Business Meeting and Breakfast Open to All Attendees . . . . . Madero, Ballroom Level
8:45 am - 12:30 pm	Scientific Program . . . . . Navarro A, Ballroom Level
10:15 am - 10:30 am	Refreshment Break . . . . . Navarro Pre-Function



### TSCAP Annual Convention & Scientific Program

*"A Generation in Distress:  
Depression and Suicidality in the Teenage Years"*  
July 19-21, 2019 • Westin Riverwalk Hotel, San Antonio, Texas

**MAIL**... (pay by credit card or check)  
Texas Society of Child and Adolescent Psychiatrists  
401 West 15th Street, Suite 675, Austin, TX 78701  
(The following options require credit card payment)  
**E-MAIL**... [TSCAPof@aol.com](mailto:TSCAPof@aol.com)  
**ONLINE** ... <http://www.txpsych.org>  
**FAX** ... (512) 478-5223

To remit payment online, complete this form and return to [tscapeof@aol.com](mailto:tscapeof@aol.com) via email. An email invoice will be sent to you via Quickbooks for payment.

#### REGISTRATION

NAME	DEGREE		
MAILING ADDRESS	CITY	STATE	ZIP
TELEPHONE NUMBER	FAX NUMBER	E-MAIL	

Name(s) of Guest(s) Attending \_\_\_\_\_

#### SCIENTIFIC PROGRAM REGISTRATION

	After June 18	
TSCAP Member Physician	\$215	_____
Non-Member Physician	\$270	_____
Spouse / Guest Claiming CME Credit	\$215	_____
Allied Health Professional / Spouse / Guest	\$200	_____
TSCAP Member Trainee	\$30	_____
Non-Member Trainee	\$50	_____
Medical Student	\$20	_____
Non-Member Medical Student	\$30	_____

#### SOCIAL EVENTS

☐ **Friday Welcome Reception**  
Name(s) Attending Reception: \_\_\_\_\_

☐ **Sunday Membership Business Breakfast**  
TSCAP Member \$20 \_\_\_\_\_  
Non-Members/Guests/Spouse/Child \$25 \_\_\_\_\_  
Name(s) Attending Breakfast: \_\_\_\_\_

#### MEETING SYLLABUS ORDER

☐ Online Meeting Syllabus Free \_\_\_\_\_  
☐ Color Printed Copy \$100 \_\_\_\_\_  
☐ Black & White Copy \$75 \_\_\_\_\_  
☐ **Vegetarian Plate Requested.** No additional fee if requested prior to June 18, otherwise there will be an additional fee of \$15.00.

If you require any special assistance to fully participate in this conference, please contact TSCAP via e-mail [tscapeof@aol.com](mailto:tscapeof@aol.com) or 512/478-0605. **TOTAL REGISTRATION** \_\_\_\_\_

#### PAYMENT INFORMATION

Check in the Amount of \$ \_\_\_\_\_ Make Checks Payable to Texas Society of Child and Adolescent Psychiatry  
Please Charge \$ \_\_\_\_\_ To My: ☐ VISA ☐ MasterCard ☐ American Express  
Credit Card # \_\_\_\_\_ Expiration Date: \_\_\_\_\_  
3 or 4 Digit Security 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): \_\_\_\_\_

CANCELLATIONS – Deadline for cancellation is June 18, 2019. In the event of cancellation, a full refund will be made if written notice is received in the TSCAP office by June 18, 2019, less a 25% handling charge. NO REFUNDS WILL BE GIVEN AFTER JUNE 18, 2019.





Texas Society of Child and Adolescent Psychiatry

# Annual Convention & Scientific Program

## A Generation in Distress: Depression and Suicidality in the Teenage Years

JULY 19-21, 2019 • Westin Riverwalk Hotel • San Antonio, Texas

### SCIENTIFIC PROGRAM SCHEDULE

#### Saturday, July 20 (5 Hours Category I CME Credit Hours™)

8:00 - 8:30 am	Welcome & Opening Remarks
8:30 - 9:30 am	Depression Awareness, Screening and Treatment in Children and Adolescents KEYNOTE SPEAKER: Karen Dineen Wagner, MD, PhD <i>Objective: The learning objective for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:</i> <ul style="list-style-type: none"><li>• Screen, identify, diagnose and treat depressed adolescents.</li></ul>
9:30 - 10:30 am	Evidence Based Treatments in Suicidal Youth Jennnifer L. Hughes, PhD, MPH <i>Objective: The learning objective for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:</i> <ul style="list-style-type: none"><li>• Identify different interventions and evidence based treatments for suicidal youth.</li></ul>
10:30 - 10:50 am	Refreshment Break
10:50 - 11:50 am	Depression and Increased Suicide Rate in African American Children Napoleon B. Higgins, Jr., MD <i>Objective: The learning objective for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:</i> <ul style="list-style-type: none"><li>• Discuss the increased suicide rate in African American children and identify the specific issues that racial and ethnic minority groups face.</li></ul>
11:50 - 12:10 pm	Refreshment Break
12:10 - 1:10 pm	Resident Case Presentation and Faculty Discussant: The Therapy Cases That Weren't... Ue Jin Kim, MD, James Stedman, PhD, Brigitte Bailey, MD <i>Objective: The learning objectives for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:</i> <ul style="list-style-type: none"><li>• Discuss most common reasons resulting in therapy appointment non-compliance.</li><li>• Describe two approaches that may increase patient participation in resident lead psychotherapy.</li><li>• Identify if patient/family preferences or bias influence therapy attendance</li></ul>
1:10 - 1:30 pm	Refreshment Break
1:30 - 2:30 pm	The Use of Telepsychiatry in the Evaluation and Treatment of Adolescent Depression Manish Aligeti, MD, MHA <i>Objective: The learning objective for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:</i> <ul style="list-style-type: none"><li>• Identify the clinical, legal, regulatory and ethical issues related to the use of telepsychiatry when evaluating and treating depressed adolescents.</li></ul>
2:30 - 2:45 pm	Closing Remarks

