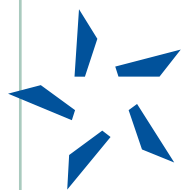


Texas Psychiatrist



The Magician's Bargain

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

"It is the magician's bargain: give up our soul, get power in return. But once our souls, that is, ourselves, have been given up, the power thus conferred will not belong to us. We shall in fact be the slaves and puppets of that to which we have given our souls."

C.S. Lewis, *The Abolition of Man*

Over the last three months, I have been calling colleagues, e-mailing colleagues, and meeting with colleagues both formally and informally. My purpose has been to try to discern the answer to the question I posed in the issue of the Texas Psychiatrist: How Can We Help You? The answers I have received have been varied—"What about managed care?" "What about the Board?" "What about these (I'll let you fill in the blank) credentialing forms?" "I don't have time to practice medicine, much less go to meetings." "Does TSPP have insurance?"

These are all important and legitimate questions, but I have sensed a subtext as well. I have sensed that many of us feel we are propelled by forces we do not understand, cannot control, and cannot escape: managed care, privacy intrusion, state and federal mandates that control our profession, malpractice, tightening reimbursement, and the eroding of our professional status. I think that this nexus is precisely where TSPP can help. In my last column, I described TSPP's work in the areas of advocacy, education, national issues, member services, and connection to our national colleagues through the APA, but underlying all of these benefits and services is the individual commitment of each of us to our profession. As Josie R. Williams, MD the new President of the Texas Medical Association so eloquently stated, we must step up and reject the artificial label of

"providers" who serve "consumers," and reclaim our role as physicians who care for patients.

Being a physician is truly a privilege. Organized psychiatry in Texas has taken the responsibility that goes with that privilege very seriously. When we look at the contrast between the actions and mission of the TSPP as compared to other non-M.D. health provider organizations, we see that many of them are simply trade organizations. TSPP is not, and never has been that. We have worked tirelessly and sometimes thanklessly and sometimes unseen to reach the goal of excellent treatment for our patients. At the same time, I sometimes wonder if in our quest for better care for our patients, we have not given up our metaphorical souls. In making deals with insurers and bureaucracies that required us to deny our unique identity as physicians, we found that the "power to" (never think I mean the "power over") was lost to us, and given to the dilute and soulless collective. In selflessly giving up our identities in order to help our patients, we ironically lost the ability to influence the system that has ultimately dehumanized our care for these people who depend on us.

I firmly believe that this is the root of our

ennui. This is the source of that vague miasma that we so often sense. I know we can change our course. To that end, I ask you to join with us so that we can see each other as the united face of the medical specialty of psychiatry. When I asked in the last column, "How Can We Help You?" I deliberately chose "can" rather than the more grammatically correct "may" to emphasize that we cannot help you nearly as well if you don't join us. Remember, there is no cast of thousands running TSPP. Officers are volunteers. APA, TMA, and AMA representatives and delegates are not paid. We share an administrative staff of two (albeit two superheroes!) with other members of the Federation of Texas Psychiatry. We are TSPP. We can help you best if you help us.

Finally, I firmly believe that we cannot give our best care to patients if we do not care for ourselves and each other as professionals. I think one way to do this is to have fun, and believe me, I'm working on that! Another way is to provide more opportunity to network during meetings. Once again, TSPP has been in the vanguard in responding to one of the real casualties of our loss of professional identity, and that is fellowship and networking. The Strategic Planning Committee recognized that we



Martha E. Leatherman, MD

tend to be isolated in practice, and that one common factor that brings us together is the shared experience of working with our physician colleagues to improve our patients' care and our profession. The Strategic Planning Committee also recognized that we work better and do more when we have an opportunity to enjoy our colleagues. There is a new committee structure that allows a lively interaction among the committees. Hopefully, this will be less formal, more energized, more productive, and more fun!

Please join us. Let's reclaim the soul of medicine. ■

Save the Date: March 4, 2009 Capitol Day 2009

The Texas Legislature convenes again in January 2009. During the 2007 Legislative Session, our 140 legislators filed 6,198 bills during the 140-day legislative session. Of these bills, the Federation of Texas Psychiatry identified 317 bills that affected the practice of psychiatry in Texas. We can expect the same level of activity during the 2009 Legislative Session.

To complement the goals of the Federation's Political Action Task Force (see page 7), the Federation, along with its coalition partners (Depression and Bipolar Support Alliance, Mental Health America, NAMI Texas, and the Texas Mental Health Consumers) will co-host Capitol Day on March 4, 2009. Members of TSPP, TSCAP and the Academy will be invited to come to Austin on March 4 and participate in various advocacy activities with members of our coalition partners



Residents attending Capitol Day in 2005

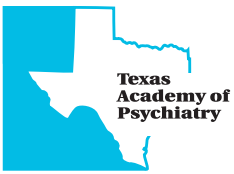
throughout the day at the Capitol. Capitol Day, started in 1995, affords psychiatrists and advocates to join forces at the Capitol in promoting quality psychiatric care among members of the Texas Legislature.

More information about Capitol Day will be forthcoming. But for now, write

March 4 into your schedule and plan to have a very rewarding and fun experience in Austin. The Federation is especially hopeful that each Residency Training Program will send a delegation of its residents to participate in Capitol Day.

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Medical Administration

Stuart Crane, MD, President, Texas Academy of Psychiatry



Stuart Crane, MD

Few of us woke up one fine morning in medical school wishing to serve in administration. Yet a majority of the TSPP and Academy members I have spoken with interface with executives, establish organizational policy and procedure, or help to lead clinical staff. Organizations and systems of care can either relish the participation of physicians in administration or include them merely to have the "Medical Director" smile and sign documents once a month. Why does the health of a healthcare system depend on active use of physicians in administration? Or are we just an expensive encumbrance best ignored?

Let us ponder what behaviors can awaken the organization to the integral role and importance of their psychiatrist administrator. I will argue the paramount activity is that THE MEDICAL DIRECTOR STILL SEES PATIENTS. How can administrators or fellow physicians have confidence in your clinical authority with no clinical activity? And don't insult your staff with the occasional consult or half day clinic. They need to know you live in their world as well as that of administration.

Then their hearts as well as minds (O.K., stealing from Federation Chair Dr. Parsons here) will follow the policies established.

