Texas Psychiatrist



The Patient You Never Saw

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

magine, if you will, that you are a psychiatrist who has been living on a planet called *Rationaire* for the last 20 years. Since mental illness has been eradicated on Rationaire, you are without a job. You know there is more than enough work back on Earth, so you return even though you have been away from the practice of psychiatry on Earth and aren't sure of some of the newer regulations. You are encouraged to join the newly formed state psychiatric society (TSPP in this case!) but you decide not to, arguing that "they've never done anything for [you]," and besides, you are "not a joiner." You settle into the community and make time most weeks to have lunch with a friend and colleague. You often find yourself discussing interesting cases that have come up. Here is one such case:

The patient, Mrs. P, is a 58-year-old Caucasian female who presents to your office with a chief complaint of "I'm nervclinician, but she is clearly uncomfortable seeing you because she insists she's "not she has been feeling increasingly sad, down, and anhedonic. She has stopped enjoy. She occasionally feels hopeless, but she attributes her sense of hopelessness to her relentless abdominal pain which multiple specialists have been unable to diagnose or relieve.

Further examination and additional hisconsent) reveals that she has suffered from early morning awakening for the past few months, has lost her appetite and lost 15 pounds, has stopped exercising or doing the volunteer work she used to be involved of never having any energy. Her husband is worried because she is increasingly dis-

ous and worried. There's something wrong with my stomach, but my doctor says he can't find anything wrong so he sent me to see you." She was referred to you by a local internist who you know to be an excellent crazy." As you talk to Mrs. P, you learn that her symptoms began six months ago and participating in the activities she used to

tory provided by her husband (with Mrs. P's with because she is so tired. She complains

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tractible and can't even concentrate on a television sitcom. She admits that she sometimes thinks she would be better off dead, but has no thoughts of self-harm. She doesn't endorse any manic symptoms or hallucinations.

Her past history is significant for one normal pregnancy after which she was treated for post-partum depression, "arthritis," non-insulin dependent diabetes mellitus, and cardiovascular disease with angina.

Ultimately, you make a diagnosis of major depression. You offer to work with Mrs. P in psychotherapy and you recommend antidepressant medication. Mrs. P is uncomfortable with the idea of seeing a psychiatrist and doesn't want the stigma of treatment for psychiatric illness, so she does not make a follow-up appointment.

Three months later, you are called to consult on a woman admitted to the internal medicine service at the local general hospital. When you arrive, you are surprised to see Mrs. P. She was admitted from the ER with second degree AV block, hypotension, hypoglycemia, paralytic ileus, and serotonin syndrome.

What Happened?

After leaving your office a few months ago, Mrs. P sought treatment with a "medical psychologist" who admitted her to a psychiatric hospital in the next town and prescribed fluoxetine for her depression. Unfortunately, the psychologist received his license to prescribe from a correspondence course, so he did not know that fluoxetine improves peripheral and hepatic insulin action in NIDDM and was unprepared to

treat Mrs. P's resulting hypoglycemia. In addition, he had given Mrs. P acetaminophen/propoxyphene for diffuse pain. When she became more restless and began vomiting, he prescribed Compazine. This happened because without TSPP, the Texas legislature granted psychologists independent hospital admission privileges and granted them the power to prescribe medications independently.

Mrs. P wisely returns to see you since she wants "a real doctor." Unfortunately, you can not see her because without TSPP, the state legislature enacted a bill that capped psychiatric benefits at \$1500/year. Mrs. P had exceeded that limit with her recent hospitalization and treatment with the psychologist.

You refer her to a local mental health authority where she is inappropriately touched by a man who also exposes his genitals to her while she is in the waiting room. She returns to you badly shaken and frightened by her experience. This happened because without TSPP the legislature enacted a bill in which persons accused or convicted of sexually violent offenses can receive court-ordered mental health services in local public mental health clinics without notification to the general patient population.

By the time Mrs. P returns to see you, she is almost mute, needs assistance toileting, and does not feed herself. Her husband has taken a leave of absence from work to care for her. You admit her to the hospital, planning on initiating a course of ECT. Unfortunately, while you were on Rationaire, the Texas legislature banned



Martha E. Leatherman, MD

the use of ECT in Texas.

Obviously, this is not a true case presentation. It could be, though. Over the last 20 years, TSPP has stood between physicians and dangerous legislative attempts to control the practice of medicine. Perhaps, as was pointed out to me at the recent Bexar County Psychiatry Society meeting, I am preaching to the choir. Nevertheless, I feel I must again reiterate that TSPP has done heroic work for all Texas psychiatrists and our patients. If you are already a member of organized psychiatry, please feel free to use this information to help educate your non-TSPP colleagues. If you are not a member of organized psychiatry, then I hope you will consider joining us.

Disclaimer: The information is given as a loose case presentation and in the interests of space is not exhaustive, but illustrative. Additionally, I am not a big fan of DSM, so I will take this opportunity not to use DSM nomenclature.









