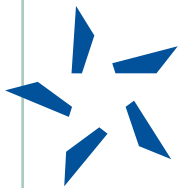


Texas Psychiatrist



Why be involved in TSPP?

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

These last 2 months have been difficult for many Texans. At the beginning of August there were shootings with the loss of innocent lives in El Paso. This occurred again at the end of August in Midland-Odessa. Currently, there is flooding along the Texas Gulf Coast from Tropical Storm Imelda. Many Texans have been affected: those who tragically lost their lives, those who were injured, friends and family members, first responders, medical staff, etc. Undoubtedly, many Texas psychiatrists in these and other communities may have been known someone directly affected or perhaps been affected themselves. Many thanks to out Texas psychiatrists and other mental health professionals who are providing support and treatment to those psychologically affected.

I'd like to focus the remainder of this column on access to mental health care. In the September 6, 2019 issue of Psychiatric News, APA President Bruce Schwartz, MD

wrote about the poor access to care for adolescent and young adults. This is the age when many psychiatric disorders emerge, yet mental health resources are limited. I resonated with this issue, as I am a psychiatrist who provides treatment to college students. There are not enough child and adolescent and general psychiatrists. Texas is known for our increasing populations growth, but this adds to the difficulty in providing good access to care. The nonprofit Mental Health America ranked Texas 49 out of 50 states and Washington, D.C. in 2018 for access to mental health care. The challenge in providing mental health treatment is even more limiting in rural areas and affects not only our youth, those with chronic mental illness, our geriatric population, individuals who are homeless and others.

The Federation of Texas, of which TSPP is a voting member organization, has done much work in advocating for public policy to address these issues. An example of a

bill to increase access to care that was supported by the Federation was SB 10. This bill related to the creation of the Texas Mental Health Care Consortium to facilitate access to mental health care services through telehealth and the child psychiatry access network. Provisions of SB 10 were added to SB 11, which was signed into law by Governor Abbott. Another area of advocacy addressed support of bills that would increase the workforce. The State Physician Education Loan Repayment Program has been successful in improving access to care by encouraging physicians to pay off their medical loans by working in underserved areas in Texas. HB 2261 related to increasing the amount of money a physician could receive under the physician education loan repayment program by \$5,000 each year. This bill was signed by Governor Abbott and effective September 1, 2019.

In addition, TSPP is committed to providing CME education for our members on



Melissa Gail Inga Eshelman, MD, DFAPA

topics that will assist our treatment of individuals who are underserved. This includes upcoming presentations at our November meeting on treatment resistant depression, treatment of adolescents and young adults with psychiatric issues and smoking cessation in individuals with mental illness.

These are some actions, but so much more we need to do as we strive to make a difference for our patients, profession and communities. Please take care and I hope to see many of you in November at the TSPP Convention and Scientific Program.

Leadership. Advocacy. Community.

Ramon Aragon, M.D., Chair, RFM Section of the Texas Society of Psychiatric Physicians

As I was asked to reflect on the highlights of our organization and meetings from the Resident-Fellow Member (RFM) perspective, those were the words that came to mind. Medical organizations have traditionally been looked upon for guidance and support on issues that currently afflict or can potentially afflict our clinical practice. It is relatively easy to remain sheltered from these issues during our training years; however, it becomes increasingly important to become involved in activities and organizations that aim to improve the practice environment both for physicians and patients alike. TSPP provides a unique opportunity for residents and fellows training in Texas to experience the behind-the-scenes work towards advocating and maintaining a strong presence in the academic and legislative organizations in the state. The TSPP hosts a semiannual meeting where the RFM section holds a designated committee time to dis-

cuss issues specifically pertaining to our training status. This provides a forum for current trainees at various stages in their training to explore issues that are being presently addressed at different institutions throughout the state and brainstorm ideas and potential improvements to bring back to their individual programs.

As our training advances, we become progressively more conscientious of our own preferences and goals. The RFM section seeks to assist residents and fellows in framing their career path. We seek to collaborate avidly in committees within the organization which include Academic Psychiatry, Chapter Leadership, Government Affairs, and Public Mental Health Services. Our participation in these committees has grown and we continue to encourage this growth and activities. As RFM section members, we have participated in activities such as Capitol Day, in which legislators were collectively approached to discuss issues such as midlevel independent practice. This was a remarkable opportunity, in Dr. Rachel Zettl's (PGY-4 at UTSW) words: "There is nothing more powerful than using your expertise to advocate for those suffering from mental illness. Several groups of my fellow residents road down to Austin together and then grouped up by district. This allowed us to make a team effort of disseminating information. I was surprised how little our lawmakers knew about the plights of our patients, and was very excited about the interest they showed in learning about the current state of mental health care in Texas. It

was such a great experience. If you get the chance to be a part of Capitol Day, I highly recommend it!"

We are all aware of the overwhelming need for Psychiatrists in our country, and of course, our state. This need is bound to prevail for the coming years and it is of utmost importance that we, as trainees, recognize that we are an essential part of the future of our specialty. We hope to continue to grow our section and its participation within the organization to continuously collaboration[AR1] with various committees. For instance, we have coordinated a joint-workshop for our upcoming fall meeting where the Academic Psychiatry committee will host, together with the RFM section, a session to discuss the impact of culture in the practice of psychiatry. This is a joint effort that we strive to build upon for future meetings.