Also, we can demonstrate with dollars. Two critical activities, well described at the APA's Institute on Psychiatric Services a few years ago, involve pharmacy and medical staff recruitment and retention. When a CEO sees you intervene with a physician fond of using triple atypical combos or ultra high dose Zyprexa, respect develops. Similarly that same CEO knows physician and nurse turnover lead to patient dissatisfaction and budget overruns. Perseverance and a facility with fellow clinical staff, to include psychologists, social workers and nurses, go along way to prevent unnecessary staff departures. And attention must be paid toward keeping those salaries current.

Now let us turn to some Texas problems we need help with. Although I do not work in the VA system currently, I suspect all of us are appalled with the treatment some of our Texas veterans receive at the hands of middle management adjudicators. I have heard of cases where VA psychiatrists clearly agree on a PTSD diagnosis only to be "overruled"

by a bureaucrat fresh out of college who denies the patient access to an excellent and modern system of care. Like it or not, adjudicators are part of the healthcare team. The VA must find a way to govern and regulate them. Who has more clinical authority than our hardworking VA physicians?

Texas community mental health also needs serious help. The Texas Council of MHMR Centers advocates for CEOs, Provider Directors, Authority Directors, Human Resources, and.... doctors? NOT. Many centers have no Medical Director (and some in name only). In my experience, middle managers with no previous management experience can sabotage clinical activities and run off dedicated staff, yet as long as paperwork for Disease Management gets done, no one notices. Dr. Joseph Parks, Chief Clinical Officer for the State of Missouri Department of Mental Health, visits with staff at community centers weekly and meets with middle management regarding

policy implementation. Also he works in the clinic many hours a week'. A decade and a half of algorithms and service packages leave us precious little in these regards. Lastly, EVERY CENTER should be required to have both a Medical Director and Director of Nurses at the senior executive level.

In sum, warmth and professionalism are a must when we work with those in administration. In return, we should expect and demand that physician managers serve at the highest levels of management- not for the narcissism of the physician, but for the health of healthcare organizations. ■

1 Clinical Schizophrenia and Related Psychoses, July 2008

Attention Residency Programs!

TSPP encourages each of our State's Psychiatric Residency Programs to become members of APA's 100% Club. To achieve recognition as an APA 100% Club member, all residents of a training program must be members of APA, as well as TSPP. This club was established to encourage residents to become members of APA and to participate in organized psychiatry.

Residency programs achieving 100% Club status receive publicity through articles in Psychiatric News, recognition plaque from the APA and a gift certificate for APPI books and products. All residents in the 100% Club programs will receive a FREE online subscription to the clinical review and self-assessment journal FOCUS.

In 2006-07, the Texas Tech Lubbock Psychiatric Residency Program achieved membership in the APA 100% Club. This year, TSPP challenges all training programs to become members...100% in the 100% Club.

For more information about the APA 100% Club, please contact Nancy Delanoche of APA's Division of Education and Career Development at 703/907-8635.

MEMBERSHIP CHANGES

TEXAS SOCIETY OF PSYCHIATRIC PHYSICIANS

The following membership applications have been approved by the TSPP Executive Committee and have been transmitted to the APA.

Member in Training

Babbitt, Kriste, MD, Houston
Dunham, Jean, MD, Austin
French-Rosas, Lindsay, MD, Houston
Garner, Felecia, MD, Pearland
Ghelber, Diana, MD, Houston
Ivleva, Elena, MD, Dallas

Lluber-Rincon, Nubia, MD, Houston
Maislos, Hayley, MD, Houston
Manning, Tessa, MD, Irving
McKinney, Polawyn, MD, Austin
Nix, Bobby, MD, Houston
Reeder, Desirae, MD, Houston

Ohiku, Elizabeth, MD, Sugar Land
Sniff, Shannon, MD, Dickinson
Truong, Elizabeth, MD, Houston
Weatherby, William, DO, Austin
York, Stacyann, MD, Houston

General Member

Brenner, Adam, MD (Reinstatement), Dallas
Malkina, Svetlana, MD, Houston

Vallejo, Gerard, MD, Tyler

TEXAS ACADEMY OF PSYCHIATRY

The following membership applications have been approved by the Texas Academy of Psychiatry.

General Member

Gilfillan, Sandra, DO, Ennis

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JSA health is an established telepsychiatry company providing stateside care to over a dozen provider organizations. Contact Steve Weylandt for further information at 1-888-792-7122 or sweylandt@jsahealthmd.com.

Phone/Fax: 1-888-792-7122 Email: info@jsahealthmd.com Address: 410 Pierce Street, Suite 233, Houston, Texas 77002



TSCAP Annual Conference Held in San Antonio

R. Andrew Harper, MD, President, Texas Society of Child and Adolescent Psychiatry



R. Andrew Harper, MD

The Texas Society of Child and Adolescent Psychiatry's 2008 Annual Conference and Scientific Program was held at the Westin La Cantera Resort in San Antonio July 18 – 20. The conference was very successful with over 112 attendees at the Scientific Program, the largest group attending this yearly meeting. In addition to child and adolescent psychiatrists, the meeting attracted pediatricians and child neurologists, continuing the collaborative efforts of the society. The program, "Evaluation and Treatment of Disorders of Early Development," began with an outstanding presentation from Dr. James Hudziak, Professor of Psychiatry, Medicine, and Pediatrics at the University of Vermont College of Medicine, covering genetic and environmental influences on development. Dr. Hudziak addressed environmental and genetic factors that lead both to psychopathology and to wellness. Much of his focus was on the role of the family/caretaking system of the child and consideration of interventions that keep the role of development, environment and genetics in mind. This was followed by a discussion of clinically based assessment tools for autism by Dr. Louise O'Donnell from the University of Texas Health Science Center at San Antonio (UTHSCSA). Dr. Alice Mao, Baylor College of Medicine, brought a personal touch to her presentation on helping parents of children with autism development treatment strategies and access resources. Dr. Mao showed a documentary she helped produce that featured parents of autistic children discussing their interactions with psychiatrists and other treatment providers in the course of seeking care for their children. Dr. Steven Pliszka, also from UTHSCSA, then discussed

