

# Texas Psychiatrist



## AND THEY'RE OFF!!!!

### The 83rd Texas Legislature is Out of the Gates

Eric Woomer, Public Policy Consultant, Federation of Texas Psychiatry



Eric Woomer

In January, Texas Legislators convened in Austin for their biennial session. There are many new faces joining the more familiar ones – some of whom were not especially interested in returning.

Gov. Rick Perry is back in Austin, although he would rather be President of the United States. David Dewhurst would have preferred to be U.S. Senator, but instead he will continue to preside over the Texas Senate as Lt. Governor. He will lead a considerably more conservative, and novice, Texas Senate with six freshman members out of 31. Speaker Joe Straus stared down his critics on his political right and returns as the presiding officer of the Texas House of Representatives, where he will be riding herd over a freshman class of 41 (out of 150), one of the largest in state history.

Spending issues once again are on the front burner. The House and Senate unveiled base budgets of about \$89 billion in general revenue (GR) spending, out of a total two-year budget approaching \$190 billion. Recently announced available revenue figures from the Comptroller of Public Accounts indicate that lawmakers will have around \$101 billion of GR funds in the bank with which to work. That leaves around \$12 billion unaccounted for, but unpaid bills left over from the last session will consume nearly \$7 billion of that surplus. That still gives lawmakers roughly \$5 billion in GR, as well as nearly \$12 billion in the Rainy Day Fund.

However, there are a number of major spending issues on the horizon that could

dig into the pockets of the Legislature. Some believe lawmakers should restore last session's \$5 billion in public education cuts, although most predict that legislators resist that temptation until the resolution of an ongoing school finance lawsuit this summer.

Lasting drought conditions have placed funding water projects at the top of many lawmakers' agenda. Legislative leaders have endorsed tapping the Rainy Day Fund, withdrawing a one-time, \$2 billion sum to create a revolving fund for water-supply projects. Meanwhile, legislators are evaluating ways to create a reliable revenue stream for the Texas Department of Transportation, which is telling lawmakers it needs \$1 billion a year for maintenance and an additional \$1 billion per year to ease congestion.

With respect to funding for mental health services, the House and Senate budgets are rather austere. On balance, spending mirrors the dollar figures allocated in the 2012-2013 budgets, with a slight increase in state hospital spending and slight cuts to community mental health. Interestingly, budget writers presume that few services will be provided on state dollars due to expected expansion of private insurance coverage and reductions in exclusions under the Affordable Care Act (ACA).

The Federation of Texas Psychiatry is pursuing an aggressive budgetary agenda with respect to public mental health funding. Our program includes a \$2 million

investment in stipends for resident physicians to complete a portion of their training in the public mental health system, \$20 million to help the Department of State Health Services (DSHS) to expand housing options for people with mental illness, and more than \$54 million to reduce the backlog of individuals waiting for community health services.

On a policy front, mental health issues are getting significant attention – some good, some not so good. Lawmakers initially resistant to a Medicaid expansion under the ACA are being pressured by the local units of government not to leave those billions in the hands of the federal government. Two major studies (one by DSHS, another by the Hogg Foundation & Texas Applesseed) seek to revise the Texas Mental Health Code in substantive ways. And, the Texas Council of Community Centers is advocating carving in Medicaid-covered mental health services into the STAR and STAR+PLUS HMO plans as a means to integrate physical and mental healthcare.

Meanwhile, the Texas Court Appointed Special Advocates (Texas CASA) are advocating a substantial expansion of informed consent requirements into the Texas Family Code to combat what they suggest is pervasive overprescribing of anti-psychotics to children in the foster care system. Other lawmakers are pursuing bans or significant restrictions on psychotropic prescribing to minors and standing Pro Re Nata orders in state mental health facilities. And of course,

no legislative session would be complete without wrestling with scope of practice expansion efforts by psychologists and advance practice nurses.

Nevertheless, the Federation is well equipped to meet these challenges. We are especially appreciative of those physicians who are volunteering their time to serve as legislative reviewers – looking at filed bills that uniquely impact the practice of psychiatry and offering their expert opinions about the real-world consequences of a particular proposal. Their insight is incredibly valuable as bills get filed and legislative hearings are being scheduled.

Please feel free to contact the Federation with any concerns, comments or questions you may have about our activities on your behalf. The legislative session is fast and furious, and is scheduled for only 140 days every other year. This is our window of opportunity to protect patients and the practice of psychiatry for the next biennium. Your participation is important, and always appreciated. ■

## Capitol Day 2013

**"No man's life, liberty or property are safe while the legislature is in session."**

Judge Gideon J. Tucker

The Texas Legislature is now in session. During the 140-day session, the 181 legislators will file over 6,000 bills. Generally, about 300 filed bills could affect the practice of psychiatry in Texas.

Member organizations of the Federation, including the Texas Society of Psychiatric Physicians, the Texas Academy of Psychiatry and the Texas Society of Child and Adolescent Psychiatry, urge you to

become involved in the political and legislative process to ensure that quality psychiatric care and patient safety are preserved and protected.

You can begin this involvement by attending and participating in the activities of **CAPITOL DAY** on **Thursday, February 28, 2013**. CAPITOL DAY, sponsored by the Mental Illness Awareness Coalition (Depression and

Bipolar Support Alliance of Texas, Mental Health America of Texas, NAMI Texas and the Federation of Texas Psychiatry), will afford you the opportunity to participate in several activities on February 28 to advocate for your patients and profession. CAPITOL DAY will begin with activities at the Schmidt-Jones Family Life Center, First United Methodist Church, Great Hall on the 2nd floor (1300 Lavaca,



one block west of the Capitol). For additional information about CAPITOL DAY, including registration information, please visit the Federation's website, [www.txpsych.org](http://www.txpsych.org).