The RFM section is a wonderful opportunity for trainees to gain experience in leadership positions within our organizations. The semiannual meetings are also remarkable networking events in which we aim to provide the RFM section with numerous opportunities to interact with seasoned psychiatrists that are currently in a wide array of practice areas such as Forensic Psychiatry, Child and Adolescent, Private Outpatient, Substance Use Disorder, Academic Psychiatry, and Telepsychiatry among others.

As the RFM chair, I invite current trainees and Program Directors to join our organization and continue working towards improving the practice of Psychiatry in our state.



Ramon Aragon, M.D.

TSPP RESIDENT-FELLOW MEMBER TRAVEL SCHOLARSHIP FUND

☐ Yes, I want to make a donation!

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

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

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After the Legislative Session

Eric Woomer, Federation of Texas Psychiatry Public Policy Consultant



Eric Woomer

**As a general rule, the summer after
a legislative session is typically a slow period...
the summer of 2019 has truly been
an exception to the rule!**

As a general rule, the summer after a legislative session is typically a slow period, politically speaking. However, with a scandal in the Texas House of Representatives, the mass shootings in El Paso and Odessa, a flurry of activity on mental health issues, interim charges for House and Senate committees, and the usual comings and goings of the elected class, the summer of 2019 has truly been an exception to the rule!

Speaker of the Texas House Dennis Bonnen has been embroiled in one of the most notable Texas political scandals in recent memory, after he and one of his top lieutenants, Rep. Dustin Burrows (R-Lubbock) met with a far-right political operative, Michael Quinn Sullivan, in June. During that meeting, Bonnen and Burrows criticized leaders from Texas cities and counties and made several off-color remarks about their House colleagues, as well as discussed with Sullivan a list of ten Republican representatives that he could endeavor to defeat in their re-election primaries without facing repercussions from the Speaker's political team. After it was revealed that the meeting was secretly recorded by Sullivan, Speaker Bonnen announced he was not running for re-election to the legislature (thereby stepping down as leader of the House) and Rep. Burrows announced his resignation as chair of the House GOP caucus. The mechanics for filling a vacancy in the Speaker's chair when the House is not in session, and who that replacement would be, are still being discussed.

Governor Greg Abbott created a domestic terrorism task force following the recent gun violence in two West Texas communities, and also issued eight Executive Orders to further address the issue. The House and Senate established select committees to study mass violence and community safety, and to recommend possible solutions for next session. The committees held their first hearings in September, with more scheduled around the state during the remainder of 2019 and into 2020. Mental health has been a meaningful focus of discussion in both committees, especially when the conversation delved into protective orders and red flag laws.

Created during the 86th Legislature, the Texas Children's Mental Health Care Consortium has now been appointed and

held their first meeting in August. Dr. David Lakey, Chancellor for Health Affairs and the Chief Medical Officer at the University of Texas System, is the presiding officer for the Consortium, which is composed of 13 state-funded health related institutions, as well as representatives from the health and human services system, the Texas Higher Education Coordinating Board, Meadows Mental Health Policy Institute, the Hogg Foundation, and the Texas Council of Community Centers.

Ultimately, the Consortium will be creating a network of academic hubs to provide telemedicine-based consultation and training to pediatricians to assist with identifying mental health issues in children and adolescents. The Consortium is also addressing the workforce shortages in mental health professionals, especially in psychiatry, in part by funding a psychiatrist to function as academic medical directors at community mental health settings, as well as developing new resident opportunities and fellowships. The next meeting will be scheduled in the coming weeks. We will continue to monitor the activities of the Consortium and the development of the implementation plan.

The Federation worked steadily during the 86th legislature to look for ways to address mental health holds by Texas physicians and facilities. Senate Bill 862 by Sen. Joan Huffman included provisions sought by the Federation that required the creation of a Task Force under the leadership of the Texas Supreme Court to develop uniform rules and forms for emergency detentions, but we also hope to foster the creation of a software program that would let physicians and hospitals instantaneously communicate with a judge to issue a detention order in a manner that expedites and enhances due process. The Federation will participate in the work of the Task Force and development of recommendations to the Supreme Court.

Legislators in both chambers have now submitted their requests for interim charges (issues to be considered by various

committees prior to next session) to the Speaker and Lt. Governor. We anticipate the leadership will announce in the next few weeks what issues will be studied for the duration of the interim. Among the issues studied is sure to be prior authorizations, which have exploded in recent years, creating an administrative burden for doctors and a barrier to care for patients.

The House and Senate are required to name a Joint Committee on Prior Authorizations in the next 45 days. Four members of each body will be named, and will look for ways to reduce, streamline and/or eliminate prior authorizations. The Federation worked extensively on reducing prior authorizations for antipsychotics during the session, and partnered with TMA and other advocacy groups to further this effort. The Joint Committee will issue a report prior to next session.