#### Sunday, July 21 (3 Hours Category I CME Credit Hours™)

8:45 - 9:15 am	Welcome & Opening Remarks
9:15 - 10:15 am	Use of Service, Emotional Support and Therapy Animals Joseph Shotwell, MD <i>Objective: The learning objective for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:</i> <ul style="list-style-type: none"><li>• Discuss the use of animal-asisted interventions in the treatment of child and adolescent psychiatric disorders.</li></ul>
10:15 - 10:30 am	Refreshment Break
10:30 - 11:30 pm	ETHICS PANEL: Technology and its Effects on Development and Adolescent Relationships  Social Media, Development and Identity Formation in Children and Adolescents Tracy Asamoah, MD <i>Objective: The learning objective for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:</i> <ul style="list-style-type: none"><li>• Identify the effects of social media on the physical, psychological, cognitive well-being and overall child and adolescent development, and discuss how social media can be beneficial or harmful to youth.</li></ul>
	Sexing and Teen Dating Violence Jeff R. Temple, PhD <i>Objective: The learning objective for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:</i> <ul style="list-style-type: none"><li>• Identify the clinical, legal and ethical issues related to sexting, cyberbullying and teen dating violence</li></ul>
11:30 - 12:30 pm	ETHICS: The Use of Special Education or Section 504 Services Anna Draker, M.S. Ed <i>Objective: The learning objective for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:</i> <ul style="list-style-type: none"><li>• Discuss federal and state special education laws and to identify the different special education designations, the difference between Response to Intervention (RtI), Section 504 Services and Special Education, and appropriate ways to advocate for school services for their patients.</li></ul>

#### 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 eight (8) 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 presentations "Ethics Panel on Technology and its Effects on Development and Adolescent and Relationships The Use of Special Education or Section 504 Services" 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 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

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

#### Manish Aligeti, MD, MHA

Clinical Assistant Professor  
Texas Tech University HSC  
Department of Child Psychiatry  
Lubbock, TX  
TSCAP/AACAP Delegate (2016-19)

#### Tracy Asamoah, MD

Child and Adolescent Psychiatrist  
Private Practice  
Austin, TX  
TSCAP/AACAP Delegate (2018-21)  
AACAP Media Committee, Member

#### Brigitte Bailey, MD

Program Director  
Child and Adolescent Psychiatry  
Director of Resident Diversity  
Professor  
UT Health SA Department of Psychiatry  
Child and Adolescent Division  
San Antonio, TX

#### Anna Draker, M.S. Ed

Assistant Director of Evaluation for  
504 Compliance and Services  
Department of Testing and Evaluatoin  
Northside Independent School District  
San Antonio, TX

#### Napoleon B. Higgins, Jr., MD

Past President  
APA Caucus of Black Psychiatrists  
Former President  
Black Psychiatrists of America  
Past Secretary/Treasurer  
National Medical Association

#### Jennnifer L. Hughes, PhD, MPH

Psychologist  
Head of Risk & Resilience Network  
Center for Depression Research and  
Clinical Care  
Assistant Professor  
UT Southwestern Medical Center  
Dallas, TX

#### Ue Jin Kim, MD,

Chief Resident Child and Adolescent  
Psychiatry Fellowship  
UT Health  
San Antonio, TX

#### Joseph Shotwell, MD

Assistant Professor  
Department of Psychiatry and  
Behavioral Sciences  
University of Texas Medical Branch  
Galveston, TX

#### James Stedman, PhD

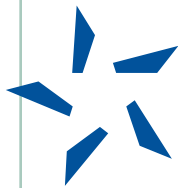
UT Health SA Department of Psychiatry  
San Antonio, TX

#### Jeff R. Temple, PhD

Professor  
Department of Obstetrics and  
Gynecology  
Director of Behavioral Health and  
Research  
University of Texas Medical Branch  
Galveston, TX

#### Karen Dineen Wagner, MD, PhD

Professor and Chair  
Department of Psychiatry and  
Behavioral Sciences  
Titus Harris Chair  
Harry K. Davis Professor  
University of Texas Medical Branch  
Galveston, TX  
President  
American Academy of Child and  
Adolescent Psychiatry



# Why be involved in TSPP?

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

I hope the summer is going well for all of you. I am excited to have the opportunity to share with you who I am, what is important to me as a psychiatrist and why I have chosen to be involved in TSPP.

I am a native Texan, born and raised in Dallas. My parents immigrated to the US from Peru. I was the first in my family to graduate from college followed by graduation from UT Southwestern Medical School. I completed a psychiatry residency and fellowships in child and adolescent psychiatry and forensic psychiatry in Los Angeles. Afterwards, we moved to Portland, Oregon, where I worked for 14 years in outpatient, inpatient and ED settings, evaluating and treating adults and children. In 2009, I accepted a position in charge of Psychiatric Services for the University of Texas at Austin Counseling and Mental Health Center. Shortly after moving to Austin, I joined the Austin Psychiatric Society (APS), and transferred my District Branch membership from Oregon Psychiatric Association to TSPP. APS was a great way to get to meet members and benefit from the CME programming. I

expanded my involvement at APS into leadership roles, which led to involvement in TSPP.

It is important to me as a psychiatric physician to provide high quality psychiatric care to our patients, the children, adolescents and adults who have mental illness. That is one of TSPP's objectives, along with continuing to improve psychiatric knowledge to our members, colleagues and the public and to work in partnership with all colleagues involved in providing care to individual with mental illness. At TSPP meetings, I experienced a camaraderie and support from Texas psychiatrists, including but not limited to Pat Holden from San Antonio, Clay Sawyer from Waco, Debra Atkisson from Ft. Worth, Dan Pearson from Dallas, Esteban Gonzalez from McAllen, Terry McMahon from Lubbock, Lynda Parker from Georgetown and Mark Jacobs from Houston. The TSPP committee under the leadership of Matt Jeffreys has consistently provided outstanding CME programming. TSPP offers ways to get involved. Members can serve on committees. Members can be

involved in advocacy and participate in Capitol Day events, meeting with legislators and talking about issues important to Texas psychiatrists. Our lobbyist, Eric Woomer tracks bills involving mental health issues and keeps TSPP notified. In the event of bills that are potentially harmful to our patients, TSPP can act. A TSPP member can be active in the political process. This past year I testified against a bill and emphasized that the reason for the opposition was patient safety.