July 24-26 Fort Worth

See pages 4-5 for program and registration







TSPP Annual Convention and Scientific Program

November 13-15 Galveston

See pages 6-7 for program and registration

TSPP Executive Council

The TSPP Executive Council met on April 5, 2009 at the Westin Galleria Hotel in Houston and considered the following Action Items:

COUNCIL ON ADVOCACY

Hospital Practices Subcommittee:

Motion: TSPP oppose the proposed DSHS rule which defines as a restraint the "laying of hands on a patient" to administer court-ordered medications. **APPROVED**

COUNCIL ON EDUCATION

Professional Practices Committee:

Motion: TSPP adopt a recommendation to the Texas Medical Board regarding impaired physicians (below). **APPROVED**

COUNCIL ON SERVICE

Children and Adolescents Committee:

Motion: TSPP endorse the pilot project developed on the Frew settlement as a model to be expanded to assist pediatricians/primary care physicians and to endorse the availability of consultation codes to be paid/reimbursed by Medicaid. **APPROVED**

Forensic Psychiatry Committee:

Motion: TSPP support the policy of permissive reporting of dangerousness rather than a requirement to report and that adequate malpractice protections are in place to protect a physician who does report threatening statements of patients. (SB 1626) **APPROVED**

Forensic Psychiatry Committee:

Motion: TSPP support proposed changes in the insanity defense to include the words "appreciate" and "morally wrong." (SB 168) APPROVED

Public Mental Health Services:

Motion: Request the Federation to arrange a meeting with upper level leaders of HHSC to discuss the issues related to the position of Medical Director of Mental Health and Substance Abuse in the Department of State Health Services. APPROVED

Motion: Empower the Public Mental Health Services Committee to develop a strategy for educating legislators on needs for public mental health funding. **APPROVED**

COUNCIL ON FELLOWSHIP

No action items

COUNCIL ON ORGANIZATION

Fellowship Committee:

Motion: TSPP approve the APA Distinguished Fellowship application of Daniel Goggin, MD and its submittal to the APA for consideration following some editing of the application. **APPROVED**

Finance Committee:

Motion: Approve the request for a change in status to Inactive Membership for one member, a waiver of 2009 dues for a member and a 50% reduction in 2004 dues of a former member. **APPROVED**

Finance Committee:

Motion: Approve the proposed 2009-10 operating budget as submitted. **APPROVED**

Finance Committee:

Motion: TSPP submit request(s) to the Texas Foundation for Psychiatric Education and Research for financial assistance. **APPROVED**

Nominating Committee:

Motion: Approve the presentation of TSPP Awards in November 2009 as follows: TSPP Distinguished Service Award to J. Clay Sawyer, MD and the TSPP Psychiatric Excellence Award to R. Andrew Harper, MD and James E. Kreisle, Jr., MD. **APPROVED**

Strategic Planning Committee:

Motion: TSPP direct the APA Assembly Representatives to pursue the most effective and efficient governance structure for the APA for its members. **APPROVED**

INSTALLATION OF OFFICERS

Officers for FY 2009-10 were installed as follows: President- George Santos, MD; President-Elect- Richard Noel, MD; and Secretary-Treasurer- Patrick Holden, MD.

Recommendation to the Texas Medical Board: Physicians with an Impairment

- Applications for medical licensure, renewal of licensure or for credentialing or recredentialing should not inquire solely as to past or present diagnoses/treatment for psychiatric and substance use disorders.
 - a. Overall health status should be queried but to soley solicit information regarding psychiatric/substance use disorders is discriminatory.

 Health related conditions, other than psychiatric/substance use disorders, may impact physician functioning but are not specifically queried whereas psychiatric/substance use disorders commonly are.
- b. Impairment,¹ not a diagnosis or treatment regimen, per se, should be the basis for Texas Medical Board (TMB) order if the impairment/disability rises to the level defined by the American Medical Association's definition of physician impairment or rises to the level of disability as defined by Guides to the Evaluation of Permanent Impairment.
- The role of the psychiatrist in evaluating impairment or disability for the Texas Medical Board or other credentialing body:

- a. The psychiatrist is Board Certified by the American Board of Psychiatry and Neurology or equivalent board.
- A board-certified psychiatrist with added qualifications of addiction psychiatry, geriatric psychiatry or forensic psychiatry maybe preferred for specific situations.
- c. A psychiatric evaluation requested by the Texas Medical Board would be conducted by a board-certified psychiatrist who neither has nor has had a treatment relationship (physician patient relationship) with the physician in question.
- 3. The Texas Medical Board has a procedure whereby a physician who potentially or actually impaired requires evaluation and possibly monitoring or treatment is assessed by a board appointed psychiatrist. This psychiatrist determines whether or not treatment is required. If treatment is necessary a treating psychiatrist is approved by the Texas Medical Board. The treating psychiatrist should be separate from the monitoring psychiatrist. Information from the treating psychiatrist should be limited to administrative needs such as diagnosis and compliance. The treating psychiatrist is not in a position to evaluate the physician's practice. The latter is the responsibility of the monitoring psychiatrist.
- 4. The duration of Texas Medical Board order has increased over recent years. 10 years is typical, but 15 year TMB orders occur. Five year TMB orders would be reasonable in a majority of cases; and, if necessary, extended or shortened on a case-by-case basis.
- 5. TMB requires physicians to respond to various requests within a specified time-frame. E.g. medical records are to be forwarded within two weeks, to provide urine drug screens within specified hours, reports by specific dates, etc. Texas Medical Board should respond to requests for clarification or for modification of TMB orders within 30 days.
- 6. Urine drug screen collection at agreed upon laboratory should be allowed up until close of business day for that particular laboratory. This should replace the current requirement of having random drug screens by 3:00 P.M. on the date required.

References:

1. AMA definition of an impaired physician:
A physician who is "unable to practice medicine with reasonable skill and safety to patient's because of physical or mental illness, including deterioration through the aging process or loss of motor skill, or excessive use or abuse of drugs including alcohol."

Congratulations....

Congratulations are extended to Officers for FY 2009-10 were inducted or elected during meetings conducted on April 4-5, 2009 at the Westin Galleria Hotel in Houston for the following organizations:

TSPP: President – **George Santos, MD** (Houston), President-Elect – **Richard Noel, MD** (Houston) and Secretary/Treasurer – **Patrick Holden, MD** (San Antonio).