All 150 House members are up for re-election in 2020, and 16 of the 31 Senators, but eight House members and one Senator have already announced they are vacating their seats, including Rep John Zerwas (R-Richmond), a physician and chair of the powerful House Appropriations Committee. Other notable legislators who

have announced their retirements include Rep. Dwayne Bohac (R-Houston), Rep. Jessica Farrar (D-Houston), Rep. Eric Johnson (D-Dallas), Rep. Rep. Jonathan Stickland (R-Bedford), Sen. Jose Rodriguez (D-El Paso), and Rep. Cesar Blanco (D-El Paso), who is running to replace Sen. Rodriguez, as well as Speaker Bonnen (R-Angleton). Given the scandal in the speaker's office and the proceedings related to the possible impeachment of President Donald Trump, it is very likely that Texas will see additional seats vacated or change parties. Democrats believe this is their best opportunity to gain a majority of seats in the Texas House, which has a current partisan split of 85 Republicans and 65 Democrats.

As always, we are pleased to provide legislative support to the Federation of Texas Psychiatry. We appreciate the opportunity to serve you and the House of Medicine, and are always ready to answer any questions or address any concerns you may have. Thank you for all you do for Texas! ■

Candidates Announced

Candidates for elective offices for the Texas Society of Psychiatric Physicians and the Texas Foundation for Psychiatric Education and Research have been announced and will be voted upon during the Annual Business Meeting on Saturday, November 9 at the TSPP Annual Convention at the Moody Gardens Hotel- Galveston.

The Nominating Committee composed of Joseph Penn, MD, Terry McMahon, MD and Daryl Knox, MD will present the following slate of candidates for consideration:

President-Elect, 2020-21, Michael R. Arambula, MD, Pharm.D, San Antonio

Secretary-Treasurer, 2020-21, Karen Dineen Wagner, MD, PhD, Galveston

APA Representative, Position 1, 2020-23, Michael R. Arambula, MD, Pharm.D, San Antonio

Councilor-at-Large, 2020-23, Richard Noel, MD, Houston ■

Titus Harris Society Meeting

"Eclecticism in Care; Past, Present and Future"

January 23 – 25, 2020

Moody Gardens Hotel, Galveston

*You are invited for a time of collegiality,
warmth, and unique and excellent education*

**The Society honors Titus Harris MD, who founded the oldest
Department of Psychiatry in Texas in 1926 at UTMB Galveston.**

Early Bird Check-in begins Thurs. Jan. 23rd 6:00 – 8:00 pm
Educational program 24th and 25th

Sessions on History, Child & Adolescent Treatment,
Current Issues, Student & Resident Research,
Psychodynamic Psychotherapy, Neuromodulation,
Psychopharmacology

Featured Speakers Include:

UTMB Department of Psychiatry Faculty Presentations

Jeffrey Geller, MD – APA President Elect

Unique Friday evening lecture/musical performance

Ed Nace, MD – Dallas, TX

Mustafa Husain, MD – UT Southwestern

Charles Nemeroff, MD – UT Dell Medical School @Austin

Registration

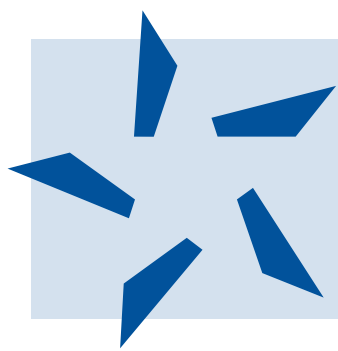
Members: \$250, Nonmembers \$275, Residents \$75

Register online at: titusharrissociety.com, or contact

Gina Fullen at 409-621-6386, ginavs316@gmail.com

Moody Gardens Reservations: 888-388-8484 \$179/night

You may call hotel and register for meeting now!



TEXAS SOCIETY OF PSYCHIATRIC PHYSICIANS

63rd Annual Convention and Scientific Program

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

GENERAL INFORMATION

MEETING LOCATION

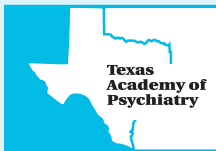
The TSPP 63rd Annual Convention and Scientific Program will be held at the beautiful Moody Gardens Hotel, Seven Hope Blvd., Galveston, Texas on November 8-10, 2019.

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

HOTEL RESERVATIONS

To place a hotel reservation at the TSPP discounted room rate of \$142 please visit the Federation of Texas Psychiatry's website homepage www.txpsych.org and click on the link located beside the program information for TSPP, November 8-10 or call 1-888-388-8484 and refer to the Group Name: Texas Society of Psychiatric Physicians.

FRIDAY – TEXAS ACADEMY OF PSYCHIATRY PROGRAM – OPEN TO ALL ATTENDEES – FREE for Texas Academy of Psychiatry Members / \$25 for TAP NON-Members. Not a member of TAP? If you are already a member of TSPP or TSCAP you can join the Texas Academy of Psychiatry as a Member for only \$25.00 (email TSPPofc@aol.com for a TAP application to join or go online at www.txpsych.org Academy to download an application). Not interested in membership in TAP yet, you can still register and attend the TAP Program for \$25.00 Registration Fee – see registration form.



