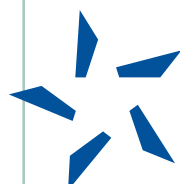


Texas Psychiatrist

Season's Greetings



Respite and Repose

George D. Santos, MD, President, Texas Society of Psychiatric Physicians

I usually don't like to read fluffy holiday notes, but I have to admit we have cause to sit back and take account. This year has been interesting for TSPP. Despite ongoing challenges of financial pressures affecting membership, we have been active and it shows. The vigilance and plain hard work to monitor and respond to political issues met with important successes. That is an effort that never ends. Last month, we saw our membership come together to attend the annual TSPP scientific meeting in large numbers we have not seen in 19 years. The quality of the presentations was excellent and we all learned important clinical updates that we can apply in our everyday practices taking care of patients. It is interesting to watch a large room of Psychiatrists with rapt attention listening to detailed discussions of not only psychiatric updates but also endocrinology. The meeting ended with a very interesting set of presentations dealing with the difficult topics of ethics and critical assessment of research. There was a large number of Psychiatry Residents at the meeting, and I am pretty sure they had a really good time.

They are the lifeblood for the future successful growth of the organization.

Meetings like this are a success only because of the dedication of our staff and members. I have to acknowledge the amazing work from Dr. Jefferson Nelson, the CME committee, and the tireless work from John Bush and Debbie Sundberg. They orchestrated a seamless three-and-a-half day program of committee meetings, business meetings, including a well organized day-and-a-half scientific program without a hitch. We had physicians attending from all over Texas, from other states, and even from overseas. We also announced the extraordinary accomplishment of our re-accreditation as a CME provider and the possibility of an extension of our accreditation period. THANK YOU Debbie Sundberg! These are singular successes for a state specialty medical organization.

We had the opportunity to recognize some of our members for their distinct contributions. The Distinguished Service Award was presented to Dr. J. Clay Sawyer. The Psychiatric Excellence Awards were presented to Dr. R. Andrew Harper and to Dr. James E. Kreisle. That evening we were also able to give a well deserved award recognizing our stalwart Executive Director, John Bush, for his TWENTY YEARS of service to TSPP.

When I see efforts come together in this way, I have hope for the future of organized medicine. Meetings like ours are not exercises of self-centered guilds but an exam-

ple of professionals organized and focused on improving themselves and patient care while dodging complacency.

We have to look forward to the coming years and find ways to meet the needs of current and future members. Our team has the educational needs well covered and we are constantly planning ahead for the next program. TSPP will always work hard to monitor regulatory and political challenges. We are right now responding to some threats to telemedicine's potential to bring needed healthcare to underserved areas. Of course, healthcare reform is very much in play and it has been stormy. It is interesting to see the unchecked emotional responses from some on all sides that serve only to impede informative debate. I believe we need to keep a seat at the table to have our voices heard. It is with this in mind that I encourage everyone to get involved, stay informed, and contribute to the rational debate. Our elected representatives need to have us as a reliable resource of information and analysis. If we don't speak up, or if we act indifferently, others will fill in the void with their own agendas.

So, our work goes on but we have earned the right to some pride in our accomplishments this past year. Our successful efforts in the political and regulatory arenas and our ongoing educational productions are two clear examples of the value of TSPP and APA membership. We need to keep looking and moving forward, build our organization, and remain relevant and meaningful



George D. Santos, MD

for our membership. To make this happen, we need everyone's commitment to growing our ranks and bringing new ideas to the organization. Please help us get the message out in this new year and encourage everyone to join TSPP and the APA.