psychopharmacologic interventions for ADHD in preschoolers and in children with intellectual and developmental disabilities. Dr. Graham Emslie from the University of Texas Southwestern Medical School began Sunday's scientific program with a discussion of ethical considerations in the use of medication in young children. This year's resident presentation was well handled by Dr. Lindy Banks, Chief Resident in Child and Adolescent Psychiatry at UTHSCSA, who reviewed the complex treatment course of a multiply impaired 4 year old child. The program closed with a lively panel discussion covering the legal and ethical aspects of medication use in young children. The expert panel included input from Dr. Graham Emslie, Dr. Emilie Atwell Becker with the Texas Department of State Health Services, and Deborah Hiser, JD, MSW of Brown McCarroll, LLP in Austin, who among her other roles is a Senior Attorney for Advocacy Incorporated. In addition to the scientific program, conference attendees enjoyed the opportunity to network and socialize at the meeting receptions. The very successful meeting, including the impressive roster of speakers, reflected the many hours of "sweat equity" Past President Benigno Fernandez, MD put in to make this program happen. Dr. Steve Pliszka, a TSCAP Past President, also significantly contributed to the program planning, including stepping up to recruit Dr. Hudziak at the eleventh hour when a previously planned speaker unfortunately had to bow out due to illness.

TSCAP Membership Business Meeting

At the annual business meeting of the society, officer election results were announced

with Paul Croarkin, DO becoming President-Elect and Regina Cavanaugh, MD filling the Secretary/Treasurer position. Bureson Daviss, MD and Rene Olvera, MD will serve as councilors, Alex Kudisch, MD and Dawnelle Schatte, MD fill the AACAP Delegate slots, and Brigitte Bailey, MD and Steven Pliszka, MD will be alternate delegates to the AACAP. On the financial front, the organization ended the fiscal year on a positive note. Debbie Sundberg, Assistant Director, noted in a meeting with the TSCAP Executive Committee that changes in CME accreditation standards will probably mean a decrease in CME grants in the future. This could have a negative impact on the financial balance of future society meetings. Membership numbers rose slightly overall last year. Action items approved at the meeting include a small increase in the annual dues and bylaws changes allowing TSCAP Councilors and Delegates and Alternate Delegates to AACAP to serve concurrent terms.

Frew Settlement Update and Foster Care News

Benigno Fernandez, MD, who serves on the Frew Advisory Committee, reported to members that the committee continues to seek initiatives to expand children's access to Medicaid services, including mental health services. The group helps oversee the distribution of \$150 million budgeted for this purpose by the last Texas Legislature. He noted one funded project is headed by Dr. Pliszka. Dr. Fernandez encouraged members to consider projects that might benefit this population. On the foster care front, the Superior Health contract is now active for these children.

Several members voiced concerns about the status of care for foster children in the state. Dr. Fernandez reported that he has been in contact with the medical director of Superior Health and that input from Texas psychiatrists and other mental health care providers is welcomed. He encouraged TSCAP members to contact Superior Health with any issues that arise.

Looking Ahead

2008-2009 promises to be an eventful year for TSCAP. The Texas Legislature's next session is coming up in January 2009. TSCAP, through our membership with the Federation of Texas Psychiatry, has an active presence in the state legislative process. With important elections coming up in November, it is imperative that each of us get up to date on issues significant to our patients and our profession in order to support candidates who will represent us well. The Federation website has information posted on these upcoming races. Don't forget to sign up for the TSPP annual meeting at the San Antonio Westin La Cantera in November. Many topics will be of interest to child and adolescent psychiatrists including information about suicidality and antidepressants. Also, don't forget to save the date for the 2009 TSCAP Annual Meeting, July 24-26, 2009, at the Omni Hotel in Fort Worth Texas – details will be forthcoming and I hope to see all of you there. ■

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We are a correctional healthcare system that is setting the standard for others. Correctional Managed Care is among the world's leaders in telemedicine and electronic medical record applications. Innovative programs, creative solutions and participation in Baldrige/Texas Quality Foundation efforts further define our organization and help lead us toward performance excellence.

Current Opportunities Available

- ✓ **HOUSTON:** Clinical Director – Jester Inpatient Psychiatric Hospital
- ✓ **HOUSTON:** Staff Psychiatrist– Jester Inpatient Psychiatric Hospital
- ✓ **AUSTIN:** Staff Psychiatrist – Telemedicine Center
- ✓ **TYLER:** Staff Psychiatrist – Skyview Inpatient Psychiatric Hospital (Rusk, Texas)
- ✓ Positions also available for psychiatric Physician Assistants and Nurse Practitioners.

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Scenes from the TSCAP Annual Conference

The Texas Society of Child and Adolescent Psychiatry conducted its 2008 Annual Conference in San Antonio at the Westin La Cantera Resort on July 18-20. The CME program, "Evaluation and Treatment of Disorders of Early Development" was TSCAP's largest attended conference in its history.