TEXAS ACADEMY OF PSYCHIATRY PROGRAM: "ASSISTED OUTPATIENT TREATMENT (AOT): Another Option for Patient Engagement" Assisted Outpatient Treatment (AOT) has been used successfully across the nation as another option to engage patients with complex mental health needs and poor treatment adherence into ongoing mental health treatment. This presentation will discuss the legal statutes regarding out patient civil commitment in Texas. Panelists from CMHC in Fort Worth, San Antonio and Houston will discuss their experience with this intervention and some of the outcomes achieved.

MEDICAL STUDENTS/RESIDENTS/ FELLOWS IN TRAINING POSTER SESSION

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

FRIDAY – SPECIAL PROGRAM FOR MEDICAL STUDENTS AND RESIDENT-FELLOW MEMBERS – the RFM Section has planned a special joint workshop, 2:30-3:30 PM, FRIDAY, with the TSPP Academic Psychiatry Committee for all TSPP/TSCAP/TAP medical students and resident members on "IMPACT OF CULTURE IN PSYCHIATRIC PRACTICE".

FRIDAY PM – UTMB DEPARTMENT OF PSYCHIATRY ALUMNI MEETING – FRIDAY. The UTMB Department of Psychiatry Alumni has scheduled an executive council and interested members' meeting on Friday 8:30 pm-10:00 pm following the TSPP Welcome Reception.

AWARDS

AWARDS RECEPTION / BANQUET

Saturday evening festivities begin with a complimentary wine and cheese reception for registrants attending the Awards Banquet honoring the 2019 TSPP Award Recipients for their outstanding contributions to Psychiatry. Register early to reserve a table for your group at this memorable evening!



Distinguished Service
Melissa Eshelman,
MD, DFAPA
(Austin)



Distinguished Service
Fructuoso Irigoyen,
MD, DLFAPA
(McAllen)



John Casada, MD, PhD
(Abilene)



Melissa Deuter, MD
(San Antonio)



Distinguished Service
Daryl K. Knox, MD,
DLFAPA
(Houston)



Psychiatric Excellence
Gary L. Malone, MD,
DLFAPA
(Fort Worth)



Psychiatric Excellence
Mark Kunik, MD, DFAPA
(Bellaire/2018)



Special Service
Eric Woomer
(Austin)

FEDERATION OF TEXAS PSYCHIATRY - JOHN R BUSH LEADERSHIP EXCELLENCE AWARD

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

2019 Recipient:



Debra Atkisson,
MD, DFAPA
(Fort Worth)

DAILY SCHEDULE

Thursday, November 7

12:00 pm	Golf Outing – Pre-registered golfers meet in hotel lobby to leave for golfHotel Lobby
2:00 pm – 8:30 pm	RegistrationGroup Registration Desk, South Foyer
6:00 pm – 8:00 pm	TSCAP Executive CommitteeBoard Room
7:00 pm – 8:00 pm	Chapter Leadership Forum MeetingVine Room I
8:00 pm – 9:30 pm	Federation Delegate Assembly MeetingVine Room II

Friday, November 8

7:30 am – 8:30 pm	RegistrationGroup Registration Desk, South Foyer
8:00 am – 9:00 am	Foundation Board of Directors Breakfast MeetingBoardroom
8:00 am – 12:00 pm	Exhibit Hall Set UpMoody I
8:30 am – 5:00 pm	Committee RefreshmentsEast Ballroom Foyer
9:00 am – 10:30 am	COUNCIL ON LEADERSHIP MEETINGS Ethics CommitteeIvy 1 Distinguished Fellowship CommitteeIvy 2 Finance CommitteeVine 1
10:45 am – 12:15 pm	COUNCIL ON SERVICE MEETINGS Academic Psychiatry CommitteeIvy 1 Children & Adolescents CommitteeVine 1 Forensic Psychiatry CommitteeVine 2 Public Mental Health Services CommitteeIvy 2
12:00 pm – 5:00 pm	Exhibits AND Poster Presenters Session Set UpMoody I
12:30 pm – 1:30 pm	Committee Members' LuncheonGarden Cay
12:30 pm – 1:30 pm	TSPP Officer OrientationBoard Room
1:30 pm – 2:00 pm	Texas Academy of Psychiatry Board of Trustees MeetingSalon H
1:30 pm – 2:20 pm	Resident-Fellow Section Committee MeetingSalon E
2:00 pm – 3:30 pm	Texas Academy of Psychiatry Program – "ASSISTED OUTPATIENT TREATMENT"Salon H
2:00 pm – 3:30 pm	COUNCIL ON EDUCATION MEETINGS Continuing Medical Education CommitteeIvy 2 Professional Practice Management CommitteeVine 1
2:30 pm – 3:30 pm	Resident Fellow Member Section and Academic Psychiatry Committee Workshop "IMPACT OF CULTURE IN PSYCHIATRIC PRACTICE"Salons E
3:45 pm – 5:00 pm	COUNCIL ON ADVOCACY MEETING Government Affairs CommitteeSalon FG