I am impressed with the involvement of Resident and Fellows in TSPP. They are our future leaders. We have TSPP Resident-Fellow representatives from programs at Baylor, JPS, Texas A&M Scott & White, Texas Tech-El Paso, Texas Tech-Lubbock, UT Austin Dell Medical School, UT Southwestern, UTHSC Houston, UTHSC San Antonio, and UTMB Galveston. I encourage TSPP members to be involved with and support our residents and fellows. At Capitol Day 2019, I was designated a Team Lead. Residents from UTHSC San Antonio, Sara Noble, Jacob Wardyn and Jennifer Rosenthal, were on my team. They did a great job in



Melissa Gail Inga Eshelman, MD, DFAPA

presenting our support and opposition to bills in meetings with legislators' staff. The Resident-Fellow Member Section and Academic Psychiatry committees arranged for a sub-specialty workshop at the TSPP November 2018 meeting. Psychiatrists in different specialties were available to answer questions from residents, and fellows about their subspecialty. The former chair of the Resident-Fellow Member committee, Karen Duong from UT Southwestern, and vice chair, Bethany Hughes from JPS, led the initiative for the TSPP Resident-Fellow Member Travel Scholarship Fund. This fund was created for the purpose of reducing the cost of Residents' travel expenses to attend TSPP's meetings. TSPP members, please consider contributing. I welcome the current Resident Fellow Member Section committee chair, Ramon Aragon from Texas Tech-El Paso and the vice chair, Rachel Zettl, from UT Southwestern. Texas psychiatry residents and fellows, please be aware that TSPP encourages participation from our resident and fellow members in TSPP committees.

TSPP is there for you if you want to see colleagues or make new friends, enjoy CME, or be involved with committees or advocacy. I look forward to seeing many of you at the TSPP meeting in November in Galveston. Have a great summer! ■

## New Officers Installed

At the conclusion of the April 26-28 TSPP/TAP Spring Meeting in Austin, four of the Federation of Texas Psychiatry organizations installed new officers for Fiscal Year 2019-20. Congratulations to All!

### Federation of Texas Psychiatry

Chairman – J. Clay Sawyer, MD, Waco  
Vice Chairman for Education – Michael R. Arambula, MD, RPh, San Antonio  
Vice Chairman for Public Policy – Debra Atkisson, MD, Fort Worth  
Secretary-Treasurer – Lynda Parker, MD, Georgetown

### Texas Academy of Psychiatry

President – Daryl K. Knox, MD, Houston  
President-Elect – Daniel Pearson, III, MD, Dallas  
Secretary-Treasurer – Tushar Desai, MD, Austin

### Texas Foundation for Psychiatric Education and Research

Chairman – J. Clay Sawyer, MD, Waco  
Vice Chairman – Richard L. Noel, MD, Houston  
Treasurer – Gary L. Etter, MD, Colleyville  
Secretary – Arturo Rios, MD, Houston

### Texas Society of Psychiatric Physicians

President – Melissa Gail Inga Eshelman, MD, Austin  
President-Elect – Timothy Wolff, MD, Dallas  
Secretary-Treasurer – Michael R. Arambula, MD, RPh. San Antonio  
Immediate Past President - Joseph V. Penn, MD, Spring

## Summary of 2019 Legislative Session

continued from page 1

emerged from committee.

**HB 1792** Authored by Rep. Klick, the bill would authorize APRNS to work independently include ordering, performing and interpreting diagnostic tests, formulating primary and differential medical diagnoses and advanced assessments; and treating actual/potential health problems. The bill died in committee.

**SB 1238** This legislation changes the time frame within which a voluntary mental health patient must be examined by a physician from within 72 hours before admission to an inpatient facility to between 72 hours before and 24 hours after the admission. A person admitted to a facility before being examined would have to be discharged immediately if the physician determined that the person did not meet the clinical standards to receive inpatient mental health services, and facilities that discharged those patients could not bill for the temporary admission. The bill was signed by Gov. Abbott and goes into effect Sept. 1, 2019.

**HB 10** This bill would have established the Texas Mental and Behavioral Health

Research Institute to create best practices, leadership, and vision for addressing child and adolescent behavioral health needs and to fund research on behavioral health issues. However, the bill failed to pass.

**HB 2261** This legislation increases the amount of money a physician can receive under the physician education loan repayment program by \$5,000 each year. This would bring the total amount of assistance available to physicians to \$180,000, and applies to submitted on or after September 1, 2019.

**SB 362** This bill modifies procedures and requirements related to court-ordered inpatient and outpatient mental health services, including the standards that would have to be met in order for courts to order such services, the mechanisms for transitioning patients from inpatient to outpatient or continuing care, and the procedures for diverting certain individuals with mental illnesses from the criminal justice system to outpatient services.

**HB 1504** This legislation continues the Texas Medical Board (TMB), amend TMB's licensure and enforcement processes, establish a radiologist assistant certificate, and update training for other boards.

**HB 2454** The bill requires physicians, APRNs, physician assistants, and dentists to complete a minimum of two hours of continuing medical education (CME) regarding safe and effective pain management for the prescription of opioids and other controlled substances.

**HB 2536** This bill requires drug manufacturers, pharmacy benefit managers, and health benefit plan issuers to submit reports on pharmaceutical drug costs. The bill also would require the executive commissioner of the Health and Human Services Commission (HHSC) to establish a website to provide drug price information to the general public.

**HB 3703** This legislation expands patient eligibility for low-THC cannabis prescriptions and establish a research program.

**HB 2050** The bill requires that consent to the prescription of an antipsychotic or neuroleptic medication to a resident of a nursing facility is valid only if it was given in writing on a form prescribed by HHSC by a resident or by a person authorized to consent on behalf of the resident. It included important provisions negotiated by the Federation and TMA.

Thank you for allowing me to continue to represent your interests at the state capitol. Please don't hesitate to contact me with any questions or concerns. ■

### TSPP RESIDENT-FELLOW MEMBER TRAVEL SCHOLARSHIP FUND

☐ Yes, I want to make a donation!

AMOUNT

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Or by check, payable to **Texas Society of Psychiatric Physicians**, 401 West 15th Street, Suite #675, Austin, TX 78701. Do NOT make check payable to RFM Scholarship Program or it will be returned. You may write RFM Scholarship in the Notes Section of Your Check.

**Professional dues and/or Scholarship Fund donations may not be claimed as charitable contributions but may be deductible as ordinary and necessary business expense, less the estimated percentage of the dues used for lobbying. Estimated lobbying expenses for 2018-19 are 10%.**





# Committee Preferences 2019-20

**T**HANK YOU for your continued membership and strengthening the voice of Psychiatry in Texas! TSPP's mission is to develop the highest quality of comprehensive psychiatric care for patients, families, and communities and your individual membership helps collectively accomplish that goal by enabling TSPP to continue to provide quality CME programs and a strong legislative voice for Psychiatry.