Academy: President – **Arthur Farley, MD** (Austin/Houston) and Secretary/Treasurer – **Robert Dobyns, MD** (Austin)

Foundation: Chairman – Linda Rhodes, MD (San Antonio), Vice Chairman – Mohsen Mirabi, MD (Houston), Treasurer – Arthur Farley, MD (Austin/Houston) and Secretary – Miriam Feaster (Friendswood)

Federation: Chairman – **Leslie Secrest, MD** (Dallas), Vice-Chairman for Education – **Steven Pliszka, MD**, Vice Chairman for Public Policy – **Richard Noel, MD** (Houston) and Secretary/Treasurer – **Andrew Harper, MD** (Houston)



Martha Leatherman, MD passes the President's gavel to incoming TSPP President, George Santos, MD

Incoming Chairman Leslie Secrest, MD (right) presents an appreciation plaque to outgoing Federation Chairman, Lauren Parsons, MD



Psychiatry/Psychology Offices for Rent

San Antonio – Two luxurious, spacious office suites for rent. New, freestanding building in Shavano Commons Office Park. North Central location on 1604, just east of IH-10. Quiet, beautifully landscaped, with green belt. Fully furnished waiting and break rooms. Full reception area for your office manager. Private bathroom. Third office occupied by owner, Susan Wynne, MD, Board-Certified Adult/Adolescent/Child Psychiatrist.

210-615-8900 or swghotbi@sbcglobal.net



Ego Strength and Electronic Health Records

Stuart Crane, MD, President, Texas Academy of Psychiatry

any of us question why other practitioners expect "resilience" from certain patients. Otto Kernberg, MD and others opened our eyes with the concept of borderline personality organization. Yes, neurotic patients resist change. But when we see intelligent sophisticated patents who consistently choose self destructive paths and run from processing any intense affect, it is "resistance on steroids." Other clinicians blame these patients for not cooperating with treatment plans, since to them ego pathology relates to Donald Trump and his current flock of celebrities. Dr. Kernberg "got away" with confronting resistance and defenses because he listened. He refused to force coping skills down the throat of a person, instead tuning in to the emotional difficulties others circumvented. Psychopharmacologists and analysts alike are indebted for the foundation we were given in ego functioning during our training.

In my last article as Academy President (Dr. Art Farley takes over this month!), I ask why some of us resist the change to electronic health records. We survived the rigors of medical school and residency. We entered an ever more challenging workplace and economy. Clearly ego strengths should stand in our favor, considering the delayed gratification, lower relative pay, and high level of abstraction involved in psychiatric work. So I launch my battering ram and assault the excuses for clinging to pen and paper with the hope that the battle for EHR conversion is quickly won with minimal hemorrhage.

- Excuse #1- "How can I properly chronicle the narrative of this person with a cold computer?" We expect records to document signs and symptoms to establish a diagnosis. We want them to demonstrate reasoning as to why we select a particular treatment. We need mental status information for Medicare. We must sacrifice literature for concise terse reporting.
- Excuse #2- "My handwriting is pretty good already." Maybe, maybe not. My father and grandfather were registered professional engineers. I took drafting in engineering school. Yet my printing fails to get the message across at times. If even one patient is harmed as the result of your scribble...
- Excuse #3- "I just love the chart room on the weekend." Latent masochism? We can pretend to hate the dreaded visits in our off hours to the office or hospital to complete those charts. But the solitude can resemble serenity, almost as if you sit on the bank of a secluded lake fishing, or up on the hillside feeling the air. My EHR, once the patient visit is pulled up, forces me to complete the charting before I can see the next person. At 5:15pm I truly can swim, bike, jog or just sit on that hillside.
- Excuse #4- "If my pen breaks, I can get a new one right away." Point made. I worked locums at a clinic with EHR failure multiple times a week. I begged and pleaded the IT department clerk for a callback with logon problems. Do not let software terrorists sell you a lemon. My EHR (designed by a local physician and used nationally) has cruised through 5

- years in Alpine without going down. Not
- Excuse #5- "I have a standard format to fill in for certain patient visits." The EHR can store a scenario for visits from depression to disability evaluations, with capability for any necessary additions or modifications.
- Excuse #6- "My prescription pad has positive therapeutic value." I admit I still enjoy writing a sig below my iconic javelinas on a locally printed pad. Yet we must transmit data directly to the pharmacy to prevent mistakes. Private pharmacies will need to work with us on compatible software. At least for now, my records hold the sig, quantity dispensed, and all meds have been checked for interactions and other safety parameters.
- Excuse #7- "I can't type." Typing is not keyboarding. I still look at the keyboard but surprisingly little time is lost due to my typing-impaired status. It's not like we fire up the old Smith Corona and get out the liquid paper. A few have genuine medical issues, but personally my wrists are better without all the scribbling. My EHR also abandons the mouse- the F keys at the top move me from subjective to objective to assessment to plan without a single click.
- Excuse #8- "The billing will get lost between me and the front desk." My EHR sends the billing code to office staff as soon as I am done. Staff bill out visits from the screen for that day before they leave to go home.
- Excuse #9- "What about those calls after



Stuart Crane, MD

hours?" True, networks are firewalled to restrict access and you may need to record the contact later. The non-visit encounter section can actually be a strength of the EHR, where prescription refills and changes and other instructions are clearly recorded for you and other practitioners.

• Excuse #10- "How can I afford the investment?" Emphasis on funding the conversion is a clear political priority. Even without outside help, cost is less than you may think and better time and billing efficiencies can make up for it. And how many of you refuse to pay for a mobile phone? Good technology costs money. Are you worth it?

On a final note, thanks to all for your support and collegiality this year, especially Federation Chair and Academy Past President Lauren Parsons, fellow Federation Delegates, and of course John Bush and Debbie Sundberg. Please extend the same to Dr. Farley in the coming months. TSPP and the Academy share the goal of bringing more members to organized psychiatry for mutual benefit. It has been an honor and pleasure to be included in our combined effort.