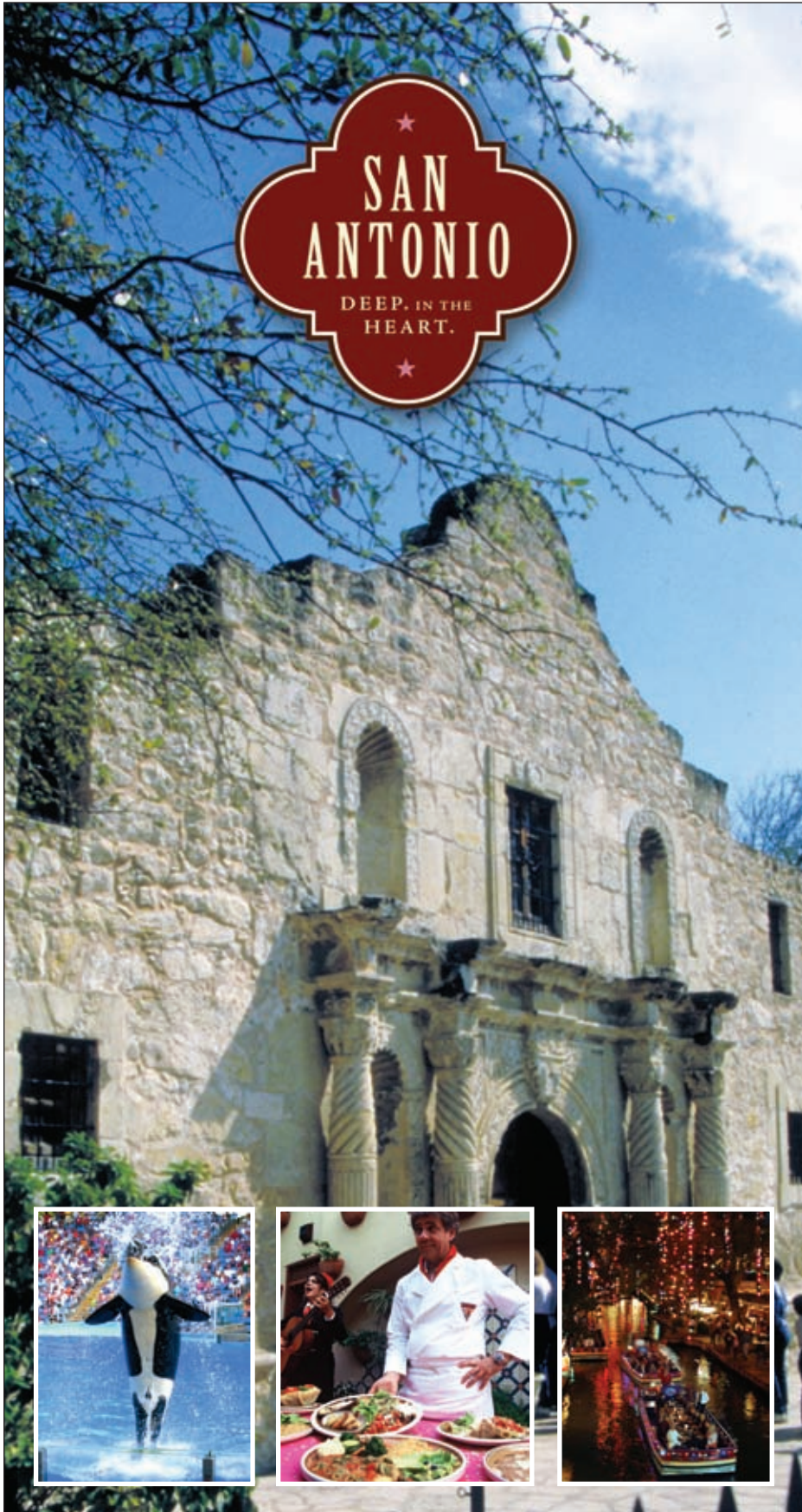
President Benigno Fernandez, MD (left) receives a plaque from incoming President, R. Andrew Harper, MD expressing appreciation for Dr. Fernandez's leadership.



Annual Convention & Scientific Program

“Improving Psychiatric Care and Enhancing Patient Outcomes”

November 20-23, 2008 • Westin La Cantera Resort • San Antonio, Texas



REGISTRATION/MEETING LOCATION

TSPP's 52nd Annual Convention will be held at the Westin La Cantera Resort, 16641 La Cantera Parkway, San Antonio, Texas, 210/558-6500. A special TSPP discounted room rate of \$159 is available to TSPP program registrants before October 21, 2008 or upon sell-out whichever occurs first. Make your reservation today by calling 1-800-228-3000.



Nestled atop one of the highest points in all of San Antonio, The Westin La Cantera Resort offers breathtaking views of downtown and the beautiful Texas Hill Country. Built on the site of an abandoned limestone rock quarry – la cantera in Spanish – the resort's intimate setting seems like it's a world away. The hilltop retreat combines the best of golf and the best of luxury. With six pools, health club and spa services, a newly renovated 7600 square foot Westin Workout powered by Reebok fitness center, tennis courts, unique dining options, a kids club, three hot tubs and offers something for everyone. Not to mention, the adjacent 1.3 million square foot shopping destination, The Shops at La Cantera and Six Flags Fiesta Texas Theme Park!

THURSDAY GOLF OUTING

Polish up on your golf game!! For those convention attendees (and golf enthusiasts) arriving early, discounted green fees have been arranged at the La Cantera championship golf course. If you are interested in playing, please be sure to check the Golf section of the TSPP registration form.



AWARDS RECEPTION / BANQUET AND EVENING OF ENTERTAINMENT

Saturday evening's festivities begin with a complimentary wine & cheese reception before the banquet honoring the 2008 TSPP Award Recipients for their outstanding contributions to Psychiatry. The banquet will be followed by an evening of entertainment! Register early to reserve a table for your organization and/or friends! Black Tie optional. This year's honorees include:



Distinguished Service Award
Joseph L. Black, MD
Vernon



Distinguished Service Award
Gary L. Etter, MD
Fort Worth



Psychiatric Excellence Award
Glen O. Gabbard, MD
Houston



Psychiatric Excellence Award
George D. Santos, MD
Houston

PROGRAM AT A GLANCE

Thursday, November 20

12:00 pm Golf Outing at La Cantera Resort Golf Course
7:30 pm Federation Delegate Assembly Reception & Meeting

Friday, November 21

7:30 am - 7:00 pm Registration
7:30 am - 9:00 am Foundation Board of Directors Breakfast Meeting
8:00 am - 10:00 am COUNCIL ON ORGANIZATION
Constitution & Bylaws Committee
Ethics Committee
Fellowship Committee
Finance Committee
Strategic Planning Committee
10:00 am - 12:00 pm COUNCIL ON SERVICE
Academic Psychiatry Committee
Children & Adolescents Committee
Forensic Psychiatry Committee
Public Mental Health Services Committee
Socioeconomics Committee
12:00 pm - 1:30 pm Membership Luncheon
12:00 pm - 5:30 pm Exhibit Set-Up
1:30 pm - 3:30 pm COUNCIL ON EDUCATION
CME Committee
MIT Section
Professional Practices Committee
Hospital Practices Subcommittee

3:30 pm - 5:00 pm COUNCIL ON ADVOCACY
Government Affairs Committee
5:00 pm - 6:30 pm Executive Council Meeting
6:30 pm - 8:30 pm Welcome Reception with Exhibitors

Saturday, November 22

7:00 am - 7:45 am Complimentary Continental Breakfast for Meeting Registrants
7:00 am - 7:00 pm Registration
7:00 am - 6:00 pm Exhibits
8:00 am - 5:35 pm SCIENTIFIC PROGRAM
10:15 am - 10:30 am Refreshment Break w/Exhibitors / Door Prize Drawings
12:30 pm - 2:00 pm Membership Luncheon TSPP & Texas Foundation Annual Business Meeting
4:15 pm - 4:35 pm Refreshment Break w/Exhibitors
6:30 pm - 7:00 pm Awards Banquet Reception
7:00 pm - 10:00 pm Awards Banquet & Evening of Entertainment

Sunday, November 23

7:30 am - 1:00 pm Registration
8:15 am - 12:30 pm SCIENTIFIC PROGRAM

SCIENTIFIC PROGRAM

“Improving Psychiatric Care and Enhancing Patient Outcomes”

SCIENTIFIC PROGRAM SCHEDULE

Saturday, November 22

8:00 am - 8:15 am

Welcome and Introductions

8:15 am - 10:15 am

Current Issues in the Evaluation & Treatment of Dementia

Kevin F. Gray, M.D.