Your personal involvement in TSPP's activities also helps to shape the future of Psychiatry. With this in mind, TSPP invites all members, including Resident-Fellow Members to serve on committees this year by selecting from the list below the committees you have an interest in (Please try to limit your selection to 1 Committee per Council listing to avoid potential meeting conflicts). Participation in committees also provides an opportunity to informally network with your colleagues from around the State and share issues and concerns about your practice, patient care, legislative mat-

ters and medical education.

To make your selection and submit your committee preferences, complete Name/ Address/Email and place an "X" in the appropriate committee column and fax your completed form to TSPP (512/478-5223), or mail it to TSPP, 401 West 15th St., Ste 675, Austin, Texas 78701. Your selections must be received by TSPP by July 31. Your preferences will be considered by TSPP President Melissa Eshelman, MD when she begins making appointments. Appointments are generally for 3 years. Confirmation of committee appointments will be mailed in August. Information about each of the committee's charges is listed below the committee preference form.

Committees will meet twice in FY 2019-20 in November 2019 and April 2020. If you have any questions please do not hesitate to contact our office via email [tsppofc@aol.com](mailto:tsppofc@aol.com) or telephone 512-478-0605.

**Debbie Giarratano**  
Executive Director

## COMMITTEE CHARGES 2019-20

**COUNCIL ON ADVOCACY**  
**GOVERNMENT AFFAIRS:** To monitor present and proposed legislation and regulation at all government levels that could affect services to psychiatric patients; to attempt to ensure such legislation is in conformity with the principles of scientific care; to propose needed legislation or regulation, in liaison with other interested groups when appropriate, that would benefit psychiatric patients and the psychiatric profession in its efforts to treat patients effectively; and, to monitor court developments affecting patients and members.

**COUNCIL ON EDUCATION**  
**CONTINUING MEDICAL EDUCATION:** To develop the Scientific Program for the Texas Society of Psychiatric Physicians' Annual Meeting in accordance with the Essentials as outlined in the Texas Medical Association's CME Guidelines, after receiving approval both from the Executive Council and the Finance Committee for particular plans; and, to assist the President-Elect in the development of the Scientific Program for the Texas Medical Association Section on Psychiatry.

**PROFESSIONAL PRACTICE MANAGEMENT:** To review clinical practice issues affecting members in any practice setting (eg regulations, reimbursement, technology, office procedure, etc) and propose educational programs and policies to improve the delivery of care to patients and to enhance the practice of psychiatry. As needed, review and update existing practice guidelines and develop new guidelines for the practice of psychiatry.

**RESIDENT-FELLOW MEMBER SECTION:** To review the needs and concerns of members-in-training as seen by the residents to facilitate more resident involvement with appropriate TSPP Committees; and, to provide a forum for members-in-training for collegial sharing of mutual concerns and ideas.

**COUNCIL ON SERVICE**  
**ACADEMIC PSYCHIATRY:** To provide a forum for psychiatrists employed by academic centers to network and to share information of mutual interest and concern about their academic settings.

**CHILDREN & ADOLESCENTS:** To monitor developments in the field of child and adolescent psychiatry, in both the private and public sectors, and to inform the membership of issues and policies affecting the care and treatment of children and adolescents.

**PUBLIC MENTAL HEALTH SERVICES:**

To review the effectiveness of the organization of clinical services, and the funding for public mental health services administered and/or provided by State and local public agencies; and, to assess the authority, roles, and functions of psychiatrists in public mental health services.

**FORENSIC PSYCHIATRY:** To review the legal aspects of civil, criminal, correctional and legislative issues that affect patients and the practice of psychiatry.

**COUNCIL ON FELLOWSHIP**  
**CHAPTER LEADERSHIP FORUM:** To provide a forum for Chapter leaders to meet and discuss issues of mutual interest regarding Chapter operations.

**COUNCIL ON LEADERSHIP**  
**CONSTITUTION & BYLAWS:** To prepare, as necessary, changes in the Constitution and Bylaws as mandated, either by vote within the Society or changes in APA structure which affect the District Branch structure as well; to review the Constitution and Bylaws and submit recommendations for or possible improvement of the current document.

**ETHICS:** To undertake the confidential investigation of complaints of unethical behavior or practices against Texas Society of Psychiatric Physicians' members in accordance with APA procedures approved by the Assembly and the Board of Trustees.

Committee Preferences 2019-20

NAME

ADDRESSCITYSTATEZIP

EMAIL

COUNCILS & COMMITTEES 2018-19	Current Member	Request Reappointment	Wish to Resign	Request New Appointment
COUNCIL ON ADVOCACY				
Government Affairs				
COUNCIL ON EDUCATION				
Continuing Medical Education				
Resident-Fellow Member Section				
Professional Practice Management				
COUNCIL ON SERVICE				
Academic Psychiatry				
Children & Adolescents				
Forensic Psychiatry				
Public Mental Health Services				
COUNCIL ON FELLOWSHIP				
Chapter Leadership Forum (1)				
COUNCIL ON LEADERSHIP				
Constitution & Bylaws (2)				
Ethics (2)				
Distinguished Fellowship (2)				
Finance				
Nominating (3)				

(1) Chapter Officers and Representatives (2) Appointed by Chapter (3) Past Presidents

**DISTINGUISHED FELLOWSHIP:** To coordinate all nominations for advancement of Distinguished Fellowship in the American Psychiatric Association and make recommendations to the Executive Council regarding Fellowship recommendations.

**FINANCE:** To prepare an annual operating budget, taking into account previous years' income and expenses, and requests from individual committees and other components; to review requests from members regarding dues adjustments and recommend appropriate actions to the Executive Council; to oversee and advise on investment strategies for reserve funds; to

present financial statements; to make recommendations to the Executive Council and the membership as to the financial needs of the Society; and to develop strategies to recruit and retain members.