Healing Today, Hope for Tomorrow

Lauren Parsons, MD, Chairman, Federation of Texas Psychiatry

ealing today, hope for tomorrow. Five little words which may just transform the way we provide inpatient mental health services in the state of Texas. I had the privilege of participating in North Texas State Hospital's training on this innovative new way of interacting with the persons we serve in our facilities.

The irony was not lost on me however, that although this is a drastically different way of training staff to interact with patients, it really consists of the familiar principles of treating others the way we would like to be treated, AKA the "Golden Rule," recognizing the humanity in others despite their "problems," resisting the urge to infantilize our patients, and ultimately coming to the understanding that we are all more alike than we are different despite all

the surface trappings.

This shift in thinking was not mandated by any accrediting agency, legislated by any governmental group, or required as part of a plan of correction. By combining personcentered focus with the concepts of Trauma Informed Care, a hard working group of very dedicated Texas Health and Human Services employees developed the curriculum for this course.

For some time, the thinking had been, "There has to be a better way to interact with our patients. Talking with them rather than intervening physically." The methods for dealing with a patient who was upset and becoming progressively agitated had been in place for many years but despite the name, Prevention and Management of Aggressive Behavior (PMAB), the training

itself inadvertently seemed to be more focused on physical intervention. Of course one might surmise that because of the inherent dangers of physical intervention in these situations the circumstances dictated more emphasis on the physical rather than the verbal skills to decrease the chance of injury to both the patient as well as the staff. Initially, there were a number of ways proposed to reestablish the balance between verbal and physical approaches and there was much discussion regarding the ways in which changes could or should be incorporated into the existing lesson plans.

Fast forward a bit and it was decided that a fresh start was needed. We were actively participating in the State of Texas Alternative to Restraint and Seclusion (STARS) grant and the thought was that a 'new' approach was in order to address these concerns. After a great deal of effort to develop the plan and a strong desire to "get it right," the project group pitched the idea to the stakeholders in the agency. After the project got the "green light" there was no stopping the flood of imagination and innovation which followed. It was a labor of love and labor they did developing concepts and methods for training, working toward their goal without regard to the usual constraints. They built the kind of product anyone would be proud to be associated with.

Once the foundation was laid it was time to implement their vision. They took the training on the road and blanketed the state hospitals teaching those individuals identified by their facilities as "Champions" of the initiative to reduce seclusion and restraint. All types of staff sat side by side devouring the techniques being offered like a starving



Lauren D. Parsons, MD

man might eat a meal. The two day training

not to mention emotionally draining experi-

was one of the most intensely meaningful

ences I have participated in since joining

the state hospital system in 1995. From this group of Champions, facility level trainers were selected and they travelled to Austin to receive the "Train the Trainer" course so they might return to their home facility and perpetuate the training experience. When you consider how many staff require this training, the roll out of this program is no small feat. At North Texas State Hospital alone we have nearly 2,000 staff who will participate in this training experience. But the dedication to not only the training but to the underlying principles of the course is strong. We believe this training will make a positive difference in the way we serve our patients. It may even have a positive impact in other aspects of our lives as well.

We all owe a debt of gratitude to those individuals who created this training. I am proud to know these people who cared enough to make a difference. And when I hear someone saying disparaging things about the dedication or determination of state employees, I will smile to myself knowing that when it comes to this group of people, they couldn't be further from the truth.

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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Texas Society of Child and Adolescent Psychiatry 2009 Annual Meeting and Scientific Program

"Bipolar Disorder in Children and Adolescents: Diagnostic and Treatment Dilemmas"

July 24-26, 2009 • Omni Fort Worth Hotel • 1300 Houston Street • Fort Worth, Texas

GENERAL INFORMATION

LOCATION / HOTEL RESERVATIONS

All events will take place at the Omni Fort Worth Hotel, 1300 Houston Street, in downtown Fort Worth, 817/535-6664. A special TSCAP discounted room rate of \$175 single or double occupancy is available to TSCAP program registrants before July 2 or upon sell-out whichever occurs first. Make your hotel reservation today by calling 1-800-843-6664.

Located across the street from the Fort Worth Convention Center and Fort Worth Water Gardens, the Omni Fort Worth Hotel offers the 'Omni Sensational Kids Program' with special amenities for children staying at the hotel; in addition the hotel features a state-of-the-art fitness center and full-service health club; heated outdoor swimming pool and outdoor whirlpool; revitalizing spa; sauna and luxurious massage treatments for the kid in everyone!

Make
Hotel Reservations
by July 2

Omni Fort Worth Hotel 1-800-843-6664

OPENING WELCOME RECEPTION WITH EXHIBITORS

A special Welcome Reception for all TSCAP attendees and their guests has been planned to kick off the weekend's meeting and activities. The reception will be held Friday, July 24, 6:30 - 8:30 pm in the Texas Ballroom at the Omni Hotel.

SPONSORS / EXHIBITORS

Special Thanks to the following Sponsors and Exhibitors confirmed to date:

Cedar Crest Hospital & RTC, Belton – Exhibitor

Laurel Ridge Treatment Center, San Antonio – Sponsor of the Friday Evening Welcome Reception and Exhibitor

Meridell Achievement Center, Liberty Hill – Exhibitor

ANNUAL BUSINESS MEETING BREAKFAST

The Annual TSCAP Business Meeting will be held Sunday 8:00 am - 9:00 am in the Sundance Room of the Omni Hotel. All members are encouraged to RSVP in advance and attend.