Come to CAPITOL DAY on February 28 prepared to learn and to have a very fulfilling and fun experience. And, wear your white coat to the rally and legislative visits to demonstrate that "The Doctor is in the House." ■

**"Just because you do not take an interest in politics doesn't mean that politics won't take an interest in you."**

Pericles

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### Capitol Day Schedule

<b>10:00 am - 11:45 am</b>	<b>Advocacy Workshop</b> – receive briefings on key legislative issues and tips on effective legislative advocacy.
<b>11:45 am - 12:15 pm</b>	<b>Box Lunch</b> – enjoy a brief lunch with friends.
<b>12:30 pm - 1:15 pm</b>	<b>Rally on the South steps of the Capitol</b> – participate in rally to draw public attention to important legislation for persons with mental illnesses in Texas.
<b>1:15 pm - 3:30 pm</b>	<b>Visits with members of the Legislature</b> – visit members of the Legislature in teams of advocates to encourage support of needed legislation.
<b>3:30 pm - 4:30 pm</b>	<b>Reception</b> – Wrap-up your visit to the Capitol with refreshments and sharing of your experience.





# Politics and Psychiatry

Debra Atkisson, MD, President, Texas Society of Psychiatric Physicians

Every day we see images and hear news stories which relate to mental health. Many of these issues become politicized. Tragedies such as the Sandy Hook school shooting in Connecticut make us only too aware of how mental illness can impact decisions made by individuals which reverberate across the lives of others. In the wake of such disasters, people often talk about how mental health issues are responsible for these tragedies. And unhealthy people can make impulsive decisions which result in painful long-lived consequences. Unfortunately, misinformation abounds in our media about mental health. Politics becomes involved and suddenly laws are being formulated and introduced about how to control violence by controlling guns. Where does the focus on mental health go in these situations? Regardless of your position related to guns, I believe all of us who work in mental health agree that giving true parity to mental illness would help those individuals who are at risk. Making mental health a priority and aiding people with these treatable diseases would have a strong ripple effect out into our communities and real change could occur. But confusing the issues of violence and mental illness may contribute to the stigma associated with mental illness. As our APA President, Dr. Dilip Jeste

pointed out in his letter to Congress, “only 4 percent to 5 percent of violent crimes are committed by people with mental illness and about one-quarter of all Americans have a mental disorder in any given year, and only a very small percentage of them will ever commit violent crimes.”

What is our role as psychiatrists in the political discussions about mental health and mental disease? We should step forward to help those who have survived in the wake of tragedies and educate communities about ways to begin healing. In the case of the Sandy Hook shooting, the Connecticut Psychiatric Society quickly organized and sent members into Newtown to assist parents and children. Their efforts have been valuable in helping this community begin to recover. This is one of many examples in which psychiatrists have helped in the wake of disaster. Perhaps educating the public about the benefits of mental health efforts is one way to begin a more positive discussion related to mental health.

Speaking of politics and educating others, I need to emphasize to all of us that the Texas Legislature is back in session. Every two years TSPP faces the challenge of numerous political discussions and bills which are being considered. Many of us can remember the bills filed in the past which could have

harmed the positive practice of psychiatry in our state. The efforts of TSPP in educating our legislators have helped change the outcome of legislative action which could have harmed our ability to assist patients. We have the ability to help increase the functioning of people suffering from mental disease and prevent morbidity which can coexist; but we cannot work at our best capacity if our ability to practice is restricted by legislative action.

Several bills which could affect the practice of psychiatry in our state are being reviewed now. Our lobbyist, Eric Woome, is keeping us apprised of the political process which affects psychiatry. Bills which involve scope of practice have been introduced. Politicians do not understand the difference in practice abilities between psychiatrists and psychologists and education needs to occur once again. We have successfully dealt with this issue many times and we can do so again.

On February 28 we will participate in Capitol Day with the Texas Legislature. The Mental Illness Awareness Coalition, of which we are members, will sponsor this event. We will have the opportunity to advocate for our patients and our profession by attending workshops which will prepare us to meet with our representatives and senators. We will have a rally on the steps of the



Debra Atkisson, MD

Capitol to bring attention to our cause to serve our patients. Visits to members of the legislature will aid in sharpening their awareness of mental health issues. We are the people who stand in the gap for our patients. We treat them to improve their functioning and ability to have healthy lives. How many of us stabilize people who might harm themselves or others? I believe that for every tragedy that occurs, hundreds are prevented by those of us who dedicate ourselves to treating mental illness and educating the public. This is the message that we need to convey to our politicians.

Please join me on Capitol Day in Austin. Every psychiatrist can make a difference in our cause. ■



## Let's Go!

Martha Leatherman, MD, President, Texas Academy of Psychiatry

The Texas Academy of Psychiatry has been quietly growing since its inception in 2004. We have had faithful and dedicated officers from the beginning, and our membership has continued to increase. Now that we have established our mission, vision, and place within organized Texas psychiatry, it is time to look at ways we can be more active. The last meeting of the Texas Academy of Psychiatry was in November 2012 in conjunction with the Texas Society of Psychiatric Physicians in Galveston. At that meeting, the Academy Board discussed ways to improve our service to Texas psychiatrists and came up with a number of ideas.

First, Clay Sawyer, M.D., past president of both the Texas Society of Psychiatric Physicians and the Texas Academy of Psychiatry will undertake the documentation of the process by which the Academy was formed. The Academy offers many psychiatrists who want to participate in organized psychiatry only at the state level a way to do so, and we are unique in this regard. The fact that we have been successful when other organized professional societies are struggling offers us an opportunity to share our success with other District Branches and organizations. Dr. Sawyer's history will provide infor-

mation that we can use to help others interested in forming similar organizations.

Second, I have written personal letters to all of the new Academy members in an attempt to open communication with them. We need to know what our members want from the Academy. To that end, the letter queries the new members about their interests, the reason(s) the Academy is attractive to them, and what we can do in the future to help them in their professional lives.