**NOMINATING:** To recommend a slate of officers to the membership at the annual meeting as per Chapter VI, Section VI of the TSPP Bylaws; to screen nominations for the Distinguished Service Award, the Special Service Award, and the Psychiatric Excellence Award and other awards approved by the Executive Council, and to make recommendations in regard to these matters to the Executive Council. ■

## NO MATTER THE SIZE OF YOUR PRACTICE WE HAVE YOU COVERED

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TEXAS SOCIETY OF PSYCHIATRIC PHYSICIANS

63<sup>rd</sup> Annual Convention and Scientific Program

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

GENERAL INFORMATION

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 massive pyramids, with one focused on the rainforest and the other on ocean life. Moody Gardens also has Galveston's premier coastal golf course, 3D and 4D movie theaters, Discovery Museum, the Colonel Paddlewheel Board, Rope Course & Zip Line and seasonal Galveston Island attractions like the Festival of Lights.

HOTEL RESERVATIONS

To place a hotel reservation at the TSPP discounted room rate of \$142 **ON OR**

**BEFORE OCTOBER 15** please visit the Federation of Texas Psychiatry's website homepage [www.txpsych.org](http://www.txpsych.org) and click on the link located beside the program information for TSPP, November 8-10 or call 1-888-388-8484 and refer to the Group Name: Texas Society of Psychiatric Physicians.

MEDICAL STUDENTS/RESIDENTS/ FELLOWS IN TRAINING POSTER SESSION

Medical Students, Residents and Fellows in Training who are *members* of APA/TSPP, TSCAP or TAP have been invited to submit a poster for presentation / display during the Friday Evening Welcome Reception and Saturday Continental Breakfast and Refreshment Breaks. Make plans to attend to view the posters and meet the presenters and discuss their presentation.

**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 TSPP or TSCAP you can join the Texas Academy of Psychiatry as a Member for only \$25.00 (email [TSPPofc@aol.com](mailto:TSPPofc@aol.com) for a TAP application to join or go online at [www.txpsych.org](http://www.txpsych.org) Academy to download an application). Not interested in membership in TAP yet, you can still register and attend the TAP Program for \$25.00 Registration Fee – see registration form.

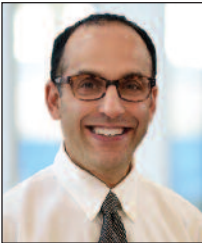


AWARDS

AWARDS RECEPTION / BANQUET

Saturday evening festivities begin with a complimentary wine and cheese reception for registrants attending the Awards Banquet honoring the 2019 TSPP Award Recipients for their outstanding contributions to Psychiatry.

**TSPP 2018 Award to be Presented**  
(Recipient was unable to attend in 2018)



Psychiatric Excellence  
Mark Kunik, MD, DFAPA  
(Bellaire)

Register early to reserve a table for your group at this memorable evening!

**TSPP 2019 Awards To Be Determined**

DR. SPENCER BAYLES OUTSTANDING TSPP MEMBER AWARD

This award named in memory of Dr. Spencer Bayles was established in 2010 to recognize members for outstanding and consistent participation in TSPP activities. The award will be presented during TSPP's Annual Business Luncheon on Saturday, November 9 to please plan to attend and thank your fellow colleagues for their outstanding volunteer service.

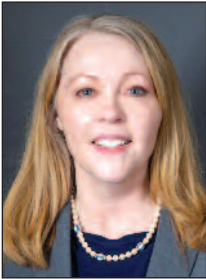
DAVID PHARIS AWARD

The Davis Pharis Award will be presented in recognition of significant contributions to safety and quality inpatient care and outcomes in State Hospitals. This year's award will be presented during the TSPP Annual Business Luncheon on Saturday, November 9. Please attend and express your appreciation to the organization selected for this degree of excellence.

FEDERATION OF TEXAS PSYCHIATRY - JOHN R BUSH LEADERSHIP EXCELLENCE AWARD

This award named for John R. Bush was established in 2016 to recognize psychiatrists who unselfishly provide outstanding leadership, over a sustained period of time, through organized psychiatry advancing the highest standards of psychiatric practice and quality psychiatric care for patients. The award will be presented during the Federation of Texas Psychiatry's luncheon on Saturday, November 10. Please plan to attend and thank your fellow colleague for his outstanding leadership through organized psychiatry.

2019 Recipient:



Debra Atkisson,  
MD, DFAPA  
(Fort Worth)

DAILY SCHEDULE

Thursday, November 7

12:00 pm Golf Outing – Pre-registered golfers meet in hotel lobby to leave for golf .....Hotel Lobby  
Temporary Registration .....West Ballroom Foyer  
Titus Harris Executive Committee / Board Meeting  
TSCAP Executive Committee Meeting  
Chapter Leadership Forum Meeting .....Vine Room  
Federation Delegate Assembly Meeting .....Vine Room

Friday, November 8

7:30 am – 8:30 pm Registration .....West Ballroom Foyer  
8:00 am – 9:00 am Foundation Board of Directors Breakfast Meeting .....Boardroom  
8:00 am – 12:00 pm Exhibit Hall Set Up .....Moody I  
8:30 am – 5:00 pm Committee Refreshments .....East Ballroom Foyer  
9:00 am – 10:30 am  
10:45 am – 12:15 pm  
12:00 pm – 5:00 pm  
12:30 pm - 1:30 pm  
1:30 pm – 2:00 pm  
1:30 pm – 2:20 pm  
2:00 pm – 3:30 pm  
2:00 pm – 3:30 pm  
2:30 pm – 3:30 pm  
3:45 pm – 5:00 pm  
5:30 pm – 6:30 pm  
6:00 pm – 8:30 pm  
6:30 pm – 8:30 pm  
8:30 pm – 10:30 pm

Registration .....West Ballroom Foyer  
Foundation Board of Directors Breakfast Meeting .....Boardroom  
Exhibit Hall Set Up .....Moody I  
Committee Refreshments .....East Ballroom Foyer  
**COUNCIL ON LEADERSHIP MEETINGS**  
Ethics Committee .....Ivy 1  
Distinguished Fellowship Committee .....Ivy 2  
Finance Committee .....Vine 1  
**COUNCIL ON SERVICE MEETINGS**  
Academic Psychiatry Committee .....Ivy 1  
Children & Adolescents Committee .....Vine 1  
Forensic Psychiatry Committee .....Vine 2  
Public Mental Health Services Committee .....Ivy 2  
Exhibits AND Poster Session Set Up .....Moody I  
Committee Members' Luncheon .....Garden Cay  
Texas Academy of Psychiatry  
Board of Trustees Meeting .....Salon E  
Resident-Fellow Section Committee Meeting .....Ivy I  
Texas Academy of Psychiatry Program – “ASSISTED OUTPATIENT TREATMENT” .....Salon E  
**COUNCIL ON EDUCATION MEETINGS**  
Continuing Medical Education Committee .....Ivy 2  
Professional Practice Management Committee .....Vine 1  
**Resident Fellow Member Section and Academy Psychiatry Committee Workshop** – “IMPACT OF CULTURE IN PSYCHIATRIC PRACTICE” .....Salons F&G  
**COUNCIL ON ADVOCACY MEETING**  
Government Affairs Committee .....Salon E  
Executive Council Meeting .....Salon E  
Kendra Scott Jewelry Trunk Show to Benefit the Texas Foundation for Psychiatric Education and Research – 20% of all sales will be donated to the Texas Foundation for Psychiatric Education and Research .....Moody I  
Welcome Reception with Exhibitors AND Poster Session for Meeting Registrants and Paid Guests .....Moody I  
UTMB Dept of Psychiatry (Titus Harris Alumni) Dinner