5:00 pm – 6:00 pm	Executive Council MeetingSalon FG
6:00 pm – 8:30 pm	Welcome Reception with Exhibitors AND Poster Session for Meeting Registrants and Paid GuestsMoody I
6:00 pm – 8:30 pm	Kendra Scott Jewelry Trunk Show to Benefit the Texas Foundation for Psychiatric Education and Research 20% of all sales will be donated to the Texas Foundation for Psychiatric Education and ResearchMoody I
8:30 pm – 10:00 pm	UTMB Dept of Psychiatry (Titus Harris Alumni) Executive Council & Members meetingIvy

Saturday November 9

7:30 am – 8:30 pm	RegistrationGroup Registration Desk, South Foyer
7:30 am – 4:30 pm	Exhibits Open and Poster SessionMoody 1
7:30 am – 8:15 am	Complimentary Continental Breakfast in Exhibit Hall for Meeting Registrants and Paid GuestsMoody I
8:15 am – 5:00 pm	SCIENTIFIC PROGRAM "Working with Treatment Resistant Depression, Suicidal Patients and Alcohol and Tobacco Use Disorders"Moody II
10:30 am – 10:50 am	Refreshment Break and Door Prize Drawings with Exhibitors and Poster SessionMoody I
11:50 am – 12:10 pm	Refreshment Break with Door Prize Drawings with Exhibitors and Poster SessionMoody II
12:10 pm – 1:30 pm	LunchMoody I
3:45 pm – 4:05 pm	Refreshment Break and Door Prize Drawings with Exhibitors and Poster SessionMoody I
4:30 pm	Exhibits and Poster Session ClosesMoody I
6:30 pm – 7:00 pm	Reception for Awards Banquet RegistrantsPreFunction, Floral Hall A
7:00 pm – 9:30 pm	Awards BanquetFloral Hall A

Sunday November 10

7:00 am – 2:00 pm	RegistrationGroup Registration Desk, South Foyer
8:00 am – 10:30 am	Complimentary Continental Breakfast for Meeting Registrants and Paid GuestsMoody II
8:15 am – 12:00 pm	SCIENTIFIC PROGRAM "Working with Treatment Resistant Depression, Suicidal Patients and Alcohol and Tobacco Use Disorders"Moody II
9:30 am – 9:45 am	Refreshment BreakSouth Ballroom Foyer

SCIENTIFIC PROGRAM

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

SATURDAY, NOVEMBER 9 (6 AMA PRA CATEGORY I CREDITS™)		
8:15-8:30 am	Scientific Program Opening RemarksMoody II TSPP President, Melissa Eshelman, MD, DFAPA TSPP CME Chair / Moderator: Jefferson Nelson, MD, DLFAPA	
8:30-10:30 am	Treatment Resistant Depression, Psychopharmacology and PsychotherapyMoody II Charles B. Nemeroff, MD, PhD, DLFAPA	
Professional practice gap: Treatment resistant depression is a prevalent problem with a negative societal individual impact. The condition is a leading cause of disability worldwide and results in large economic burdens for society. There are varying definitions of treatment resistant depression with differing guideline recommendations regarding pharmacotherapy and psychotherapy options. The purpose of the program is to inform the practicing clinician about the current scientific research for treatment resistant depression. (Refs: Johnston KM, Powell LC, Anderson IM, Szabo S, Cline S. The burden of treatment-resistant depression: A systematic review of the economic and quality of life literature. J Affect Disord. 2019 Jan 1;242:195-210. doi: 10.1016/j.jad.2018.06.045. Epub 2018 Jun 27. Review.van Bronswijk S, Moopen N, Beijers L, Ruhe HG, Peeters F Effectiveness of psychotherapy for treatment-resistant depression: a meta-analysis and meta-regression. Psychol Med. 2018 Aug 24:1-14. doi: 10.1017/S003329171800199X. Bayes AJ, Parker GB. Comparison of guidelines for the treatment of unipolar depression: a focus on pharmacotherapy and neurostimulation. Acta Psychiatr Scand. 2018 Jun;137(6):459-471. doi: 10.1111/acps.12878. Epub 2018 Mar 25. Review.)		
Objectives: The learning objectives for this activity have been designed to address clinician Competence. Upon completion of this program, participants should be able to: <div><div>1. Discuss the recommended pharmacotherapy algorithms for treatment resistant depression.</div><div>2. Discuss the role of psychotherapy in treatment resistant depression.</div><div>3. Describe when ECT or other interventions might be considered in the course of treating depression.</div></div>		
10:30-11:50 am	Refreshment BreakMoody I	
10:50 - 11:50 am	Essential Strategies for Effective Treatment of Adolescents and Young Adults with Depression, Anxiety, and SuicidalityMoody II Debra Atkisson, MD, DFAPA	
Professional practice gap: Only 41% of the 3.1 million adolescents who experienced depression last year received treatment. Suicide is the 2nd leading cause of death in adolescents and young adults. College students are increasingly seeking mental health services. There is a need for more psychiatrists with the ability to work effectively with adolescents and young adults.		
Objectives: The learning objectives for this activity have been designed to address clinician Competence. Upon conclusion of the activity participants should be able to: <div><div>1. Identify barriers to developing a working alliance with adolescent and young adult patients.</div><div>2. Competently engage with these patients using brief psychotherapy strategies so that treatment compliance, and therefore treatment outcomes will improve.</div><div>3. Competently work with patients to accept and facilitate support form families and other support systems, such as student health centers.</div></div>		
11:50am-12:10 pm	Refreshment BreakMoody I	
12:10-1:30 pm	TSPP Annual Business Meeting and LuncheonMoody I	
1:45-3:45 pm	Treatment Resistant Depression, Current Status and Recommendations for Referral and Use of ECT, TMS, and Other ProceduresMoody II Mustafa M. Husain, MD, FAPA	
Professional practice gap: Despite advances in our understanding of depression therapy, many patients with depression remain unresponsive to treatment. As many as 50% of patients who have been treatment with an antidepressant do not respond. In fact, even after 2 antidepressant trials, 30% to 40% of patients do not report significant improvement in their symptoms. The presentation will address the issues in the treatment of the remaining non-responding patients, such as non-adherence, medication substitution, psychopharmacologic augmentation, psychoterhapy, somatic modalities such as ECT, VNS, rTMS, and light therapy.		
Objectives: The learning objectives for this activity have been designed to address clinician Competence. Upon completion of this program, participants should be able to: <div><div>1. Use a complete diagnostic examination result to guide treatment approaches.</div><div>2. Describe various treatment approaches' applications in relevant clinical situations.</div><div>3. Make appropriate decisions in choosing various treatment approaches and its progression from one to the other.</div></div>		
3:45-4:05 pm	Refreshment Break	
4:10-5:10 pm	Alcohol Use Disorders: Engagement of Patients, Use of Medications, Harm ReductionMoody II Thomas R. Kosten, MD	
Professional practice gap: Alcohol consumption is associated with 88,000 US deaths annually. Only 1 in 6 US adults report having been asked by a medical professional about drinking. Alcohol use disorder (AUD) is present in up to 14% of US adults in a 1 year period but less than 10% of these receive treatment. Four medications are approved by the FDA for AUD but less than 9% of those who may benefit receive a prescription.		
Objectives: The learning objectives for this activity have been designed to address clinician Competence. Upon completion of this program, participants should be able to: <div><div>1. Screen for and diagnose alcohol use disorders and make appropriate referrals for specialized treatment.</div><div>2. Determine which medication for alcohol use disorder is most appropriate for a given patient.</div><div>3. Counsel patients on the risks of alcohol use that may cause harm to their health but do not meet the criteria for an alcohol use disorder.</div></div>		
4:50-5:00pm	Closing RemarksMoody II Jefferson Nelson, MD, DLFAPA	