EXHIBITS

TSCAP's Welcome Reception, Continental Breakfasts and Refreshment Breaks will be held in the Texas Ballroom of the Omni Hotel. Please make plans on visiting with the exhibitors during the following hours:

Friday, 6:30 pm - 8:30 pm
Welcome Reception
Saturday, 7:30 am - 8:10 am
Continental Breakfast
Saturday, 10:30 am - 10:50 am
Refreshment Break
Saturday, 12:20 pm - 12:30 pm
Refreshment Break
Saturday, 1:30 pm - 1:45 pm
Refreshment Break
Saturday, 3:15 pm - 4:15 pm
Final Visits with Exhibitors
Saturday, 4:15 pm - 5:00 pm

EXHIBIT / SOCIAL SPONSORSHIP OPPORTUNITIES

Exhibitors Tear Down and Depart

The Texas Society of Child and Adolescent Psychiatry meetings provide an excellent opportunity to meet the Child and Adolescent Psychiatrists throughout the State of Texas all in one location! Last year's Annual Conference was the largest attended to date, so don't miss this one!

If you are interested in Exhibit Display Space or Sponsorship of one of the TSCAP social activities in conjunction with the Annual Convention, please contact the Texas Society of Child and Adolescent Psychiatry office at 512-478-0605, or visit the website www.txpsych.org and download an Application for Exhibit Display / Social Sponsorship.

We hope you will make plans to join us!

Texas Society of Child and Adolescent Psychiatry Summer Meeting and Scientific Program

"Bipolar Disorder in Children and Adolescents: Diagnostic and Treatment Dilemmas"

July 24-26, 2009 • Omni Fort Worth Hotel • 1300 Houston Street • Fort Worth, Texas

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SCIENTIFIC PROGRAM REGISTRAT	_			
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TSCAP Member Physician				
Non-Member Physician	\$250 \$190	\$270 \$200		
Allied Health Professional / Spouse / Guest TSCAP Member Trainee / Medical Student	\$180 No Fee	\$200 \$30		
Non-Member Trainee / Medical Student Non-Member Trainee / Medical Student	No Fee \$30	\$30 \$50		
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SOCIAL EVENTS				
Friday Welcome Reception				
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Names Attending Reception:				
☐ Sunday Membership Business Breakfast				
TSCAP Members	No Charge	\$20		
Non-Members / Guests	\$20	\$25		
If you require any special assistance to fully participate in the	is conference,	AL REGISTRATION		
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RETURN TO:TEXAS SOCIETY OF CHILD AND ADOLESCENT PSYCHIATRY, 401 WEST 15TH STREET, SUITE #675,



Texas Society of Child and Adolescent Psychiatry 2009 Annual Meeting and Scientific Program

"Bipolar Disorder in Children and Adolescents: Diagnostic and Treatment Dilemmas"

July 24-26, 2009 • Omni Fort Worth Hotel • 1300 Houston Street • Fort Worth, Texas

SCIENTIFIC PROGRAM

PROGRAM AT A GLANCE

FRIDAY, JULY 24

SATURDAY, JULY 25

7:30 am - 8:10 am 8:15 am - 8:30 am 8:30 am - 10:30 am

- Understand the different neuroimaging modalities used in research with children and adolescents with bipolar disorder.
- Discuss the neuroanatomical regions thought to be involved in the pathopsysiology of bipolar disorder.
- Discuss how psychotropic medication may affect brain functioning in children and adolescents with bipolar disorder.

10:30 am - 10:50 am 10:50 am - 12:20 pm

- Have an increased knowledge of the evidence base for pharmacological treatment of bipolar disorder in children and adolescents.
- Assess risk benefit ratio of medication treatment for bipolar disorder in youth.

12:20 pm - 12:30 pm 12:30 pm - 1:30 pm Refreshment Break in Exhibit HallTexas Ballroom
Child and Adolescent Psychiatry Fellow
Case PresentationFort Worth Ballroom

Neesha Desai, M.D., Fellow Presenter, UT Southwestern Medical Center at Dallas, Dallas, Texas Kirti Saxena, M.D., Faculty Discussant, UT Southwestern Medical Center at Dallas, Dallas, Texas

At the conclusion of the presentation:

- Physicians will demonstrate an improved understanding of the diagnostic challenges and comorbidities of bipolar disorder in children and adolescents through a detailed discussion of a case presentation.
- Participants will display increased competence in designing a comprehensive biopsychosocial treatment plan for child and adolescent bipolar disorder.

1:30 pm - 1:45 pm 1:45 pm - 3:15 pm

- Participants will display enhanced competence in utilizing or incorporating psychosocial interventions such as Cognitive Behavioral Therapy into broader biopsychosocial treatment plans for children and adolescents with bipolar disorder.
- Physicians will show evidence of increased understanding and the ability to discuss the role of basic CBT techniques for relapse prevention in children and adolescents with bipolar disorder.

3:15 pm - 4:15 pm Final V

SUNDAY, JULY 26

8:00 am - 9:00 am

9:00 am - 9:15 am 9:15 am - 10:15 am TSCAP Annual Business Meeting Breakfast Sundance 1 RSVP / Registration Required in Advance
Welcome and Opening Remarks Fort Worth Ballroom

Role of the Advocacy Organization in Depression and Bipolar Support in Texas Fort Worth Ballroom Glenn D. Urbach, DBSA Greater Houston, Houston, Texas At the conclusion of the presentation, participants will:

• Have the knowledge to refer patients to advocacy peer support groups and understand what peer support consists of.

10:15 am - 10:30 am 10:30 am - 12:30 pm At the conclusion of the presentation, participants will be able to:

 Understand the clinically relevant information about recent changes in the PhRMA Code in order to advance their understanding and appreciation of the Code and thereby allow them to develop strategies to deal more ably in their

SCIENTIFIC PROGRAM CONTINUING MEDICAL EDUCATION ACCREDITATION

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Texas Medical Association (TMA) through the Joint Sponsorship 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 the Texas Medical Association to provide continuing medical education for physicians.