Saturday November 9

7:30 am – 8:30 pm Registration .....Group Registration Desk  
7:30 am – 4:30 pm Exhibits Open and Poster Session .....Moody I  
7:30 am – 8:15 am Complimentary Continental Breakfast in Exhibit Hall for Meeting Registrants and Paid Guests .....Moody I  
8:15 am – 5:00 pm  
10:30 am – 10:50 am  
11:50 am – 12:10 pm  
12:10 pm – 1:30 pm  
3:45 pm – 4:05 pm  
4:30 pm  
6:30 pm – 7:00 pm  
7:00 pm – 9:30 pm

Registration .....Group Registration Desk  
Exhibits Open and Poster Session .....Moody I  
Complimentary Continental Breakfast in Exhibit Hall for Meeting Registrants and Paid Guests .....Moody I  
**SCIENTIFIC PROGRAM** “ Working with Treatment Resistant Depression, Suicidal Patients and Alcohol and Tobacco Use Disorders .....Moody II  
Refreshment Break and Door Prize Drawings with Exhibitors and Poster Session .....Moody I  
Refreshment Break with Door Prize Drawings with Exhibitors and Poster Session .....Moody II  
Lunch .....Moody I  
Refreshment Break and Door Prize Drawings with Exhibitors and Poster Session .....Moody I  
Exhibits and Poster Session Closes .....Moody I  
Reception for Awards Banquet  
Registrants .....PreFunction, Floral Hall A  
Awards Banquet .....Floral Hall A

Sunday November 10

7:00 am – 2:00 pm Registration .....Group Registration Desk  
8:00 am - 10:30 am Complimentary Continental Breakfast for Meeting Registrants and Paid Guests .....Moody II  
8:15 am – 12:00 pm  
9:30 am – 9:45 am

Registration .....Group Registration Desk  
Complimentary Continental Breakfast for Meeting Registrants and Paid Guests .....Moody II  
**SCIENTIFIC PROGRAM** “Working with Treatment Resistant Depression, Suicidal Patients and Alcohol and Tobacco Use Disorders .....Moody II  
Refreshment Break .....South Ballroom Foyer

TEXAS SOCIETY OF PSYCHIATRIC PHYSICIANS

63RD ANNUAL CONVENTION & SCIENTIFIC PROGRAM

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

**MAIL...** (pay by credit card or check)  
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401 West 15th Street, Suite 675, Austin, TX 78701  
(The following options require credit card payment)  
**E-MAIL...** [TSPPofc@aol.com](mailto:TSPPofc@aol.com)  
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REGISTRATION FEES

Indicate the **NUMBER** of individuals who are registered for each event in the appropriate enrollment category listed below. Please note the enrollment fees are **PER PERSON** and your payment should reflect the proper fee for the number of individuals registered per event.

NUMBER ATTENDING EVENT	EARLY BIRD BEFORE 8/30	ADVANCE BEFORE 10/1	AFTER 10/1	NUMBER ATTENDING EVENT	EARLY BIRD BEFORE 8/30	ADVANCE BEFORE 10/1	AFTER 10/1
<b>Golf Outing</b> – Thursday # <input type="checkbox"/> Please Send Me Additional Information.				<b>SCIENTIFIC PROGRAM</b> – Saturday and Sunday Registration includes your online program syllabus, complimentary continental breakfast and AM / PM refreshment breaks. # <input type="checkbox"/> TSPP/ACADEMY/TSCAP Member \$215 \$245 \$275 # <input type="checkbox"/> Non-Member Physician \$265 \$295 \$325 # <input type="checkbox"/> TSPP/ACADEMY/TSCAP Trainee Member \$25 \$25 \$35			
<b>Medical Student/Resident Mixer</b> – Thursday # <input type="checkbox"/> No Charge				<b>**If your Training Director, Associate or Assistant Program Director's registers for the Scientific Program, your Scientific Program Fee is \$0.00. Enter your Director's name below if they have registered for the Scientific Program:</b> <b>NAME:</b> # <input type="checkbox"/> Non-Member RFM (Trainee) \$35 \$50 \$50 # <input type="checkbox"/> Non-Member Medical Students \$20 \$20 \$20 # <input type="checkbox"/> Medical Students 0 \$15 \$15 <b>Medical Students and Resident Members:</b> If you present a poster, your registration fee for the Scientific Program AND Saturday Lunch is waived. # <input type="checkbox"/> Allied Health Professional \$105 \$130 \$155 # <input type="checkbox"/> Spouse / Guest (No CME Credit) \$95 \$120 \$145			
<b>Committee Attendee Lunch</b> – Friday # <input type="checkbox"/> Lunch \$35				<b>CME Meeting Syllabus Order</b> # <input type="checkbox"/> Online Meeting Syllabus No Chg No Chg No Chg # <input type="checkbox"/> CME Meeting Syllabus In Black/White \$95 \$95 \$125 # <input type="checkbox"/> CME Meeting Syllabus In Color \$125 \$125 \$155			
<b>RESIDENT SECTION WORKSHOP RFM and Academic Psychiatry Joint Workshop</b> “Impact of Culture in Psychiatric Practice” # <input type="checkbox"/> No Chg No Chg No Chg				<b>Vegetarian Plate Requested (for lunch and/or dinner registration). No additional fee if requested prior to 10/1, otherwise there will be an additional fee of \$15.00 MY SPECIAL DIETARY NEEDS: (ie, Gluten Free or Lactose Free, etc)</b>			
<b>Texas Academy of Psychiatry Program</b> – Friday “Assisted Outpatient Treatment (AOT): Another Option for Patient Engagement” # <input type="checkbox"/> TAP Member No Chg No Chg No Chg # <input type="checkbox"/> Non TAP Member \$25 \$25 \$25				<b>TOTAL REGISTRATION FEE</b> \$			
<b>Reception w/ Exhibitors</b> – Friday # <input type="checkbox"/> NOT Registered or Scientific Program \$40 \$40 \$50 # <input type="checkbox"/> Registered for Scientific Program No Chg No Chg No Chg							
<b>Lunch</b> – Saturday # <input type="checkbox"/> TSPP/ACADEMY/TSCAP Member \$25 \$25 \$35 # <input type="checkbox"/> TSPP/ACADEMY/TSCAP Non-Member \$35 \$35 \$45 # <input type="checkbox"/> TSPP/ACADEMY/TSCAP Trainee Member/MS \$15 \$15 \$20 # <input type="checkbox"/> TSPP/ACADEMY/TSCAP Trainee Non-Member/MS \$25 \$25 \$35 # <input type="checkbox"/> Guest \$25 \$25 \$35							
<b>Awards Banquet and Gala</b> – Saturday # <input type="checkbox"/> Awards Banquet \$45 \$45 \$65 # <input type="checkbox"/> Reserved Table for 10* \$400 \$400 \$600							