Objectives: At the conclusion of the program, attendees will be able to describe and explain the current essential components of the assessment and treatment of patients with dementia,

American Psychiatric Association, Practice Guideline for the Treatment of Patients with Alzheimer's Disease and Other Dementias, Second Edition, *Am J Psychiatry* 2007; 164 (Dec suppl): 1-56

10:15 am - 10:30 am

Refreshment Break w/ Exhibitors

10:30 am - 12:30 pm

Suicide Assessment and Clinical Interviewing

Shawn C. Shea, M.D.

Objectives: At the conclusion of the program, attendees will be able to describe key factors in the evaluation of suicidal thoughts and the prevention of suicide,

Simon GE, Savarina J. Suicide attempts among patients starting depression treatment with medication or psychotherapy. *Am J Psychiatry* 2007; 164:1029-34.

12:30 pm - 2:00 pm

Membership Luncheon TSPP & Texas Foundation Annual Business Meeting

2:15 pm - 4:15 pm

Assessment & Management of the Potentially Violent Patient in Treatment

Avrim Fishkind, M.D.

Objectives: At the conclusion of the program, attendees will be able to describe the essential elements of the evaluation and management of potentially violent patients,

McNiel DE, et al. Impact of clinical training on violence risk assessment. *Am J Psychiatry* 2008; 165:195-200.

4:15 pm - 4:35 pm

Refreshment Break w/ Exhibitors

4:35 pm - 5:35 pm

Resident Paper Competition Winning Paper

To be Announced

Sunday, November 23

8:15 am - 8:30 am

Welcome and Introductions

8:30 am - 9:30 am

Metabolic Syndrome and Treating Psychiatric Patients Today

Jeffrey M. Zigman, M.D.

Objectives: At the conclusion of the program, attendees will be able to discuss and describe the appropriate treatment planning and informed consent for patients with the metabolic syndrome and those that may be at risk of developing it related to treatment,

Birkenaes AB, et al. The level of cardiovascular risk factors in bipolar disorder equals that of schizophrenia: a comparative study. *J Clin Psychiatry* 2007; 68:912-23.

Nasrallah, HA, Newcomer JW. Atypical antipsychotics and metabolic dysregulation: evaluating the risk/benefit equation and improving the standard of care. *J Clin Psychopharmacol* 2004; 24(5) Supplement 1:S7-S14, October 2004.

9:30 am - 10:30 am

Update on Antidepressants: Focus on New Findings of Practical Significance to Clinicians Which Influence Patient Care

Pedro L. Delgado, M.D.

10:30 am - 12:30 pm

Antidepressant Controversies: Legal & Ethical Issues, Suicidality & Birth Defects

Christopher B. Ticknor, M.D. and Charlotte A. Brauchle, Ph.D.

Objectives: At the conclusion of the program, attendees will be able to describe the clinical decision making process and use of informed consent in prescribing antidepressants,

Diem SJ, et al. Use of antidepressants and rates of hip bone loss in older women. *Arch Intern Med* 2007; 167: 1240-1245.

Chambers CD, et al. Selective serotonin reuptake inhibitors and the risk of persistent pulmonary hypertension of the newborn. *N Engl J Med* 2006; 354(6): 579-587.

Alwan S, et al. Use of selective serotonin reuptake inhibitors in pregnancy and the risk of birth defects. *N Engl J Med* 2007; 356(26): 2684-2692

ACCREDITATION

The Texas Society of Psychiatric Physicians designates this educational activity for a maximum of eleven (11) *AMA PRA Category 1 Credits*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

The Texas Society of Psychiatric Physicians is accredited by the Texas Medical Association to provide continuing medical education for physicians.

The presentation entitled “Antidepressant Controversies: Legal & Ethical Issues, Suicidality & Birth Defects” has been designated by the Texas Society of Psychiatric Physicians for two (2) hours of education in medical ethics and/or professional responsibility.

TARGET AUDIENCE / PROGRAM OBJECTIVES

This CME Program is designed in a classroom style format, with didactic lectures supplemented with audiovisual presentations and direct discussion. The program is designed to provide its' primary target audience of Psychiatrists, as well as other specialties of medicine with clinically-relevant information regarding ethics, new developments in treatment and new directions in research to enhance the physicians' knowledge and improve the delivery of quality medical care to patients in their practice.

ABOUT THE SPEAKERS

Charlotte A. Brauchle, Ph.D.

Counseling psychologist, psychotherapist and Adjunct Professor of Law at Saint Mary's University School of Law, San Antonio, TX

Pedro L. Delgado, M.D.

Professor and Dielmann Distinguished Chair, Department of Psychiatry, Associate Dean for Faculty Development and Professionalism, School of Medicine, The University of Texas Health Science Center at San Antonio

Avrim Fishkind, M.D.

President of the American Association for Emergency Psychiatry, Medical Director of the Crisis Residential Unit at the Comprehensive Psychiatric Emergency Program of Harris County and Chief Medical Officer of JSA Health, Houston, TX

Kevin F. Gray, M.D.

Director, Geriatric Neuropsychiatry Clinic, Dallas Veterans Affairs Medical Center; Associate Professor of Psychiatry and Neurology UT Southwestern Medical School, Dallas, TX

Shawn Christopher Shea, M.D.

Director, Training Institute for Suicide Assessment and Clinical Interviewing; Adjunct Assistant Professor of Psychiatry, Dartmouth School of Medicine, Hanover, NH

Christopher B. Ticknor, M.D.