Third, although the Academy meetings are open to all Academy members, we realized that the meeting announcements do not always make that clear. We will begin listing Academy meetings differently in mailings, the website, and the Texas Psychiatrist so that members know they are welcome at every meeting.

Finally, we are working to develop

resources for Academy members (which would be available to other Federation members, as well) that are different from what is offered at TSPP meetings. Our first endeavor will be to offer mini-workshops in conjunction with the TSPP Council meetings. We envision the workshops' covering topics such as information technology, insurance-free practice, guardianship, court or deposition testimony, and others. Rather than a formal CME experience, we see the mini-workshops as being roundtable events where a member who is knowledgeable in one of the areas will offer a short, focused, practical interaction among colleagues—sort of a meeting version of a “curbside consult.”

As you can see, we want the Texas Academy of Psychiatry to be a valuable membership for Texas psychiatrists. Please consider joining the Academy, coming to our



Martha Leatherman, MD

next meeting April 20, 2013 at the Westin Austin at the Domain Hotel, and sharing your interests, needs, and ideas for our next phase of growth! As a bonus, the TSPP/TAP Joint Sponsored CME Program and dinner will offer 4 hours of *Category IAMA PRA Category I Credit*™. (See page 4 for registration form or visit [www.txpsych.org](http://www.txpsych.org). ■

## Congratulations...

The following TSPP/APA members attained Life Status membership status in January, 2013:

### Distinguished Life Fellow:

Ashok Khushalani, MD (Humble)  
Terry McMahon, MD (Lubbock)  
Leonora Stephens, MD (Dallas)  
Nishendu Vasavada, MD (Carrollton)  
A. Scott Winter, MD (Fort Worth)

### Life Fellow:

Gregory Graham, MD (Houston)  
Victor Scarano, MD (Houston)

### Life Member:

Willem Bok, MD (Odessa)  
Elizabeth John, MD (Arlington)  
Florence Ouseph, MD (Hurst)

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- Kathi Heagerty, BSN, JD  
Risk Manager



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# Coding and Reimbursement Misery

Paul Wick, MD, Chair, APA Work Group on Health Reform and Parity

Been hit with the tsunami of new codes and reimbursement issues? If so, you are not alone as many TSPP and APA members are affected.

Unfortunately, the new CPT codes have been out only a few months and some insurers have found this moving too fast to have properly prepared for it.

In an ideal world, the RVUs per code would be multiplied by the universal fee to produce the appropriate reimbursement. Or there would be an easy crosswalk between the outgoing psychiatric codes and the new

evaluation and management codes plus psychotherapy added on. But now, we, and the insurers, have multiple choices and new documentation guidelines to follow.

Some members have expressed concerns that the insurance reimbursement per time spent with the patient is less. What was previously a 90807 psychotherapy visit with E/M can now be coded variously as 99213 + 90833, 99213 + 90836, 99214 + 90833, 99214 + 90836 or a high level E/M code.

The Mental Health Parity Act fits into this if the insurance plan is not exempt. In my

opinion, if reimbursement per RVUs is less than our med/surg colleagues are paid, it is a parity violation with a few exceptions.

A few suggestions:

1. Understand the new CPT coding system. APA offers an online CME program on E&M coding and documentation free to members and \$40 to non members at [www.apaeducation.org](http://www.apaeducation.org)
2. Write to the health plan in question and ask them to clarify any concerns.
3. Review the Parity Act and refer your patients to the "Parity is Personal" website.
4. APA has a help line for parity and insurance issues. Email to [hsf@psych.org](mailto:hsf@psych.org) or call and leave a voice message at 866-882-6227. Include your name, contact information, health plan name, state, etc.
5. Although the parity act is federal law, states offer protection for mental health and substance use coverage issues and are authorized to enforce parity act provisions. To file an online complaint or grievance, go



Paul Wick, MD

to [www.tdi.texas.gov/health/index/html](http://www.tdi.texas.gov/health/index/html) and scroll down to the provider resources complaint form. Federal agencies step in if states do not respond. The APA Office of Healthcare Systems Financing has been working on these issues and can respond best when it knows what specific problems you are dealing with. ■

## KEY RESOURCES:

Supplementing the American Psychiatric Association's online CME program "Evaluation and Management Coding (CPT) and Documentation" that is free to the members (visit [www.apaeducation.org](http://www.apaeducation.org)) APA has established help centers and interactive webinars to educate the members about the changes and answer specific questions / concerns they may have. Members may email APA at [hsf@psych.org](mailto:hsf@psych.org) or call the HSF Practice Management HelpLine, 800.343.4671. Note: If you cannot log in, please email [apa@psych.org](mailto:apa@psych.org) for help or call the APA HelpLine (800.343.4671) during business hours.

Another resource for you is the American Academy of Child and Adolescent Psychiatry's website [www.aacap.org](http://www.aacap.org) In addition to a very helpful crosswalk that details the coding changes, there are modules, webinars and summary guides available.