\* Name(s) for Reserved Table: \_\_\_\_\_

**METHOD OF PAYMENT:**  
☐ Check in the Amount of \$ \_\_\_\_\_ *Make Checks Payable to Texas Society of Psychiatric Physicians*  
Please Charge \$ \_\_\_\_\_ To My: ☐ VISA ☐ MasterCard ☐ American Express  
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3 or 4 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 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



SCIENTIFIC PROGRAM

“Working with Treatment Resistant Depression, Suicidal Patients and Alcohol and Tobacco Use Disorders”

SATURDAY, NOVEMBER 9 (6 AMA PRA CATEGORY I CREDITS™)

8:15 -8:30 am	Scientific Program Opening Remarks .....Moody II TSPP President, Melissa Eshelman, MD, DFAPA TSPP CME Co-Chair / Moderator: Jefferson Nelson, MD, DLFAPA
8:30 - 10:30 am	Treatment Resistant Depression, Psychopharmacology and Psychotherapy .....Moody II Charles B. Nemeroff, MD, DLFAPA
<p><b>Professional practice gap:</b> Treatment resistant depression is a prevalent problem with a negative societal individual impact. The condition is a leading cause of disability worldwide and results in large economic burdens for society. There are varying definitions of treatment resistant depression with differing guideline recommendations regarding pharmacotherapy and psychotherapy options. The purpose of the program is to inform the practicing clinician about the current scientific research for treatment resistant depression.</p> <p>(Refs: Johnston KM, Powell LC, Anderson IM, Szabo S, Cline S. The burden of treatment-resistant depression: A systematic review of the economic and quality of life literature. J Affect Disord. 2019 Jan 1;242:195-210. doi: 10.1016/j.jad.2018.06.045. Epub 2018 Jun 27. Review.van Bronswijk S, Moopen N, Beijers L, Ruhe HG, Peeters E. Effectiveness of psychotherapy for treatment-resistant depression: a meta-analysis and meta-regression. Psychol Med. 2018 Aug 24;1-14. doi: 10.1017/S003329171800199X.Bayes AJ, Parker GB. Comparison of guidelines for the treatment of unipolar depression: a focus on pharmacotherapy and neurostimulation. Acta Psychiatr Scand. 2018 Jun;137(6):459-471. doi: 10.1111/acps.12878. Epub 2018 Mar 25. Review.)</p> <p><b>Objectives:</b> The learning objectives for this activity have been designed to address clinician Competence. Upon completion of this program, participants should be able to:</p> <ol style="list-style-type: none"><li>Discuss the recommended pharmacotherapy algorithms for treatment resistant depression.</li><li>Discuss the role of psychotherapy in treatment resistant depression.</li><li>Describe when ECT or other interventions might be considered in the course of treating depression.</li></ol>	
10:30 - 11:50 am	Refreshment Break .....Moody I
10:50 - 11:50 am	Essential Strategies for Effective Treatment of Adolescents and Young Adults with Depression, Anxiety, and Suicidality .....Moody II Debra Atkisson, MD, DFAPA
<p><b>Professional practice gap:</b> Only 41% of the 3.1 million adolescents who experienced depression last year received treatment. Suicide is the 2nd leading cause of death in adolescents and young adults. College students are increasingly seeking mental health services. There is a need for more psychiatrists with the ability to work effectively with adolescents and young adults.</p> <p><b>Objectives:</b> The learning objectives for this activity have been designed to address clinician Competence. Upon conclusion of the activity participants should be able to:</p> <ol style="list-style-type: none"><li>Identify barriers to developing a working alliance with adolescent and young adult patients.</li><li>Competently engage with these patients using brief psychotherapy strategies so that treatment compliance, and therefore treatment outcomes will improve.</li><li>Competently work with patients to accept and facilitate support form families and other support systems, such as student health centers.</li></ol>	