Associate Clinical Professor of Psychiatry, The University of Texas Health Science Center, San Antonio; Private Practice, Psychiatry, San Antonio; Part II Oral Examiner for the American Board of Psychiatry and Neurology; Team Psychiatrist, The NBA San Antonio Spurs

Jeffrey M. Zigman, M.D.

Assistant Professor, Division of Hypothalamic Research and Division of Endocrinology & Metabolism, Department of Internal Medicine, UT Southwestern Medical Center, Dallas, TX

EDUCATIONAL GRANTS

TSPP expresses appreciation to the following organizations for providing unrestricted educational grants in support of the independent scientific educational program “Improving Psychiatric Care and Enhancing Patient Outcomes”

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TSPSP expresses appreciation to the following Sponsors of the TSPSP 52nd Annual Convention!

PLATINUM

Texas Foundation for Psychiatric Education and Research

EXHIBITORS

(Confirmed as of August 13, 2008)

Join your friends and colleagues at the Friday evening welcome reception with exhibitors! Enjoy complimentary hors d'oeuvres and become eligible to win special prize drawings while visiting with the following organizations with products and services to enhance your medical practice.

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The Cunningham Group



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You could spend 365 days in San Antonio and still not experience everything this city has to offer. From world-class museums and theaters to family-friendly destinations, you'll find plenty to entertain you in San Antonio during your stay. For additional information on any of the following, visit www.visitstantonio.com

The Top Ten List

Consider these high points as you plan your trip, ranging from The Alamo, the 300-year-old Mission, the city's major theme parks to the River Walk lined with restaurants, patios, galleries and shops. The city is filled with culturally significant arts, history, culture, museums and architecture.

Golf and Sports

Play a round of golf at one of the area's forty courses, including LaCantera, one of the world's top 20 golf courses (Conde Nast Travel).

Families and Children

The city's major theme parks, Six Flags Fiesta Texas (adjacent to the Westin LaCantera with shuttle service available) and SeaWorld San Antonio top the list but dozens of other adventures include the San Antonio Zoo, one of the nation's largest. At the Children's Museum, hands-on exhibits encourage creative play. Ripley's Haunted Adventure or Tomb Rider 3D feature special effects, animatronics and live actors.

Free Fun

Don't miss the Alamo, Texas' #1 visitor attraction. Stroll the secluded parts of the River Walk or wander through the Spanish missions. Soak in live music, from polka to R&B, daily at Main Plaza. Tuesdays at the San Antonio Museum of Art are free. Take in Southtown's public shindig, First Friday Art Walk.

TEXAS SOCIETY OF PSYCHIATRIC PHYSICIANS 2008 ANNUAL CONVENTION & SCIENTIFIC PROGRAM

November 20-23, 2008 • Westin La Cantera Hotel, San Antonio, Texas

Please complete this form and return it with your check, money order or credit card information for your registration and event fees to the Texas Society of Psychiatric Physicians, 401 West 15th Street, Suite 675, Austin, Texas 78701 by October 12 to receive the discounted registration fee. Registration forms and payments by credit card may be faxed to TSPSP at 512/478-5223.

NAME _____ E-MAIL _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____ PHONE _____

NAME(S) _____ GUEST(S) ATTENDING (for name badges) _____

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	DISCOUNTED REGISTRATION 7/12 - 10/12	AFTER 10/12	NUMBER ATTENDING EVENT	DISCOUNTED REGISTRATION 7/12 - 10/12	AFTER 10/12
GOLF OUTING - Thursday			AWARDS BANQUET/ENTERTAINMENT - Saturday (Black Tie Optional)		
# <input type="checkbox"/> Please Send Me Additional Information.			# <input type="checkbox"/> Awards Banquet/Entertainment	\$35	\$55
LUNCH PROGRAM - Friday			# <input type="checkbox"/> Reserved Table for 10	\$350	\$550
# <input type="checkbox"/> Lunch Program	\$20	\$25	SCIENTIFIC PROGRAM - Saturday and Sunday		
MIT/ECP PROGRAM - Friday			# <input type="checkbox"/> TSPSP/Academy Member	\$195	\$235
# <input type="checkbox"/> MIT/ECP Program	No Chg	No Chg	# <input type="checkbox"/> MIT (TSPSP/Academy)	\$25	\$35
WELCOME RECEPTION - Friday			# <input type="checkbox"/> Non-Member Physician	\$235	\$290
# <input type="checkbox"/> NOT Registered for Scientific Program	\$40	\$50	# <input type="checkbox"/> Non-Member MIT	\$35	\$50
# <input type="checkbox"/> Registered for Scientific Program	No Chg	No Chg	# <input type="checkbox"/> Allied Health Professional	\$105	\$130
BUSINESS MEETING LUNCH - Saturday			# <input type="checkbox"/> Spouse	\$95	\$120
# <input type="checkbox"/> TSPSP/Academy Member	\$20	\$25	# <input type="checkbox"/> Advocacy Organization	\$20	\$25
# <input type="checkbox"/> MIT (TSPSP/Academy)	\$20	\$25			
# <input type="checkbox"/> Guest	\$20	\$25			
			TOTAL REGISTRATION FEE	\$	



If you require any special assistance to fully participate in this conference, please contact TSPSP at (512) 478-0605.

Vegetarian Plate Requested. No additional fee if requested prior to 10/12, otherwise there will be an additional fee of \$15.00.

PAYMENT INFORMATION

Check in the Amount of \$ _____ Make Checks Payable to Texas Society of Psychiatric Physicians

Please Charge \$ _____ To My: VISA MasterCard American Express

Credit Card # _____ Expiration Date: _____

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

Name of Cardholder (as it appears on card) _____

Signature _____

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

CANCELLATIONS – Deadline for cancellation is October 12, 2008. In the event of cancellation, a full refund will be made if written notice is received in the TSPSP office by October 12, 2008, less a 25% handling charge. NO REFUNDS WILL BE GIVEN AFTER OCTOBER 12, 2008.

RETURN TO:

TEXAS SOCIETY OF PSYCHIATRIC PHYSICIANS, 401 WEST 15TH STREET, SUITE #675, AUSTIN, TX 78701; PHONE (512) 478-0605 FAX (512) 478-5223

First New Mexico. Then Louisiana. Will Texas be Next?