The Texas Society of Psychiatric Physicians designates this educational activity for a maximum of nine (9) $AMA\ PRA\ Category\ 1\ Credits.^{TM}$

Participants should only claim credit commensurate with the extent of their participation in the activity.

The presentation "Panel Discussion: Impact of Pharmaceutical Research and Manufacturers of American (PhRMA) Code on our Clinical Practice" 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 GOALS & OBJECTIVES

This CME program is designed with didactic lectures supplemented with audiovisual presentation and direct discussion, panel discussion and a case study presentation in multiple educational sessions. The program is designed to provide its' primary target audience of Child and Adolescent Psychiatrists, General Psychiatrists and other specialties of medicine in the State of Texas , with clinically-relevant information to advance the physician's competence and effective use of targeted skills so that they may develop strategies to apply the knowledge, skills and judgment of the information presented in the educational activity into their practice.

SCIENTIFIC PROGRAM SPEAKERS

Monica Ramirez Basco, Ph.D.

Clinical Psychologist
Assistant Professor of Psychology
University of Texas at Arlington
Clinical Associate Professor of Psychiatry
University of Texas Southwestern Medical Center at Dallas

Matthew Brams, M.D.

Houston, Texas

Melissa P. DelBello, M.D., M.S.

Associate Professor of Psychiatry and Pediatrics Vice-Chair of Clinical Research Department of Psychiatry University of Cincinnati College of Medicine Cincinnati, Ohio

Pedro L. Delgado, M.D.

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

Neesha Desai, M.D.

UT Southwestern Medical Center at Dallas Child Psychiatry Fellow (PGY-4) Dallas, Texas

John Z. Sadler, M.D.

Daniel W. Foster Professor of Medical Ethics
Professor of Psychiatry & Clinical Sciences
Distinguished Teaching Professor
Chief, Division of Ethics and Health Policy
Department of Clinical Sciences
Chief, Division of Ethics
Department of Psychiatry
Co-Editor: Philosophy, Psychiatry & Psychology
UT Southwestern
Dallas, Texas

Kirti Saxena, M.D.

UT Southwestern Medical Center at Dallas Assistant Professor of Psychiatry Associate Director of Child and Adolescent Psychiatry Outpatient Clinic Dallas, Texas

Karen Dineen Wagner, M.D., Ph.D.

Marie B. Gale Centennial Professor and Vice Chair Department of Psychiatry & Behavioral Sciences Director, Division of Child & Adolescent Psychiatry University of Texas Medical Branch Galveston, Texas

Glenn D. Urbach

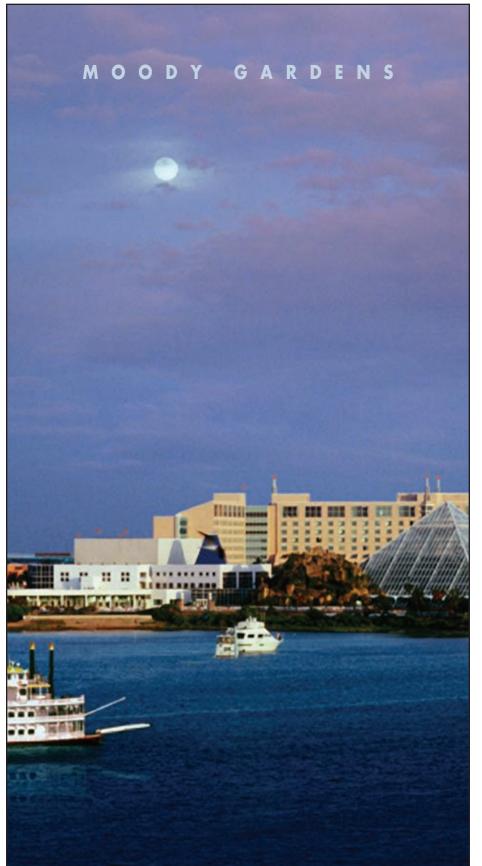
Executive Director DBSA Greater Houston Houston, Texas

TEXAS SOCIETY OF PSYCHIATRIC PHYSICIANS

53rd Annual Convention & Scientific Program

"Clinical Updates For Implementing Change In Your Practice"

Moody Gardens Hotel • Galveston, Texas • November 13-15, 2009



HOTEL RESERVATIONS

ALL MEMBERS AND NON-MEMBERS ARE INVITED TO JOIN US!! TSPP's 53rd Annual Convention and Scientific Program will be held at the Moody Gardens Resort and Spa, Seven Hope Blvd., Galveston, 1-800-582-4673. A special TSPP discounted room rate of \$142 is available to TSPP program registrants before October 21, 2009 or upon sell-out whichever occurs first. Make your hotel reservation today by calling 1-888-388-8484.

The City has recovered and is even better than ever and we are excited to have the TSPP Convention there to help boost the city's economy even more! And, as the Titus Harris had to cancel their Annual Meeting this year, TSPP will be coordinating special activities with the Titus Harris Alumni to further boost the attendance.

MOODY GARDENS HOTEL / RESORT AMENITIES

Surrounded by 242 acres of breathtaking gardens and majestic pyramids, Moody Gardens Hotel, Spa and Convention Center is Galveston Island's premier meeting destination. Moody Gardens features:

- Full Service Spa and Fitness Center, complete with indoor lap pool
- Rain Forest Pyramid a ten story pyramid featuring primitive rainforests with plants and exotic fish and



- Discovery Pyramid Experience mysteries of science with traveling and interactive exhibits.
- Aquarium Pyramid Oceans of the world are represented in a 1.5 million gallon aquarium teeming with creatures from penguins to stingrays, sharks and more.
- IMAX 3D Theater Be a part of the action at the IMAX 3D Theater featuring amazing 3D and 2D films on a giant six-story screen.
- IMAX Ridefilm Theater Strap yourself in an dive, twist and turn as your seat mirrors every movement on a giant wrap-around screen with six-channel surround sound.
- Palm Beach Freshwater lagoons and white sand beaches adorned with palm trees and volleyball courts
- AND, special activities for you during Convention time!
 Festival of Lights One of the Gulf Coast's largest holiday lighting events at Moody Gardens!