## Thank You! Annual Campaign 2012

Linda J. Rhodes, MD, Chairman, Texas Foundation for Psychiatric Education and Research

The Texas Foundation for Psychiatric Education and Research concluded its 2012 Annual Campaign on December 31, 2012 with the highest amount of donations in six years. This accomplishment is espe-

cially meaningful because of the difficult financial times for many of us. Charitable contributions to the Foundation support the Foundation's three goals: 1) professional education; 2) public

education; and 3) research. The Foundation especially wants to recognize its Annual Campaign 2012 donors who qualified for its Foundation Associates (donations of \$500 or more) and Foundation Advocates (donations of \$100-\$499):



Linda J. Rhodes, MD

## IMMEDIATE OPPORTUNITIES!

### Adult & Juvenile PSYCHIATRISTS

Statewide opportunities available:

- Psychiatrist – Correctional Outpatient & Telepsychiatry Centers
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**Debie Dansbe (281) 269-6709 [dsdansbe@utmb.edu](mailto:dsdansbe@utmb.edu)**

### FOUNDATION ASSOCIATES – 2012

Debra Atkisson, MD  
John R. Bush  
Miriam Feaster  
Khushalani Foundation  
Shirley F. Marks, MD  
Edgar P. Nace, MD  
Linda J. Rhodes, MD

### FOUNDATION ADVOCATES – 2012

T. Grady Baskin, MD  
Jules Bohnn, MD  
Willem Bok, MD  
David F. Briones, MD  
Beth Chambers, MD  
Harry K. Davis, MD  
Robert G. Denney, MD  
Gary L. Etter, MD  
Dr. and Mrs. Edward S. Furber  
Bernard M. Gerber, MD  
Daniel A. Goggin, MD  
Edythe Harvey, MD  
Oi Lan Ho, MD  
Patrick Holden, MD  
Faye Istanbooly, MD  
Alison R. Jones, MD  
Judith P. Kane, MD  
Marie T. Kelly, MD  
Daryl Knox, MD  
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Brian P. Skop, MD  
Byron Stone, MD  
Dr. and Mrs. Larry Tripp  
Dr. and Mrs. Paul Wick

Please make plans now to include the Texas Foundation for Psychiatric Education and Research in your charitable giving plans for 2013. ■

*Through the generous support of psychiatrists, individuals, foundations and corporations, the Foundation has made 123 grants through 2012 supporting these goals, as follows:*

Purpose	Number	Amount	Percent
Public Education/Advocacy	105	\$105,721	44%
Professional Education	16	\$129,000	53%
Research	2	\$7,000	3%
<b>TOTALS</b>	<b>123</b>	<b>\$241,721</b>	



Texas Society of Psychiatric Physicians and Texas Academy of Psychiatry

# Spring Committee Meetings, Continuing Medical Education Program

Saturday, April 20, 2013 • Westin Austin at the Domain Hotel • Austin, Texas



Register early and plan to attend the 2013 Committee Meetings and Joint Sponsored Spring CME Program of the Texas Society of Psychiatric Physicians and the Texas Academy of Psychiatry on April 20 at the Westin Austin at the Domain Hotel in Austin, Texas, 11301 Domain Drive, Austin.



### MEETING LOCATION / INFORMATION

Located within one of Austin's premier destinations, the Westin Austin at the Domain Hotel is centrally located amongst 1.3 million square feet of high-end shopping and local music, fine dining, an upscale movie theater featuring independent and major films, and jogging paths offering a taste of the calming greenery found nearby. Easy steps from the hotel door, or a complimentary Westin golf cart shuttle away, you will find Spa Reveil, an exclusive spa sanctuary dedicated to creating a memorable experience for every guest (Spa Reservations 1-512-339-7000), outstanding shopping choices including Neiman Marcus, Tiffany & Company, Louis Vitton, Dillards and numerous dining options such as Flemings, Jaspers, Kona Grill, Cru Wine and many others. Or, plan to remain in the hotel and enjoy fine dining in a relaxed atmosphere celebrating premium meat and seafood, great wine, and fresh produce and relax in the warm retreat of the lobby offering live music on most weekday afternoons.

### MEETING HIGHLIGHTS

- TSPP & TAP Spring CME Program (4 Hours of Category 1 CME Credit)
- TSPP Committee Meetings
- Networking with Colleagues from Around the State of Texas
- Exhibits that Offer Business Practice Tools and Employment Opportunities
- TSPP Government Affairs Committee & Luncheon Program
- Complimentary Reception
- TSPP Executive Council Meeting and Installation of Officers for 2013-14

### HOTEL RESERVATIONS

TSPP has negotiated a small block of rooms with a discounted room rate of \$149.00. To take advantage of this rate, please call **1-800-228-3000** (PRIOR TO MARCH 28) and ask for the group name 'Texas Society of Psychiatric Physicians' for reservations at the Westin Austin at the Domain Hotel in Austin. Discounted room rates are available until March 28 **or upon sell-out, whichever occurs first.\***

**\* We have been advised that the MotoGP Championship (the pinnacle class of world championship motorcycle road racing) will be held in Austin the dates of the TSPP / TAP Spring Meeting so hotel rooms in Austin will be at a premium rate and everyone attending the TSPP / TAP meeting is encouraged to place your hotel reservation at the discounted TSPP room rate of \$149 well before the March 28 deadline. TSPP cannot assure that hotel rooms will be available after the cut-off date at the Westin Hotel or other hotels in Austin at 'standard' rates.**

### EXHIBITS

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

### EXHIBITORS:

American Professional Agency, Inc.  
Professional Risk Management Services  
Texas Medicaid Wellness Program  
Texas Health Presbyterian Dallas, Behavioral Health  
The Doctors Company

For more information, or to download  
a registration form, visit [www.txpsych.org](http://www.txpsych.org)



## Spring Committee Meetings, Continuing Medical Education Program

April 19-21, 2013 • Westin Austin at the Domain Hotel • Austin, Texas



### R E G I S T R A T I O N

NAME \_\_\_\_\_

E-MAIL ADDRESS FOR MEETING CONFIRMATION \_\_\_\_\_

ADDRESS / CITY / STATE / ZIP: \_\_\_\_\_

PHONE/FAX \_\_\_\_\_

### PROGRAM SCHEDULE

#### FRIDAY, APRIL 19

6:00 pm - 7:30 pm TSCAP Executive Committee Meeting  
7:30 pm - 9:00 pm Federation Delegate Assembly Meeting