SATURDAY, NOVEMBER 9 (6 AMA PRA CATEGORY I CREDITS™)		
8:00-10:30 am	Continental Breakfast for Scientific Program RegistrantsMoody II	
8:15-8:30 am	Opening RemarksMoody II TSPP Melissa Eshelman, MD, DFAPA TSPP CME Chair / Moderator : Jefferson Nelson, MD, DLFAPA	
8:30-9:30 am	Facilitating Tobacco Cessation in Patients with Mental IllnessMoody II Alison R. Jones, MD, FAPA	
Professional practice gap: Rates of smoking are higher in patients with mental illness compared to the general population resulting in increased morbidity and mortality. Relapse rates are also higher following smoking cessation. Clinicians are often unprepared to work with patients on smoking cessation and may have concerns about potentially negative effects of medications for smoking cessation. Improving rates of smoking cessation in the mentally ill would have a major individual and public health benefit. (References: Anthenelli RM, Benowitz NL, West R, St Aubin L, McRae T, Lawrence D, Ascher J, Russ C, Krishen A, Evins AE. Neuropsychiatric safety and efficacy of varenicline, bupropion, and nicotine patch in smokers with and without psychiatric disorders (EAGLES): a double-blind, randomised, placebo-controlled clinical trial.Lancet. 2016 Jun 18;387(10037):2507-20. doi: 10.1016/S0140-6736(16)30272-0. and Tidey JW, Miller ME. Smoking cessation and reduction in people with chronic mental illness.BMJ. 2015 Sep 21;351:h4065. doi: 10.1136/bmj.h4065.)		
Objectives: The learning objectives for this activity have been designed to address clinician Competence. Upon completion of this program, participants should be able to: <div><div>1. Describe risks and benefits of medications to improve rates of smoking cessation.</div><div>2. List the stages of change involved in behavior change.</div><div>3. Employ motivational interviewing techniques to enhance smoking cessation rates.</div></div>		
9:30-9:45 am	Refreshment BreakSouth Ballroom Foyer	
9:50-11:50 am	ETHICS: Working with Suicidal Patients, Ethical Dilemmas and Practical ConsiderationsMoody II Constance E. George, MD, MA Case Presentation + Discussant Melissa S. Deuter, MD, Discussant Sheila M. LoboPrabhu, MD, DFAPA, Discussant	
Professional practice gap: Suicide rates in the US are increasing, especially in adolescents, young adults and middle aged persons. Suicide is a frequent cause of malpractice claims against psychiatrists but current suicide prediction models have little predictive value. Psychiatrists face ethical dilemmas treating suicidal patients.		
Objectives: The learning objectives for this activity have been designed to address clinician Competence. Upon completion of this program, participants should be able to: <div><div>1. Identify key ethical questions that arise in working with different patients at risk for suicide.</div><div>2. Identify strategies to address these ethical questions in specific patients, with differing illnesses, social supports, etc.</div><div>3. Identify and develop professional supports in the event a patient in the psychiatrist's care completes suicide.</div></div>		
11:50am-12:00pm	Closing RemarksMoody II Jefferson Nelson, MD, DLFAPA	