Happy Holidays to everyone and Happy New Year. ■



SAVE THE DATE April 16-18, 2010

Spring Committee Meetings and CME Program

The Westin Austin at The Domain Hotel (11301 Domain Drive, Austin, TX 78758) will open in March, 2010 and serve as the destination meeting site for the **Texas Academy of Psychiatry** and the **Texas Society of Psychiatric Physicians' Spring Meetings and CME Program!**

TSPP has arranged a small block of guest rooms at a special discounted room rate of \$149 Single or Double occupancy, with complimentary self-parking. We strongly encourage you to make your hotel room reservations as early as possible to take advantage of this discounted room rate by calling 1-800-937-8461.

The Domain is located in the high-tech corridor of northwest Austin. Bordered on the west and north by Loop 1, on the south by Braker Lane, and on the east by the Austin IBM campus and features a five star shopping center with a great location and exceptional amenities and dining options like Joe Dimaggios, Kona Grill, McCormick and Schmicks, Flemings and the California Pizza Kitchen right at your doorstep.

Scenes from the 2009 Annual Convention and Scientific Program

more photos on pages 2-5



In Memoriam....

Spencer Bayles, MD
Houston

TSPP 2009 Annual Convention and Scientific Program

Each year, the TSPP Annual Convention and Scientific Program highlights the four core values of membership: **ADVOCACY** for patients and psychiatry; **SERVICE** to psychiatry and community; quality **PROFESSIONAL EDUCATION**; and **FELLOWSHIP** with colleagues. The 2009 Annual Convention and Scientific Program conducted in Galveston on November 13-15 was no exception. Pictured on the following pages are TSPP members, and colleagues from other professional organizations, as they experienced the 2009 Annual Convention and Scientific Program.

A D V O C A C Y / S E R V I C E



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.

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PROFESSIONAL EDUCATION



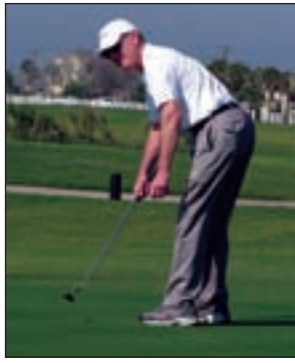
TSPP 2009 Annual Convention and Scientific Program

S E R V I C E / F E L L O W S H I P



TSPP 2009 Annual Convention and Scientific Program

F E L L O W S H I P





Substance Use Disorders in Child and Adolescent Psychiatry

Paul Croarkin, DO, President, Texas Society of Child and Adolescent Psychiatry



Paul Croarkin, DO

Substance use disorders among adolescents are common and lead to significant problems both in Texas and nationwide. Recent national surveys conducted by the Substance Abuse and Mental Health Services Administration indicate that 19% of eighth graders, 36% of all high school sophomores, and nearly 50% of all high school seniors have used an illegal drug at some point. Approximately 10% of all children and adolescents ages 12-17 currently use illicit drugs. While the use of drugs such as LSD, ecstasy, cocaine, and heroin is thought to be declining in this age group, the misuse, abuse, and diversion of prescription medications is on the rise. Substance use disorders and addictions have a bidirectional relationship with other psychiatric illnesses. Comorbidity is the rule rather than the exception and these other diagnoses may herald, exacerbate, or follow heavy substance use. Unfortunately, substance use disorders in teenagers often go untreated. Recent information suggests that less than 5% of the teenagers who are in need of treatment for addictions actually receive treatment. If undetected and unchecked, substance use disorders have a pernicious impact on a teen's social, psychological, and neurobiological development. This also hinders the treatment of other psychiatric illnesses.

Substance use is a relatively common behavior among adolescents. This is concerning but under our current diagnostic system not sufficient for a diagnosis of abuse or dependence. Other behaviors include substance misuse in which prescription medications are used in a manner other than how they were prescribed. Diversion

refers to the sharing of medications with others for whom they were not prescribed. Typically misuse and diversion are thought of as maladaptive behaviors that while serious are not indicative of any particular psychiatric diagnosis. Conversely, substance abuse involves maladaptive patterns of use with consequences such as educational or social impairment, dangerous behavior, legal difficulties, and ongoing use despite significant social consequences. Finally, substance dependence is marked by tolerance, withdrawal symptoms, rapid increases in amounts used over time, and unsuccessful attempts at ceasing or attenuating use. This is in the context of ongoing social, educational, psychological, and medical consequences.