#### SATURDAY, APRIL 20

7:30 am - 8:45 am Foundation Board of Directors Breakfast Meeting  
10:00 am - 7:00 pm Exhibits  
9:00 am - 10:30 am Council on Leadership Meetings (*Ethics, Distinguished Fellowship, Finance, Strategic Planning*)  
Meeting Space Contingencies  
10:50 am - 12:15 pm Council on Service Meetings (*Academic Psychiatry, Children & Adolescents Psychiatry, Forensic Psychiatry, Public Mental Health Services*)  
12:35 pm - 2:00 pm Council on Advocacy/Membership Luncheon (*Government Affairs*)  
2:00 pm - 3:30 pm Members in Training Program  
2:15 pm - 3:45 pm Texas Academy of Psychiatry Board of Directors Meeting  
2:15 pm - 3:45 pm Council on Education Meetings (*Continuing Medical Education, Professional Practice Management*)  
4:00 pm - 6:00 pm **CME Program: "New Generation Use of Substance Abuse - K2 / Bath Salts"**  
Carlos F. Tirado, MD, MPH, FABAM  
Seton Mind Institute, Austin, Texas  
6:00 PM - 6:30 PM Refreshment Break for CME Program Attendees with Exhibitors  
6:30 PM - 8:30 PM **CME Dinner Program: "Mood Disorders, Anxiety Severity and Suicide in DSM-5"**  
Jan Fawcett, MD,  
Professor of Psychiatry  
University of New Mexico School of Medicine  
Albuquerque, New Mexico

#### SUNDAY, APRIL 21

9:00 am - 12:00 pm Executive Council Meeting, Continental Breakfast and Installation of Officers for 2013-14



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

### METHOD OF PAYMENT:

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

Please Charge \$ \_\_\_\_\_ To My: ☐ VISA ☐ MasterCard ☐ American Express Credit Card # \_\_\_\_\_

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Name of Cardholder (as it appears on card) \_\_\_\_\_

Signature \_\_\_\_\_

Zip code where you **RECEIVE** your credit card statement: \_\_\_\_\_

CANCELLATION POLICY: In the event of cancellation, a full refund will be made if written notice is received in the TSPP office by March 28, 2013, less a 25% processing charge. NO REFUNDS will be given after March 28, 2013.

RETURN TO: TEXAS SOCIETY OF PSYCHIATRIC PHYSICIANS, 401 WEST 15TH STREET, SUITE #675, AUSTIN, TX 78701;  
PHONE (512) 478-0605 FAX (512) 478-5223 EMAIL [TSPPofc@aol.com](mailto:TSPPofc@aol.com)

### CONTINUING MEDICAL EDUCATION PROGRAM SCHEDULE

#### SATURDAY, APRIL 20 (4 Hours of Category I Credit)

4:00 PM - 6:00 PM **New Generation Use of Substance Abuse - K2 / Bath Salts**  
Carlos F. Tirado, MD, MPH, FABAM  
6:00 PM - 6:30 PM Refreshment Break (for Program Attendees) with Exhibitors  
6:30 PM - 8:30 PM **Mood Disorders, Anxiety Severity and Suicide in DSM-5**  
Jan Fawcett, MD

### REGISTRATION FEE SCHEDULE

	Before Mar. 28	After Mar. 28
<b>COUNCIL ON ADVOCACY/MEMBERSHIP LUNCHEON</b>	<input type="checkbox"/> \$20.00	<input type="checkbox"/> \$25.00
<b>MEETING SYLLABUS ORDER</b>		
Meeting Syllabus in Color	<input type="checkbox"/> \$30.00	<input type="checkbox"/> \$30.00
Meeting Syllabus in Black & White	<input type="checkbox"/> No Charge	<input type="checkbox"/> No Charge
<b>CME PROGRAM</b>		
TSPP / ACADEMY / TSCAP Member	<input type="checkbox"/> \$95.00	<input type="checkbox"/> \$125.00
MS or MIT TSPP / ACADEMY / TSCAP Member	<input type="checkbox"/> \$15.00	<input type="checkbox"/> \$25.00**
Non-Member Physicians	<input type="checkbox"/> \$125.00	<input type="checkbox"/> \$155.00
Non-Member MIT Physician	<input type="checkbox"/> \$25.00	<input type="checkbox"/> \$30.00
Allied Health Professional	<input type="checkbox"/> \$55.00	<input type="checkbox"/> \$75.00

Name for name badge: \_\_\_\_\_

Spouse / Guest (no CME credit) ☐ \$55.00 ☐ \$75.00

Name for name badge: \_\_\_\_\_

Advocacy Organization (no CME credit) ☐ \$55.00 ☐ \$75.00

\*\* NO CHARGE, if your Program Training Director registers for the CME Program. Enter Program Director's name here: \_\_\_\_\_

Note: Registration fee for the CME Program includes both presentations, reception and dinner  
☐ **Vegetarian Plate Requested.** No additional fee if requested **prior to March 28**, otherwise there will be an additional fee of \$15.00.