John R. Bush, Executive Director, Federation of Texas Psychiatry

“Those who do not do politics will be done in by politics.” – French proverb

Since the mid-1980's, a minority element of organized psychology has vigorously worked to gain prescribing privileges through legislative means. In Brent Pollitt's article entitled "Fool's Gold: Psychologists Using Disingenuous Reasoning to Mislead Legislatures into Granting Psychologists Prescriptive Authority," published in the American Journal of Law and Medicine (Vol. 29 No. 4 2003), the author states: "Psychologists seeking prescriptive authority appear blinded by their own self-interest associated with prescribing medication, willing to distort and totally disregard a multitude of opposing facts, placing patients at harm. Most disturbing about this debate is the unwillingness on the part of the psychologists seeking prescriptive authority to acknowledge a safety issue even exists."

The author concludes: "While the lack of available psychopharmaceutical treatment is a serious concern for all healthcare professionals, patient safety must remain paramount. Increased availability of harmful, substandard treatment is not the solution. The crux of the problem centers on what constitutes satisfactory education and training to grant prescriptive authority. Lowering this standard to allow psychologists to prescribe poses too great a risk to patient safety."

Despite opposition to psychologists prescribing privileges posed by psychiatry and other physicians, by psychologists including the Committee Against Medicalizing Psychology, and by patient and advocacy organizations including NAMI and the Depression and Bipolar Support Alliance, the New Mexico Legislature in March 2002 and Louisiana Legislature in May 2004 passed bills granting psychologists prescribing privileges. These legislative successes bear out Jesse Jackson's declaration: "In politics, an organized minority is a political majority."

The results achieved by psychologists in our neighboring states emboldens their resolve to achieve the same result in Texas. Will Texas be next? The past president of the Texas Psychological Association has stated that prescribing privileges for psychologists in Texas is inevitable.

Texas psychiatry has convincingly defeated psychology's attempt to legislatively gain prescribing privileges in Texas three times...in 2001, in 2003 and in 2005. Organized psychology will be ready again in January 2009 when the Texas Legislature convenes again to vigorously protect the delivery of quality care for patients.

The barrier to psychology's success in Texas in 2009 will be the same barrier that prevented their legislative efforts 2001, 2003 and 2005...the Federation of Texas Psychiatry and its member organizations (Texas Academy of Psychiatry, Texas Society of Child and Adolescent Psychiatry, Texas Society of

Psychiatric Physicians, Texas Osteopathic Medical Association and the Texas Medical Association) and its coalition partners from organized medicine, individual practicing psychologists and mental health advocacy organizations.

Psychologists' arguments for prescribing privileges given in New Mexico, Louisiana, Texas and numerous other states where similar bills have been filed, have included the following: 1) psychologists' education and clinical training better qualify them to diagnose and treat mental illness in comparison with primary care physicians; 2) the Department of Defense Psychopharmacology Demonstration Project (PDP) demonstrated non-physician psychologists can prescribe psychotropic medications safely; 3) the recommended post-doctoral training requirements adequately prepare psychologists to safely prescribe psychotropic medications; 4) this privilege will increase availability of mental health services, especially in rural areas; and 5) this privilege will result in an overall reduction in medical expenses, because patients will visit only one healthcare provider instead of two – one for psychotherapy and one for medication.

These are all examples of why Mr. Pollitt entitled his article, "Fool's Gold: Psychologists Using Disingenuous Reasoning to Mislead Legislatures into Granting Psychologists Prescriptive Authority." Each of these points may be easily rebutted by facts, science, and medical experience.

Every Texas psychiatrist can offer numerous facts, scientific evidence and practical medical experience to discredit the ill-conceived initiative to allow psychologists to prescribe medications to patients. But, is this enough? Didn't psychiatrists in New Mexico and Louisiana make the same arguments?

One must realize that the debate is being waged, not in the medical arena, but in the political arena. In the political arena, RELATIONSHIPS often trump the best of arguments.

Every Texas psychiatrist must recognize that the battle is already underway. The battle began in Texas in 2001 when psychologists first introduced their prescribing bill. If Texas psychiatrists and coalition partners wait until January 2009 to enter the battle, when the psychologists may make their fourth attempt to pass their bill, the chances for psychology's success increases. We can not afford to wait. Every psychiatrist must begin today, and continue through the General Election in November, to proactively form RELATIONSHIPS with their legislators.

Commenting on their legislative victory in New Mexico, a leader of their state psychology organization, Mario Marquez, PhD, said: "To me, the bottom line is we developed relationships with legislators. We educated them



about psychology and we made friends with them in some cases."

The psychologists in New Mexico, and perhaps Louisiana, clearly understood the importance of engaging in battle in the political arena and forming relationships with their legislators. They followed the advice of Paul Lazarsfeld: "In politics, familiarity doesn't breed contempt. It breeds votes."

To launch our initiative in the political arena, the Federation is announcing its Political Advocacy Task Force to coordinate crucial grassroots political activities, recognizing the wisdom of former Speaker Tip O'Neill's adage: "All Politics is Local." The purpose of all political activities will be to encourage psychiatrists to form relationships with their legislators – one on one. A goal of the Political Advocacy Task Force is for every member of the Texas Legislature to know by name a psychiatrist in his/her District.

How can you participate? Activities may include:

- contacting a legislator or candidate and meeting with them in their District Offices;
- discussing issues with the staff of the legislator or candidate;
- inviting legislators and candidates to speak at Chapter meetings or other meetings of psychiatrists;
- volunteering to help in elections from putting up yard signs to distributing literature, and financially supporting candidates. Your volunteerism will never be forgotten by the legislator/candidate.

In addition to participation in these grassroots activities, there are other measures you can undertake to help and participate:

1. If you are interested in participating in the Federation's grassroots activities, please contact the Federation Office.
2. If you already have a relationship with a legislator, please let the Federation Office know.
3. If you know of psychologists in your community who oppose prescribing privileges, ask for their assistance and let the Federation know how to contact them.
4. If you are not already involved with our allies, the mental health advocacy organizations, please become involved and help inform them about the requirements needed to safely and effectively prescribe medications.