11:50 -12:10 pm	Refreshment Break .....Moody I
12:00 - 1:30 pm	TSPP Annual Business Meeting and Luncheon .....Moody I
1:45 - 3:45 pm	Treatment Resistant Depression, Current Status and Recommendations for Referral and Use of ECT, TMS, and Other Procedures .....Moody II Mustafa M. Husain, MD, FAPA
<p><b>Professional practice gap:</b> Despite advances in our understanding of depression therapy, many patients with depression remain unresponsive to treatment. As many as 50% of patients who have been treatment with an antidepressant do not respond. In fact, even after 2 antidepressant trials, 30% to 40% of patients do not report significant improvement in their symptoms. The presentation will address the issues in the treatment of the remaining non-responding patients, such as non-adherence, medication substitution, psychopharmacologic augmentation, psychotherapy, somatic modalities such as ECT, VNS, rTMS, and light therapy.</p> <p><b>Objectives:</b> The learning objectives for this activity have been designed to address clinician Competence. Upon completion of this program, participants should be able to:</p> <ol style="list-style-type: none"><li>How to use a complete diagnostic examination result to guide treatment approaches.</li><li>Describe various treatment approaches' applications in relevant clinical situations.</li><li>How to make appropriate decisions in choosing various treatment approaches and its progression from one to the other.</li></ol>	
3:45 - 4:05 pm	Refreshment Break
4:10 pm - 5:10 pm	Alcohol Use Disorders, Engagement of Patients, Use of Medications, Harm Reduction .....Moody II Thomas R. Kosten, MD
<p><b>Professional practice gap:</b> Alcohol consumption is associated with 88,000 US deaths annually. Only 1 in 6 US adults report having been asked by a medical professional about drinking. Alcohol use disorder (AUD) is present in up to 14% of US adults in a 1 year period but less than 10% of these receive treatment. 4 medications are approved by the FDA for AUD but less than 9% of those who may benefit receive a prescription.</p> <p><b>Objectives:</b> The learning objectives for this activity have been designed to address clinician Competence. Upon completion of this program, participants should be able to:</p> <ol style="list-style-type: none"><li>Participants will be able to screen for and diagnose alcohol use disorders and make appropriate referrals for specialized treatment.</li><li>Participants will be able to determine which medication for alcohol use disorder is most appropriate for a given patient.</li><li>Participants will be able to counsel patients on the risks of alcohol use that may cause harm to their health but do not meet the criteria for an alcohol use disorder.</li></ol>	
4:50 pm-5:00pm	Closing Remarks .....Moody II Jefferson Nelson, MD, DLFAPA

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SUNDAY, NOVEMBER 10

(3 AMA PRA CATEGORY I CREDITS™)

8:00 - 10:30 am Continental Breakfast for  
Scientific Program RegistrantsMoody II

8:15 am -8:30 am	Opening Remarks .....Moody II TSPP Melissa Eshelman, MD TSPP CME Co Chair / Moderator: Jefferson Nelson, MD, DLFAPA
8:30 am – 9:30 am	Facilitating Tobacco Cessation in Patients with Mental IllnessMoody II Alison R. Jones, MD, FAPA

Professional practice gap: Rates of smoking are higher in patients with mental illness compared to the general population resulting in increased morbidity and mortality. Relapse rates are also higher following smoking cessation. Clinicians are often unprepared to work with patients on smoking cessation and may have concerns about potentially negative effects of medications for smoking cessation. Improving rates of smoking cessation in the mentally ill would have a major individual and public health benefit.

(References: Anthenelli RM, Benowitz NL, West R, St Aubin L, McRae T, Lawrence D, Ascher J, Russ C, Krishen A, Evins AE. Neuropsychiatric safety and efficacy of varenicline, bupropion, and nicotine patch in smokers with and without psychiatric disorders (EAGLES): a double-blind, randomised, placebo-controlled clinical trial.Lancet. 2016 Jun 18;387(10037):2507-20. doi: 10.1016/S0140-6736(16)30272-0. and Tidey JW, Miller ME. Smoking cessation and reduction in people with chronic mental illness.BMJ. 2015 Sep 21;351:h4065. doi: 10.1136/bmj.h4065.)

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

- Describe risks and benefits of medications to improve rates of smoking cessation.
- List the stages of change involved in behavior change.
- Employ motivational interviewing techniques to enhance smoking cessation rates.

9:30 am – 9:45 am Refreshment Break .South Ballroom Foyer

950 am-1150 am ETHICS:Working with  
Suicidal Patients, Ethical Dilemmas  
& Practical Considerations ....Moody II  
Constance E. George, MD,  
Case Presentation + Discussant  
Melissa Deuter, MD, Discussant  
Sheila M. LoboPrabhu, MD, DFAPA,  
Discussant

Professional practice gap: Suicide rates in the US are increasing, especially in adolescents, young adults and middle aged persons. Suicide is a frequent cause of malpractice claims against psychiatrists but current suicide prediction models have little predictive value. Psychiatrists face ethical dilemmas treating suicidal patients.

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

- Identify key ethical questions that arise in working with different patients at risk for suicide.
- Identify strategies to address these ethical questions in specific patients, with differing illnesses, social supports, etc.
- Identify and develop professional supports in the event a patient in the psychiatrist's care completes suicide.

11:50 - 12:00 pm Closing Remarks .....Moody II  
Jefferson Nelson, MD, DLFAPA

CME PROGRAM GOAL / TARGET AUDIENCE

This live activity has been designed in a format consisting of case study presentations, lectures and direct discussion 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. Information and data will address new developments in treatments and new directions in research to address the professional practice gaps of the learners and advance the physicians’ 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. The learning objectives for this activity have been designed to address clinician competence.

NEEDS ASSESSMENT

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

ACCREDITATION STATEMENT

The Texas Society of Psychiatric Physicians is accredited by the Texas Medical Association to provide continuing medical 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 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in this activity.

ETHICS DESIGNATION STATEMENT

The presentation entitled “**Working with Suicidal Patients, Ethical Dilemmas and Practical Considerations**” has been designated by the Texas Society of Psychiatric Physicians for two (2) hours of education in medical ethics and/or professional responsibility.

FACULTY AND PLANNERS DISCLOSURE POLICY

The Texas Society of Psychiatric Physicians will disclose to participants the existence of any relevant financial relationships between faculty members, TSPP staff and members, who planned, authored, contributed to, and/or reviewed the content of this activity, and any commercial interest discussed in this educational activity. Disclosure will occur through written communication in the syllabus/handout material.



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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](http://www.txpsych.org). The Federation's JOB BANK could be just what you have been looking for.

## CALENDAR OF MEETINGS

### JULY



#### 19-21 Texas Society of Child and Adolescent Psychiatry Annual Meeting and Scientific Program – "A Generation in Distress: Depression and Suicidality in the Teenage Years"

Westin Riverwalk Hotel, San Antonio, Texas

Registration: visit [www.txpsych.org](http://www.txpsych.org)

Hotel Reservations: \$177 City Side / \$207 River Side on or before June 18  
1-888-627-8396

### OCTOBER

#### 14-19 American Academy of Child and Adolescent Psychiatry Annual Meeting

Hyatt Regency Chicago, Chicago, IL

### NOVEMBER



#### 8-10 Texas Society of Psychiatric Physicians 63rd Annual Meeting and Scientific Program

Moody Gardens Hotel, Galveston, Texas

Registration: visit [www.txpsych.org](http://www.txpsych.org)

Hotel Reservations: \$142 on or before October 15  
888-388-8484