Total Registration Fees



P R O G R A M   S C H E D U L E			
<b>FRIDAY, APRIL 19</b>		3:45 pm - 4:00 pm	Refreshment Break . . . . . <i>Primrose Foyer / Camellia</i>
6:00 pm - 7:30 pm	TSCAP Executive Committee Meeting . . . . . <i>Wine Room</i>	4:00 pm - 6:00 pm	<b>CME Program: “New Generation Use of Substance Abuse – K2 / Bath Salts”</b>
7:30 pm - 9:00 pm	Federation Delegate Assembly Meeting . . . . . <i>Wine Room</i>		Carlos F. Tirado, MD, MPH, FABAM
<b>SATURDAY, APRIL 20</b>			Seton Mind Institute, Austin, Texas
7:30 am - 9:00 pm	Registration . . . . . <i>Primrose Foyer</i>	6:00 PM - 6:30 PM	Refreshment Break for . . . . . <i>Primrose Foyer / Camellia</i>
7:30 am - 8:45 am	Foundation Board of Directors . . . . . <i>Wine Room</i>		CME Program Attendees, with Exhibitors
	Breakfast Meeting	6:30 PM - 8:30 PM	<b>CME Dinner Program</b> . . . . . <i>Primrose C</i>
10:00 am - 7:00 pm	Exhibits . . . . . <i>Primrose Foyer / Camellia</i>		<b>“Mood Disorders, Anxiety Severity and Suicide in DSM-5”</b>
9:00 am - 10:30 am	Council on Leadership Meetings . . . . . <i>Primrose D (Ethics, Distinguished Fellowship, Finance, Strategic Planning)</i>		Jan Fawcett, MD,
			Professor of Psychiatry
9:00 am - 10:30 am	Meeting Space Contingencies . . . . . <i>Verbena A, Verbena B</i>		University of New Mexico School of Medicine
10:30 am - 10:50 am	Refreshment Break . . . . . <i>Primrose Foyer / Camellia</i>		Albuquerque, New Mexico
10:50 am - 12:15 pm	Council on Service Meetings . . . . . <i>Primrose D (Academic Psychiatry, Children &amp; Adolescents Psychiatry, Forensic Psychiatry, Public Mental Health Services)</i>	<b>SUNDAY, APRIL 21</b>	
	Texas Academy of Psychiatry Membership Workshop	9:00 am - 12:00 pm	Executive Council Meeting, Continental . . . . . <i>Primrose D</i>
12:15 pm - 12:35 pm	Refreshment Break . . . . . <i>Primrose Foyer / Camellia</i>		Breakfast and Installation of Officers for 2013-14
12:35 pm - 2:00 pm	Council on Advocacy/ . . . . . <i>Primrose C</i>		
	Membership Luncheon ( <i>Government Affairs</i> )		
2:00 pm - 3:30 pm	Members in Training Program . . . . . <i>Verbena A</i>		
2:15 pm - 3:45 pm	Texas Academy of Psychiatry Board of Directors Meeting . . . . . <i>Verbena B</i>		
	Council on Education Meetings . . . . . <i>Primrose D (Continuing Medical Education, Professional Practice Management)</i>		
2:15 pm - 3:45 pm			

ABOUT THE SPEAKERS

**CARLOS F. TIRADO, MD, MPH, FABAM**

Dr. Carlos Tirado earned his medical degree from the University of Texas Health Science Center in Houston, Texas and his master’s in public health from the University of Texas School of Public Health also in Houston. He completed his residency in psychiatry at the University of Texas Southwestern Medical Center in Dallas, Texas and his fellowship in addiction psychiatry at the University of Pennsylvania Center for Studies of Addiction in Philadelphia, Pennsylvania.

Dr. Tirado has conducted health disparities research on Hepatitis C treatment in U.S. veterans and adolescent addiction supported by the National Institute on Drug Abuse and the National Center on Minority Health and Health Disparities and the Robert Wood Johnson Foundation.

Dr. Tirado holds appointments as Assistant Professor University of Texas Southwestern Medical Center, Clinical Assistant Professor Texas A&M Health Science Center College of Medicine and Clinical Assistant Professor University of Texas Medical Branch.

Dr. Tirado is primarily responsible for inpatient and outpatient chemical dependency and dual diagnosis services. His academic and clinical work focuses on medication-assisted treatment of chronic addiction, treatment of chronic pain and co-morbid addiction, treatment of co-occurring psychiatric disorders (dual diagnosis), training addiction professionals and implementation of evidence-based behavioral and medication therapies for chronic addiction.

Dr. Tirado is board certified by the American Board of Psychiatry and Neurology and the American Board of Addiction Medicine.

**JAN FAWCETT, MD**

Dr. Jan Fawcett, a graduate of Yale University School of Medicine, joined the Department of Psychiatry of the University of New Mexico School of Medicine, after thirty years of service as the Stanley Harris, Sr Chairman of the Department of Psychiatry at Rush Medical College in Chicago. He has pursued a career of research in the treatment of affective disorders and the prevention of suicide since completing his fellowship at the National Institute of Mental Health Clinical Center in 1964.

Dr Fawcett has been awarded the Dr. Jan Fawcett Humanitarian Award by the National Depressive and Manic Depressive Association (now the Depression and Bipolar Support Alliance), and lifetime research awards by the American Association of Suicidology and the American Foundation for Suicide Prevention. He was also presented the Menninger award by the American College of Physicians for his research in mental health in 2000.

Dr. Fawcett was principal investigator of the “Prevention of Recurrent Depression with Cognitive Therapy and Antidepressant Medication” project, a five year study funded by NIMH at Rush Medical Center in collaboration with investigators at Vanderbilt and the University of Pennsylvania.

Chair, DSM-5 Mood Disorders Task Force, American Psychiatric Association (2007-12)

**CME PROGRAM GOAL / TARGET AUDIENCE / LEARNING OBJECTIVES**

This live activity has been designed in a format consisting of presentations and direct discussion to provide its’ primary target audience of Psychiatrists, as well as other specialties of medicine, with the most up-to-date, evidence-based data that can be translated into clinical practice.

The use of synthetic drugs including K2 and the so called synthetic bath salts have been growing rapidly in popularity in the United States with a marked increase in presentation to emergency centers including psychiatric emergency rooms. These drugs can produce a variety of psychiatric symptoms including paranoia, delusions, confusion, agitation, and hallucinations. Common lab tests do not detect these compounds (Psychiatric News December 2012). Continuing education and training are needed to diagnose and determine the most appropriate treatment of patients abusing these compounds.

The Diagnostic and Statistical Manual of Mental Disorders provides standard criteria for the classification of mental disorders. It is used by clinicians and researchers around the world in the diagnosis and treatment of those patients with mental illness. The revised DSM-5 will be published in May of this year and it will be important for clinicians to identify the primary significant changes in the classification of mental disorders to formulate a diagnosis and develop a management/treatment plan.