In December, the Federation will mail to every psychiatrist a "Key Contact Form" which will ask each psychiatrist to identify legislators they know. This information will become vital during the Legislative Session when votes are being taken.

For a listing of 2008 candidates for the Texas Legislature, go to the Federation's website, www.txpsych.org, select the tab "Public

Why should I be active in the political process?

12 reasons, just to mention a few...

1. All politics is local. – *Tip O'Neill*
2. Just because you do not take an interest in politics doesn't mean politics won't take an interest in you. – *Pericles*
3. One of the penalties for refusing to participate in politics is that you end up being governed by your inferiors. – *Plato*
4. Those who do not do politics will be done in by politics. – *French Proverb*
5. All politics are based on the indifference of the majority. – *James Reston*
6. I believe there's something out there watching over us. Unfortunately, it's the government. – *Woody Allen*
7. If I seem to take part in politics, it is only because politics encircles us today like the coil of a snake from which one cannot get out, no matter how much one tries. I wish therefore to wrestle with the snake. – *Mahatma Gandhi*
8. In politics, stupidity is not a handicap. – *Napoleon*
9. No man's life, liberty or property are safe while the legislature is in session. – *Judge Gideon J. Tucker*
10. In politics, familiarity doesn't breed contempt. It breeds votes. – *Paul Lazarsfeld*
11. In politics, an organized minority is a political majority. – *Jesse Jackson*
12. [On the New Mexico victory by psychologists] To me, the bottom line is we developed relationships with legislators. We educated them about psychology and we made friends with them in some cases. – *Mario Marquez, PhD, New Mexico Psychological Association*

Policy," and then click on "Texas Senate Races 2008" and "Texas House Races 2008."

You don't know who your legislator is? Just go to the Federation's website, www.txpsych.org, select the tab "Public Policy," and click on "Locate Your Legislator." And then, simply enter your address.

Please become involved now in the Federation's political advocacy activities in preparation for the 2009 Texas Legislative Session, keeping in mind the old French proverb: "Those who do not do politics will be done in by politics." With your active participation in the political process, Texas will not succumb to accepting substandard and potentially harmful levels of medical care for the citizens of our State who seek treatment for psychiatric illnesses, as has been the case in two adjoining states. ■

Medical Malpractice Insurance

Are you paying too much?

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

Let Cunningham Group shop the market for you and reduce your premium.

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

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Primum Non Nocere....

Lauren Parsons, MD, Chairman, Federation of Texas Psychiatry



Lauren D. Parsons, MD

One of the benefits of being the Chairman of the Federation of Texas Psychiatry is that every two months I am allowed to “share” my thoughts and observations with my colleagues, not only those practicing in Texas, but across the country as well. I believe this is a privilege; one I do not take lightly. My original topic for this issue of the newsletter was preempted by circumstances, which will become clear as you read on.

First Do No Harm. We all speak these words in some form or fashion as we embark on our career as physicians. As we recite these sacred words, we are filled with the implication of their meaning for our profession and we bravely go into the world to carry out this precious trust.

I have always considered myself a patient-centered practitioner and have been blessed to work with some fantastic patients; but recently I found myself on the other end of the equation dealing with my father who has been ill for some time.

Balancing the role of daughter and doctor was not an easy job especially since my

family resides in Ohio. There were many times I felt frustrated because when I would ask my mother about my father's condition she would answer as best she could but since the doctors were speaking “Greek” to her (actually, it could have been Latin) she was not able to effectively communicate the current state of affairs to me at times despite her best efforts.

This situation was particularly disturbing, as I know my mother to not only be an intelligent woman but a loving and caring wife as well. I knew she was paying attention when the doctors spoke to her so I came to the conclusion that there had to be a language barrier.

My father was far too ill to really comprehend all that was happening or being said to him but he got the message when he was bluntly told, “You will have to drink thickened liquids for the rest of your life or you will die,” and “We can not fix anything that is wrong with you. The best we can do is treat your symptoms.”

Is it any wonder he lost his will to fight on, taking his medications and following

the doctor's orders, with the prospect of merely existing versus being able to live?

As I struggled to deal with my own feelings as a daughter, I kept drifting back to myself as a doctor thinking of how many times I had witnessed others or had myself substituted my judgment for a patient in what was thought to be the patient's “best interest.”

But how do we measure the quality of life for another person? When do we need to allow someone the freedom to decide to “let go” and support him or her in that position?

I have always said I do not have special patients because I treat all my patients “special.” But in light of my recent experience, I have had to reevaluate how I actually put that saying into practice. If I were to ask those individuals what their perceptions were of the input they had into their own care, would their recollections concur with mine?

My father was a vital man, proud of his ability to provide for his family doing something he not only loved but that came to

him naturally. He never met a stranger. Whether it was driving a school bus or a tour bus, he used his abilities to put people at ease and got them to get to their destination safely. Unfortunately, the journey to his final destination was fraught with detours. Ultimately, the doctors caring for my father “heard” his heart and began to measure the quality of his life with his yardstick and for that I am grateful. I have learned a valuable lesson, or should I say re-learned, in the end, it needs to be all about the patient.

In loving memory of my father, Henry David Parsons, Jr., born 18 November 1922, died 30 July 2008, whose love and encouragement helped me to believe. ■

CALENDAR OF MEETINGS

SEPTEMBER 2008

5-6 **Texas Medical Association
Fall Conference**
Hyatt Regency Hotel
Austin, Texas

OCTOBER 2008

6-8 **University of Texas Southwestern Medical Center
11th Annual International Network for Philosophy &
Mental Health International Conference**
Ritz-Carlton, Dallas, For Program and Registration Information:
www.utsouthwestern.edu/psychiatryandfreedom
or (214) 648-4960

NOVEMBER 2008

21-23 **Texas Society of Psychiatric Physicians
2008 Annual Convention and Scientific Program
“Improving Psychiatric Care and Enhancing Patient Outcomes”**
Westin La Cantera Resort
San Antonio, Texas

See Registration Form on Page 6
for Special Registration Fees



JOB BANK

Whether you are looking for career opportunities
or you are recruiting to fill a position in your organization,
you will want to check out the Federation's **JOB BANK**

on its website at www.txpsych.org.

The Federation's **JOB BANK** could be
just what you have been looking for.

The TEXAS PSYCHIATRIST is published 6 times a year in February, April, June, August, October and December. 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.

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