THURSDAY GOLF OUTING

Polish up on your golf game!! For those convention attendees, guests and golf enthusiasts arriving early, TSPP members are arranging a tee time for a group play. 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 and cheese reception before the Awards Banquet honoring the 2009 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 friends! Black Tie Optional. This year's honorees include:

Distinguished Service Award
J. Clay Sawyer, M.D.
Waco
Psychiatric Excellence Award
R. Andrew Harper, M.D.
Houston
James I.
Austin

Psychiatric Excellence Award James E. Kreisle, M.D. Austin

DAILY SCHEDILLE

Thursday, November 20

12:00 pm Golf Outing at Moody Gardens Golf Course7:30 pm Federation Delegate Assembly Reception & Meeting

Friday, November 13

7:30 am - 7:00 pm Registration Open

7:30 am - 9:00 am Foundation Board of Directors Breakfast Meeting

8:00 am - 5:00 pm Committee Meetings 12:00 pm - 5:00 pm Exhibit Set-Up

12:00 pm - 1:30 pm Membership Luncheon / Program
 5:00 pm - 6:30 pm Executive Council Meeting
 6:30 pm - 8:00 pm Welcome Reception with Exhibitors

Saturday, November 14

7:00 am - 7:45 am Complimentary Continental Breakfast for Meeting Registrants

7:00 am - 7:00 pm Registration Open 7:30 am - 5:00 pm Exhibits

SATURDAY SCIENTIFIC PROGRAM - 6 hours Category 1 CME Credit

8:15 am Welcome and Introductions / Pre-Survey

8:45 am - 10:15 am Case Presentation / Discussion - Bipolar Disorder -

Diagnostic Issues and New Treatment Studies
Robert Hirschfeld, M.D., Galveston, Texas

10:15 am - 10:30 am Refreshment Break with Exhibitors / Door Prize Drawings
 10:30 am - 12:00 pm Case Presentation / Discussion - Bipolar Disorder -

Diagnostic Issues and New Treatment Studies Karen Dineen Wagner, M.D., Ph.D, Galveston, Texas

12:00 pm - 1:30 pm Annual Business Meeting Lunch

1:30 pm - 2:30 pm Resident Paper Competition Winning Paper To be Determined

2:30 pm - 2:45 pm Break

2:45 pm - 4:45 pm Sleep Disorders: Putting Insomnia to Bed

Obstructive Sleep Apnea; Restless Leg Syndrome;

Mild Cognitive Impairment *Philip M. Becker, M.D., Dallas, Texas*

Sunday, November 15

SUNDAY SCIENTIFIC PROGRAM - 4 Hours of Category I CME Credit

8:15 am Welcome and Introductions / Pre-Survey

8:30 am - 10:30 am Medical / Literature Updates: Current Treatment:

Diabetes, Thyroid, Hypertension

10:30 am - 10:45 am Break

10:45 am - 12:45 pm Accurate Use of Medical Literature and Appropriate Assessment

Panel Discussion of issues concerning how to best use medical literature, presenting examples of the best and less-than-best articles, and how to

determine which is which.

Pedro L. Delgado, M.D., San Antonio, Texas

SCIENTIFIC PROGRAM

"Clinical Updates For Implementing Change In Your Practice"

MEETING REGISTRATION

See Registration Form below or visit the website www.txpsych.org for TSPP / TAP's Special Discounted Meeting Registration Fees for this year's convention. The earlier you register, the greater the savings!

TARGET AUDIENCE / PROGRAM OBJECTIVES

This CME program is designed with didactic lectures, panel discussions and case study presentations in multiple educational sessions. The program is designed to provide its' primary target audience of Psychiatrists, as well as other specialties of medicine, with high-quality, evidence-based, clinically-relevant information

regarding ethics, new developments in treatment 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 judgment of the information presented in the educational activity into their practice.

Upon completion of this program participants will be able to:

- demonstrate improved competence in diagnosis of bipolar disorder in adults
- demonstrate improved competence in diagnosis of bipolar in adolescents
- demonstrate improved competence in the assessment of sleep disorders and

MEETING REGISTRATION

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The earlier you register, the greater the savings!

the appropriate prescription of sedative medications

- improved competence in the evaluation and treatment of restless leg syndrome
- demonstrate improved competence in appropriate screening and referral of

psychiatric patients with suspected diabetes, hypothyroidism, and hypertension

 demonstrate ability to effectively use the medical literature to make appropriate decisions to optimize patient outcomes

The Texas Society of Psychiatric Physici

Moody Gardens Resort and Spa, Galveston Hotel Reservations – 1-888-388-8484

RESERVE YOUR ROOM

Mention TSPP to receive the discounted room rate

ACCREDITATION

The Texas Society of Psychiatric Physicians designates this educational activity for a maximum of ten (10) *AMA PRA Category 1 Credits*TM. 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 "Accurate Use of Medical Literature and Appropriate Assessment" has been designated by the Texas Society of Psychiatric Physicians for two (2) hours of education in medical ethics and/or professional responsibility.

TEXAS SOCIETY OF PSYCHIATRIC PHYSICIANS

2009 ANNUAL CONVENTION & SCIENTIFIC PROGRAM

November 13-15, 2009 • Moody Gardens Hotel • Galveston, 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 TSPP at 512/478-5223.