- The information and data presented will address the professional practice gaps of the learners and advance the physician’s competence and effective use of targeted skills so that they may develop strategies to apply the knowledge, skills and judgement of the information presented in the educational activity into their practice.
- The learning objectives for this activity have been designed to address clinician competence. Upon conclusion of this presentation participants should be able to achieve the following objectives and have increased competence to:
- Identify the epidemiology of the use of synthetic intoxicating drugs.
  - Describe the mechanism of action of synthetic intoxicating drugs.
  - Recognize and develop a management plan to treat the intoxicating syndromes associated with synthetic intoxicating drugs.
  - Recall the resources available for rehabilitation from synthetic intoxicating drugs to design resource tools to inform/apprise patients.
  - Identify the changes in the Bipolar and Depressive Disorders Chapters in DSM-5 and formulate a diagnosis.
  - Identify the importance of severity of co-morbid anxiety in mood disorders and in DSM-5 to determine the most appropriate treatment plan for patients.
  - Perform the Suicide Assessment added to DSM-5 to the management of high risk patients.

**NEEDS ASSESSMENT**

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

**ACCREDITATION STATEMENT**

This Live 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 Academy of 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 Live Activity for a maximum of four (4) *AMA PRA Category I Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**FACULTY AND STAFF DISCLOSURE POLICY**

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

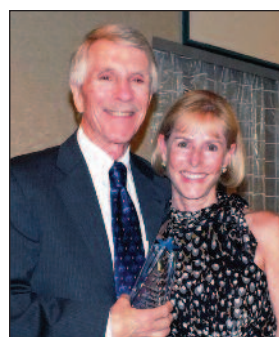
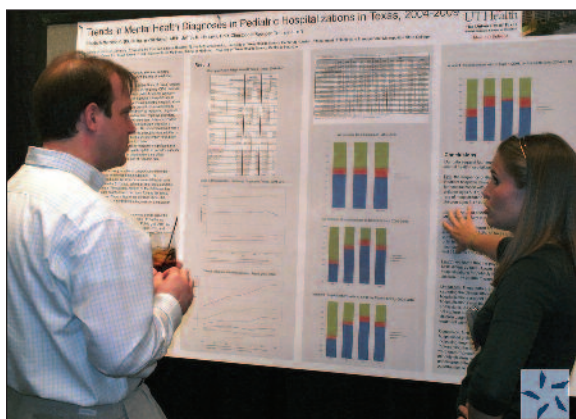


# TSPP 2012 Annual Convention and Scientific Program



## 25 Years of Outstanding Service

At the TSPP Annual Business Meeting in November at the Moody Gardens Hotel in Galveston, TSPP recognized and honored Debbie Sundberg for her 25 years of outstanding service as TSPP Assistant Director. Congratulations!







# TSCAP 2013 Scientific Program

Thomas L. Matthews, M.D., President, Texas Society of Child & Adolescent Psychiatry



Thomas L. Matthews, M.D.

The Texas Society of Child & Adolescent Psychiatry will hold its' Annual Convention and Scientific Program July 26-28, 2013 at the Moody Gardens Hotel in Galveston, Texas. The Joint Sponsored CME scientific program, with eight (8) *AMA PRA Category I Credits™*, is titled "The Changing Face of Child and Adolescent Psychiatry" and will focus on how the practice of Child & Adolescent Psychiatry has changed over the years with the explosion of technology. Advances in technology and social media have occurred so rapidly that many physicians feel ill equipped, and apprehensive, to handle this. Often patients try to contact physicians by e-mail or text, and many providers do not know how to respond or the legal implications of whether they do or not.

Because of all the changes, gaps in our knowledge and understanding have formed. The scientific program will address this broad topic and help clinicians untangle the current issues in this complex area that has presented itself to healthcare. A wide range of interesting speakers with expertise in these areas has been pulled together to address these issues. They will help create an understanding for attendees and increase the comfort level for them when such issues arise.

- Some of the topics to be addressed are:
- Social media and its impact on patients and families.
  - Should you "friend" patients on social media?

- Suicide and social media, and the contagion theory.
- Discussion of the major changes in the DSM-5.
- The use of electronic medical records.
- Electronic communications with patients.
- Ethical discussion of standards of care.

Our keynote speaker will be Sandra DeJong, M.D. from Cambridge Health Alliance. She is a Clinical Instructor in Psychiatry at Harvard and has had extensive experience in the area of social media and interactions it creates between patients and providers. Dr. DeJong has presented nationally on this topic many times, and is a leader in the field in this area.

Also, we will be having Shashank Joshi, M.D. presenting on teenage suicide and how social media influences it. He will also be presenting an ethics talk on electronic communications with patients. Dr. Joshi is the Associate Professor of Psychiatry at Stanford, and is the Child & Adolescent Psychiatry Training Director.

There will also be some of our wonderful past speakers returning. Dr. Steven Pliszka, Professor and Chief Division of Child and Adolescent Psychiatry, UT Health Science Center, San Antonio will update us all on the major changes to the diagnoses of conditions originating in childhood in DSM-5 and also present a talk on the use of automated electronic medical records. Dr.

Randall Sellers, Adjunct Associate Professor in the Department of Psychiatry at UTH-SCSA and an Assistant Professor of Psychiatry at the Uniformed Services University of the Health Sciences, will have an ethics presentation for us. We will also have our resident case conference during lunch as in previous years.

The Moody Gardens is a beautiful and relaxing tropical setting and is ideal for bringing the family. It has many features including a full service spa, and on-site attractions including the manmade, white sands of Palm Beach, Lazy River, Rainforest Pyramid, Aquarium Pyramid and IMAX Theater. Located outside the entrance to Moody Gardens is Schlitterbahn and close by is the Galveston Island Historic Pleasure Pier with rollercoasters, log ride, carousel, tea cups, and a Ferris wheel. It also has restaurants, carnival games, and souvenir shops. There will be something there for the kid in all of us.