There is a dearth of training, research, and continuing medical education opportunities in this area for child and adolescent psychiatrists and other clinicians. Therefore, the Texas Society of Child and Adolescent Psychiatry (TSCAP) plans to focus its upcoming 2010 annual summer meeting and scientific program on substance use disorders in child and adolescent psychiatry. **Please mark your calendars now for July 23-25, 2010 at the Moody Gardens Hotel, Galveston and plan on attending "Addressing Substance Abuse in Child and Adolescent Psychiatry: Prevention, Diagnosis, and Treatment."** For room reservations at the TSCAP discounted rate of \$189 at Moody Gardens Hotel, please call 1-888-388-8484. We have finalized a dynamic program with the following speakers and presentations.

Our keynote speaker, Oscar G. Bukstein,

M.D. will present "Best Practices for the Assessment and Treatment of Adolescents with Substance Use Disorders." Dr. Bukstein has published numerous peer-reviewed articles and books on adolescent substance use disorders. He has a extensive clinical experience in the treatment of adolescents with comorbid substance use disorders and psychiatric illnesses. Dr. Bukstein has served on the work group for the American Psychiatric Association that developed, the "Practice Guideline for the Treatment of Substance Use Disorders: Alcohol, Cocaine, and Opioids." He was also the primary author for the American Academy of Child and Adolescent Psychiatry's "Practice Parameter for the Assessment and Treatment of Adolescent Substance Use Disorders." Dr. Bukstein conducts numerous pharmacological trials for adolescents with substance use disorders, depression and ADHD.

TSCAP's long-time member, leader, and speaker, Steven R. Pliszka, M.D. will present "Treatment of ADHD in Patients with Substance Abuse Problems: Balancing Risks and Benefits." We can look forward to this as he brings a wealth of knowledge and clinical experience to discuss this challeng-

ing clinical dilemma.

We are also very fortunate to have a presentation by Christopher R. Thomas, M.D. entitled, "Ethical and Legal Issues in the Treatment of Children and Adolescents with Substance Abuse." Dr. Thomas is an award winning speaker and academician with expertise in antisocial behaviors in youth and legal issues in child psychiatry.

This conference will also include presentations on evidence based psychosocial interventions for adolescents with substance abuse, strategies to promote recovery in high school and college students, and our annual resident/faculty case presentation which will focus on a patient with substance abuse. I look forward to seeing you all in Galveston next summer for the program. Happy Holidays. ■

Congratulations....

The APA has approved the following members for recognition as Distinguished Fellow and Fellow: **Distinguished Fellow** – Daniel A. Goggin, MD; **Life Fellow** – Frank L. Giordano, MD, and Irwin Schussler, DO; **Fellow** – Melissa Gail Inga Eshelman, MD, Octavio N. Martinez, Jr., MD, Thomas L. Matthews, MD, Jacqueline C. McGregor, MD, Mark Stephen Moeller, MD, Victor R. Scarano, MD, Olga M. Tolsic, MD, and Elizabeth F. Weinberg, MD.

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

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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.



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Current Opportunities Available

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AUSTIN: Staff Psychiatrist- Telemedicine Center

BROWNWOOD: Staff Psychiatrist – Texas Youth Commission

CORSICANA: Staff Psychiatrist – Texas Youth Commission

Positions also available for psychiatric PA and Nurse Practitioners:

TYLER: Skyview Inpatient Psychiatric Hospital (Rusk, TX)

DALLAS: Telemedicine Center (Hutchins Jail)

AUSTIN: Telemedicine Center

Compare our Benefits with other Organizations

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| ★ 5 days paid CME leave | ★ Competitive salaries |
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