NAME Please check if you are a:	llow \square A	APA Disting	guished Fe	llow	E-MAIL			
ADDRESS	CITY		STATE	ZIP	PHONE			
NAME(S) GUEST(S) ATTENDING (for name badges)								
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GOLF OUTING - Thursday	BEFORE 0/12	6/12 - 10/12	10/12		ENDING EVENT S BANQUET/ENTERTAIN		6/12 - 10/12	10/12
# Please Send Me Additional Info	rmation				vards Banquet/Entertainment		\$35	Sie Optiono \$55
	manon.				served Table for 10	\$250	\$350	\$550
LUNCH PROGRAM - Friday # Lunch Program	\$10	\$20	\$25					,
· ·	ΨΙΟ	ΨΖΟ	ΨΖϽ		FIC PROGRAM - Saturday PP/Academy Member		,	\$235
MIT / ECP PROGRAM - Friday	N. Cl	N. Cl	N. Cl		T (TSPP/Academy)	\$185 \$0	\$195 \$25	\$235 \$35
# MIT/ECP Program	No Chg	No Chg	No Chg		on-Member Physician	\$225	\$235	\$290
WELCOME RECEPTION - Friday					on-Member MIT	\$25	\$35	\$50
# NOT Registered for Scientific Program	\$30	\$40	\$50	``	ied Health Professional	\$95	\$105	\$130
# Registered for Scientific Program	No Chg	No Chg	No Cha		ouse	\$85	\$95	\$120
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BUSINESS MEETING LUNCH - Satur	,	400	40.5		, 0			
# TSPP/Academy Member	\$10	\$20	\$25			4		
# MIT (TSPP/Academy) # Guest	\$10	\$15 ¢20	\$20	TOTA	L REGISTRATION FEE	\$		
# Guest	\$15	\$20	\$25		'			
If you require any special assi this conference, please contact					arian Plate Requested. No a 12, otherwise there will be a			

Moody Gardens

Fun, Fun, Fun!

























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 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, 2009. In the event of cancellation, a full refund will be made if written notice is received in the TSPP office by October 12, 2009, less a 25% handling charge. NO REFUNDS WILL BE GIVEN AFTER OCTOBER 12, 2009.

RETURN TO:

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

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

n March 4, over 350 psychiatrists, advocates, patients and family members converged on the Texas Capitol to advocate in a united and strong voice for increased funding for public mental health services. This advocacy activity, Capitol Day 2009, was organized by the Mental Illness Awareness Coalition which includes the Federation of Texas Psychiatry (Texas Society of Psychiatric Physicians, Texas Academy of Psychiatry, and the Texas Society of Child and Adolescent Psychiatry), Depression and Bipolar Support Alliance Texas, Mental Health America of Texas, and the National Alliance for the Mentally Ill Texas. The Coalition was formed in 1995 by TSPP and has conducted advocacy training and advocacy programs every year since.

Attendance for Capitol Day 2009 grew so large, the program had to be conducted in two separate physical locations because facilities at the Capitol were insufficient. Buses brought participants from Houston, Dallas and San Antonio. The morning program began with welcoming remarks from Senator Leticia Van de Putte (D-San Antonio) and Representative Debbie Riddle (R- Houston). Participants were then briefed by Joe Lovelace on proposed legislation to increase public mental health funding by \$88.3 million. The proposed \$88.3 million will fund three key areas: 1/3 for psychiatric emergency services centers and diversion projects, 1/3 for development of



transitional services, and 1/3 for linking patients to intensive services after their emergency crisis. Steve Bresnen, Federation lobbyist, then coached participants on how to make effective calls on legislators.

At 12:30 pm, participants gathered at the front steps of the Capitol and conducted a rally for public mental health funding. Martha Leatherman, MD, President of TSPP opened the rally with a rousing call for ending stigma and discrimination against persons with psychiatric illnesses. She was followed by Diana Kern who emphasized that recovery is possible. The featured speaker for the rally was Senator John Whitmire (D-Houston) who spoke forcefully in support of increased funding for public mental health services.

Following the rally, participants made calls on legislators and their staff to inform them about the necessity for increased public mental health funding. At the end of the day, participants gathered together again to share their experiences.

All in all, this was probably the most successful Capitol Day of any conducted since 1995.

CAPITOL DAY 2009























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.

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

EDITORIAL BOARD

Federation Executive Committee

MANAGING EDITORS

John R. Bush Debbie Sundberg

Federation of Texas Psychiatry

401 West 15th Street, Suite 675 Austin, Texas 78701 (512) 478-0605/(512) 478-5223 (FAX) TxPsychiatry@aol.com (E-mail) http://www.txpsych.org (website)

CALENDAR OF MEETINGS

MAY

1 **TMA Section on Psychiatry Program** TEXMED 2009, Austin Convention Center

For additional information 1-800-880-7955 or www.texmed09.texmed.org

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

JULY

Texas Society of Child & Adolescent Psychiatry Annual Meeting & Scientific Program "Bipolar Disorder in Children and Adolescents: Diagnostic and Treatment Dilemmas"

Omni Fort Worth Hotel, Fort Worth, Texas TSCAP Discounted Room Rate \$175 / Hotel Reservations Until July 2 or Upon Sell-Out, whichever occurs first / 1-800-843-6664 For additional information please visit www.txpsych.org or call 512-478-0605

NOVEMBER

13-15 Texas Society of Psychiatric Physicians 53rd Annual Convention & Scientific Program - Galveston's Back and Better Than Ever - Lots of Fun Activities Planned - Register Early!!

> Moody Gardens Hotel, Galveston, Texas TSPP Discounted Room Rate \$142 / Hotel Reservations Until October 8 or Upon Sell-Out, whichever occurs first / 1-888-388-8484

For Additional Program Information / Registration 1-512-478-0605 or email tsppofc@aol.com

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.

RETURN SERVICE REQI