If you have not attended a TSCAP meeting in the past, I hope you will consider doing so this year as the Society has strived hard to make the meeting relevant to your practice. If you are not a member of the Society and AACAP, please consider joining us as your participation is much needed. To obtain an application for membership in TSCAP and AACAP please visit [www.aacap.org](http://www.aacap.org).

If you have questions or feedback about the meeting or Society, please feel free to e-

mail the society at [tscapofc@aol.com](mailto:tscapofc@aol.com) or myself at [matthewst@uthscsa.edu](mailto:matthewst@uthscsa.edu). We will be happy to answer any questions or hear your views, including any constructive criticism you have to offer.

I look forward to seeing all of you in Galveston.

TSCAP has reserved a small block of hotel rooms at the special discounted rate of \$189 for program registrants until JULY 3 or Upon Sell-Out, **whichever occurs first**. To place your hotel reservations call 1-888-388-8484 and ask for the special discounted rate for Texas Society of Child and Adolescent Psychiatry (TSCAP).

**The full Advance Program will be MAILED AND POSTED ONLINE at [www.txpsych.org](http://www.txpsych.org) in March.**

## Texas Society of Child & Adolescent Psychiatry Annual Convention and Scientific Program

July 26-28, 2013 • Moody Gardens Hotel • Galveston, Texas

### "The Changing Face of Child and Adolescent Psychiatry"

#### OPENING WELCOME RECEPTION WITH EXHIBITORS

Check in early and join your friends and colleagues at the complimentary Welcome Reception for all TSCAP attendees! The welcome reception will be held Friday evening, July 26. Visit throughout the evening with your friends, colleagues and exhibitors in a relaxing atmosphere and become eligible for special door prize drawings to be awarded on Saturday!

#### EXHIBITS

TSCAP's Welcome Reception, Continental Breakfasts and Refreshment Breaks, will be held in Salon E of the Moody Gardens Hotel. Please make plans to visit with the Exhibitors during the Friday Welcome Reception AND enter to win the drawings for door prizes to be awarded throughout the day on Saturday. Exhibit hours:

- Welcome Reception: Friday – 6:30 pm-8:30 pm  
Continental Breakfast - Saturday – 7:30 am-8:10 am  
Refreshment Break - Saturday – 10:30 am-10:50 am  
Refreshment Break - Saturday – 11:50 am-12:10 pm  
Refreshment Break - Saturday – 1:10 pm-1:30 pm  
Exhibitors Tear Down/Depart: Saturday – 2:00 pm-3:00 pm

#### ANNUAL MEETING BREAKFAST

The Annual TSCAP Business Meeting will be held Sunday, 7:45 am - 8:45 am in the Vine Room. All members are encouraged to register and attend.

#### SCIENTIFIC PROGRAM

##### "The Changing Face of Child and Adolescent Psychiatry"

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 Live Activity for a maximum of eight (8) *AMA PRA Category I Credits™*. Participants should claim only the credit commensurate with the extent of their participation in the activity.

#### PROGRAM AT A GLANCE

##### Friday, July 26

1:00 pm - 5:30 pm	Exhibit Set-Up . . . . .	Moody Ballroom I
4:00 pm - 5:30 pm	TSCAP Executive Committee Meeting . . . . .	Boardroom
6:30 pm - 8:30 pm	Welcome Reception with Exhibitors . . . . .	Moody I

##### Saturday, July 27

7:30 am - 8:10 am	Continental Breakfast with Exhibitors . . . . .	Moody I
8:00 am - 2:45 pm	Scientific Program "The Changing Face of Child and Adolescent Psychiatry" . . . . .	Moody II
10:30 am - 10:50 am	Refreshment Break . . . . .	Moody I
11:50 am - 12:10 pm	Refreshment Break . . . . .	Moody I
1:10 pm - 1:30 pm	Refreshment Break & Final Visit with Exhibitors . . . . .	Moody I

##### Sunday, July 28

7:45 am - 8:45 am	TSCAP Annual Business Meeting Breakfast . . . . .	Vine Room
8:45 am - 12:45 pm	Scientific Program "The Changing Face of Child and Adolescent Psychiatry" . . . . .	Moody II
10:15 am - 10:30 am	Refreshment Break . . . . .	Foyer

**The Program is being finalized and will be mailed and posted online in March**

#### G A L V E S T O N I S L A N D



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

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

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<http://www.txpsych.org> (website)

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

## CALENDAR OF MEETINGS

### FEBRUARY

- 28 Mental Illness Awareness Coalition CAPITOL DAY**  
Schmidt-Jones Family Life Center  
First United Methodist Church  
1300 Lavaca, Austin, Texas  
For more information: [www.txpsych.org](http://www.txpsych.org) or 512/478-0605

### APRIL

- 19-21 Texas Society of Psychiatric Physicians and Texas Academy of Psychiatry Spring Meeting and CME Program**  
Westin Austin at the Domain  
Austin, TX  
For more information: [www.txpsych.org](http://www.txpsych.org) or 512/478-0605

### MAY

- 17-18 Texas Medical Association TexMed 2013**  
Henry B. Gonzalez Convention Center  
San Antonio, TX

### JULY

- 26-28 Texas Society of Child and Adolescent Psychiatry Annual Convention and Scientific Program**  
Moody Gardens Hotel  
Galveston, TX  
For more information: [www.txpsych.org](http://www.txpsych.org) or 512/478-0605

### NOVEMBER

- 8-10 Texas Society of Psychiatric Physicians Annual Convention and Scientific Program**  
Westin Houston Memorial City Hotel  
Houston, TX  
For more information: [www.txpsych.org](http://www.txpsych.org) or 512/478-0605