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

8:00-10:30 am	Continental Breakfast for Scientific Program Registrants Moody II
8:15-8:30 am	Opening Remarks Moody II TSPP Melissa Eshelman, MD, DFAPA TSPP CME Chair / Moderator : Jefferson Nelson, MD, DLFAPA
8:30-9:30 am	Facilitating Tobacco Cessation in Patients with Mental Illness Moody II Alison R. Jones, MD, FAPA

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

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

Objectives: The learning objectives for this activity have been designed to address clinician Competence. Upon completion of this program, participants should be able to:
1. Describe risks and benefits of medications to improve rates of smoking cessation.
2. List the stages of change involved in behavior change.
3. Employ motivational interviewing techniques to enhance smoking cessation rates.

9:30-9:45 am	Refreshment Break South Ballroom Foyer
9:50-11:50 am	ETHICS: Working with Suicidal Patients, Ethical Dilemmas and Practical Considerations Moody II Constance E. George, MD, MA Case Presentation + Discussant Melissa S. Deuter, MD, Discussant Sheila M. LoboPrabhu, MD, DFAPA, Discussant

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

Objectives: The learning objectives for this activity have been designed to address clinician Competence. Upon completion of this program, participants should be able to:
1. Identify key ethical questions that arise in working with different patients at risk for suicide.
2. Identify strategies to address these ethical questions in specific patients, with differing illnesses, social supports, etc.
3. Identify and develop professional supports in the event a patient in the psychiatrist's care completes suicide.

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

SPEAKERS

Debra Atkisson, MD, DFAPA
Child and Adolescent, Adult Psychiatry
Fort Worth, Texas
Physician Development Coach at TCU & UNTHSC School of Medicine
Associate Professor at TCU & UNTHSC School of Medicine, Fort Worth, Texas

Melissa S. Deuter, MD
Out-Patient and Urgent Psychiatric Care
Sigma Mental Health Urgent Care
San Antonio & Boerne, Texas
Adjunct Assistant Professor, University of Texas Health Science Center at San Antonio
Member, Bexar County Medical Society Women in Medicine Committee
Past President, Bexar County Psychiatric Society
Member, Executive Council, South Texas Physician Based Research Network
Member, Texas Society of Psychiatric Physicians Ethics Committee
Volunteer, Comal County School District

Constance E. George, MD, MA
General Adult Psychiatry, Private Practice, Neuropsychiatric Associates of Austin
Psychiatrist, Inpatient Unit, Austin Lakes Hospital Austin, Texas
Member, Texas Society of Psychiatric Physicians Ethics Committee

Mustafa M. Husain, MD, FAPA
Professor of Psychiatry, Neurology & Medicine
Vice Chair, Department of Psychiatry
Lydia Bryant Distinguished Professor in Research
Director, Neuromodulation Research & Therapeutic Program (N RTP)
Dallas, Texas
NIH Funded Research, Principal Investigator for Multiple Neuromodulation/ ECT Grants
Clinical Research Expertise in TRD
Foundation (NARSAD/StanleyMedical Research Institute) Funding for Research
Industry Supported Clinical Research for TRD
Numerous (more than 200)
Publications/Reviews
Books Chapters
Editorial Board (Journal of ECT / American Journal of Geriatric Psychiatry)
NIH Grant Review
FDA Panel Expert
Secretary Elect for American Association for Geriatric Psychiatry (AAGP)

Alison R. Jones, MD, FAPA
Staff Psychiatrist, Substance Abuse Treatment Program, Austin VA Outpatient Clinic
Central Texas Veterans Health Care System Austin, Texas
Clinical Assistant Professor of Psychiatry
Department of Psychiatry, Dell Medical School at the University of Texas at Austin
Founding Member & Former Presiding Officer of the Texas Physician Health Program Austin, Texas

Thomas R. Kosten, MD
JH Waggoner Chair and Professor of Psychiatry, Pharmacology, Immunology and Neuroscience
Baylor College of Medicine, Houston, Texas
Distinguished Professor of Psychiatry at Peking University
Professor of Epidemiology and Behavioral Health, MD Anderson Cancer Center
Former Professor, Yale University
Founding Vice Chair for Addiction Psychiatry
American Board of Psychiatry and Neurology
Past President
American Academy of Addiction Psychiatry and College on Problems of Drug Dependence
Distinguished Life Fellow in the American Psychiatric Association and American College of Neuropsychopharmacology
Member, Various Substance Abuse Commissions for the National Academy of Sciences
Federal Drug Administration
Department of Defense
Since 2001, based on an Annual Ranking by US News & World Report, Dr. Kosten has retained the distinction of ‘Top Doc’ in the field of Psychiatry... Rated in the top 10% of Addictions Medicine and top 1% of US Physicians nationwide
Current Editor, American Journal on Addictions
Past Editor, The American Journal of Drug and Alcohol Abuse

Sheila M. LoboPrabhu, MD, DFAPA
Associate Professor, Psychiatry
Menninger Department of Psychiatry and Behavioral Sciences, Baylor College of Medicine Houston, Texas
Staff Psychiatrist. Michael E. DeBakey VA. Medical Center and MIRECC, Houston, Texas

Charles B. Nemeroff, MD, PhD, DLFAPA
Professor and Acting Chair, Dept. of Psychiatry
Associate Chair for Research
Director, Institute of Early Life Adversity Research
Dell Medical School at Univ. of Texas at Austin Austin, Texas

CME PROGRAM GOAL / TARGET AUDIENCE

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

Information and data will address new developments in treatments and new directions in research to address the professional practice gaps of the learners and advance the physicians' competence and effective use of targeted skills so that they may develop strategies to apply the knowledge, skills and judgement of the information presented in the educational activity into their practice.

The learning objectives for this activity have been designed to address clinician competence.

NEEDS ASSESSMENT

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

ACCREDITATION STATEMENT

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

CREDIT STATEMENT

The Texas Society of Psychiatric Physicians designates this Live Activity for a maximum of nine (9) *AMA PRA Category I Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in this activity.

ETHICS DESIGNATION STATEMENT

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

FACULTY AND PLANNERS DISCLOSURE POLICY

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



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

NUMBER ATTENDING EVENT _____ AFTER 10/1 _____

Golf Outing – Thursday
☐ Please Send Me Additional Information.

Committee Attendee Lunch – Friday
☐ Lunch \$35

RESIDENT SECTION PROGRAM
RFM and Academic Psychiatry Joint Program
“Impact of Culture in Psychiatric Practice”
☐ No Chg

Texas Academy of Psychiatry Program – Friday
“Assisted Outpatient Treatment (AOT): Another Option for Patient Engagement”
☐ TAP Member No Chg
☐ Non TAP Member \$25

Reception w/ Exhibitors – Friday
☐ NOT Registered or Scientific Program \$50
☐ Registered for Scientific Program No Chg

Lunch – Saturday
☐ TSPP/ACADEMY/TSCAP Member \$35
☐ TSPP/ACADEMY/TSCAP Non-Member \$45
☐ TSPP/ACADEMY/TSCAP Trainee Member/MS \$20
☐ TSPP/ACADEMY/TSCAP Trainee Non-Member/MS \$35
☐ Guest \$35

Awards Banquet and Gala – Saturday
☐ Former TSPP Award Recipient No Chg
☐ Awards Banquet \$45
☐ Reserved Table for 8* \$400

* Name(s) for Reserved Table: _____

NUMBER ATTENDING EVENT _____ AFTER 10/1 _____

SCIENTIFIC PROGRAM – Saturday and Sunday
Registration includes your online program syllabus, complimentary continental breakfast and AM / PM refreshment breaks.
☐ TSPP/ACADEMY/TSCAP Member \$275
☐ Non-Member Physician \$325
☐ TSPP/ACADEMY/TSCAP Trainee Member \$35

****If your Training Director, Associate or Assistant Program Director's registers for the Scientific Program, your Scientific Program Fee is \$0.00. Enter your Director's name below if they have registered for the Scientific Program:**

NAME: _____
☐ Non-Member RFM (Trainee) \$50
☐ Non-Member Medical Students \$20
☐ Medical Students \$15

Medical Students and Resident Members: If you present a poster, your registration fee for the Scientific Program AND Saturday Lunch is waived.

☐ Allied Health Professional \$155
☐ Spouse / Guest (No CME Credit) \$145

CME Meeting Syllabus Order
☐ Online Meeting Syllabus No Chg
☐ CME Meeting Syllabus In Black/White \$125
☐ CME Meeting Syllabus In Color \$155

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

☐ **Vegetarian Plate Requested (for lunch and/or dinner registration). No additional fee if requested prior to 10/1, otherwise there will be an additional fee of \$15.00**
MY SPECIAL DIETARY NEEDS: (ie, Gluten Free or Lactose Free, etc) _____

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CANCELLATION POLICY: In the event of cancellation, a full refund will be made if written notice is received in the TSPP office by October 1, 2019, less a 25% processing charge. NO REFUNDS will be given after October 1, 2019

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CALENDAR OF MEETINGS



NOVEMBER

**8-10 Texas Society of Psychiatric Physicians
63rd Annual Meeting and Scientific Program**
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Registration: visit www.txpsych.org
Hotel Reservations: \$142 on or before October 15
888-388-8484

APRIL 2020

**Texas Society of Psychiatric Physicians
and Texas Academy of Psychiatry
Spring Meeting and CME Scientific Program**
(Site To Be Determined)

JULY 2020

**17-19 Texas Society of Child and Adolescent Psychiatry
Annual Convention and CME Scientific Program**
Moody Gardens Hotel, Galveston, Texas

NOVEMBER 2020

**Texas Society of Psychiatric Physicians
64th Annual Convention and CME Scientific Program**
(Site to be Determined)