Distinguish trauma and other stressful aspects of pandemics and other disasters.

NSIDE

Identify patients who may be victims of intimate partner violence and/or Elder Abuse

Discuss the risks and benefits of Cognitive Behavioral Therapy for Insomnia

CME PROGRAM GOAL / TARGET AUDIENCE

The learning objectives for this activity have been designed to address clinician competence and are listed under each presentation.

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

Objectives:

• At the conclusion of this activity participants should be able to:

• Discuss the differential diagnosis of insomnia in psychiatric patients

• Discuss the role of CBT in a first line treatment for insomnia

• Discuss the risks and benefits of Cognitive Behavioral Therapy for Insomnia

• Discuss current scientific evidence concerning cannabis and cannabinoids in humans.

• Identify patients at risk for harm from the use of cannabis and cannabinoids.

• Competently counsel their psychiatric patients who may use cannabis or cannabinoids.

• Scientific Program Adjustment and Closing Remarks

OUTCOMES

The outcomes of the educational activity include:

Distinguish trauma and other stressful aspects of pandemics and other disasters.

NSIDE

Identify patients who may be victims of intimate partner violence and/or Elder Abuse

Discuss the risks and benefits of Cognitive Behavioral Therapy for Insomnia

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OUTCOMES

The outcomes of the educational activity include:
parity means insurance coverage for mental health conditions, including substance abuse disorder treatment, should be comparable to coverage for any medical condition. The Federal parity law was enacted in 2008, but implementation has proven to be difficult, and enforcement has been feeble. Texas does relatively poorly in the 2013 Milliman Research Report. A handful of states have done better than others (Illinois the very best), but plenty of our brethren states are also needing remediation.

Graduate Medical Education is a top priority for academic medical centers and community residency programs, but particularly in today’s environment, we should assure supporting the flag bearers for the upcoming generations of psychiatrists. Texas can afford any cuts leading to less graduate education—residents trained in our state are more likely to stay in the state. Less funding means less residents, less psychiatrists, and less mental health provision of care.

Freedom for advanced practitioners to prescribe medications without psychiatrist/pharmacist supervision is an inherent compromise to the quality of care of patients. We need to be prepared to discuss training is crucial to rendering safe and effective care. The training in allopathic and osteopathic schools have made us uniquely qualified to provide the best care.

In conclusion, we are facing extraordinary change. The COVID sprint is giving way to the COVID marathon. We have to change our habits, how and when we interact with family, the way we are thinking about society and the world, how we are meeting and helping patients, and how we are teaching the next generation. We are mourning the loss of patients, friends, and family. Affiliation will remain essential to the fabric of our society. The TSPP will continue to provide that important element of affiliation. Be involved and join us for the fall meeting and beyond!


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Debra Atkinson, M.D., DFAPA, Vice Chair Public Policy, Texas Federation of Psychiatry

Eric Woomer, Federation of Texas Psychiatry Public Policy Consultant

The 87th Texas Legislature is Coming and Texas Psychiatry Prepares

Debra Atkinson, M.D., DFAPA, Vice Chair Public Policy, Texas Federation of Psychiatry

The Federation of Texas Psychiatry is meeting monthly in a legislative preparation council. We are developing ways to streamline communication and prepare discussions related to one of the things that TSPP, TSCAP, TAP does best − Advocacy. Our council consists of the TSPP officers, the TSCP and TAP Presidents, the Chair of the Federation, and the Vice Chair of Public Policy. We have been invigorated by the addition of

Dr. Leah Kolar, the Chair of the TSPP BFM Section. Dr. Kolar is working on advocacy sessions to prepare us for the upcoming session.

Eric Woomer, our lobbyist, has led us through a number of legislative sessions in an effective manner. But as Eric says − he needs our voice from our members at varying times to testify about bills or to meet with representatives who are developing bills that could impact our patients and our profession negatively. None of us know during this time of Covid-19 how the legislature will do business this next session. We are preparing our communication patterns so that we can be effective for Texas patients and physicians.

Texas Psychiatry needs your help. During our November meeting we will talk about anticipated needs for testimonials. Psychiatrists who can discuss the importance of care for our patients are the experts in this matter. The legislators can always learn from us. Let’s help them do a good job for Texas patients.

A summer comes to a close and fall descends on the Texas Legislature, many preparations are being made at the Capitol to accommodate the arrival of the 2021 Session. COVID-19 remains a top priority for Texas lawmakers, as does the budget and redistricting measures, making this legislative environment ripe for a special session.

Legislature

The Legislature of the State of Texas will convene on the 2nd Tuesday in January 2021. The maximum duration of a regular session is 140 days. The Governor has given authority under the state constitution to convene the Legislature at other times during the biennium. Such “special sessions” are required for legislation that the Governor deems critically important in the conduct of state affairs. Called sessions are limited to a period of 30 days, during which the Legislature is permitted to pass laws only on subjects submitted by the Governor in calling for the session. Due to the nature of the pandemic and its effect on the budget, as well as the challenge of redistricting facing lawmakers (the data for which won’t be available until June), it is fully expected that at least one special session will be called.

Protocols:

Limits, But New Opportunities

House leaders recently discussed what to expect for the upcoming session with regard to Capitol building access and legislative processes and procedures. While some of the modifications being considered are already underway, some are still being worked through. Building security protocols continue to be developed by the Department of Public Safety and the State Preservation Board, but it is widely expected that there will be limited Capitol access for guests, and no “county” days or other large scale advocacy days, no outside events, and no visitors recognized from the dais. On Opening Day, we will see members only on the floor. Since the Texas Constitution provides that any duly elected member cannot be denied floor access, there will likely not be a requirement for members to wear a mask on the House floor. Staff and press will be required to wear masks on the floor.

Committee rooms have been retrofitted with plexiglass dividers between seats. The auditorium will be reserved for committee hearings, with two days reserved for the House, two days for the Senate, and Fridays as needed. There will be limited seating available in committee rooms for the public. Offices will decide safety standards individually and whether they will have plexiglass installed and if masks will be required.

Significant resources have been invested on air filters for the Capitol, as well as an Ultraviolet robot for the House floor. Temperature checks will be required upon building entry, and they will be installing more hand sanitizer stations throughout the building. Discussions continue on how frequently they will do COVID-19 testing. They are exploring 15-minute swab tests for testing.

Voting while physically away from the House floor is likewise being contemplated. They are working on voting from the back of the House floor and talking through how voting from your office would work. Virtual voting directly from the member’s computer is being discussed to prevent staff from voting for the member.

All these changes are specific to the House, and the Senate is considering their own protocols. There is no guarantee that the plans will be identical, but it is likely there will be much overlap.

Since specific protocols that have been put in place have created limits which will clearly affect the process during this legislative session, it is very likely there will be no “First Tuesdays” for the Texas Medical Association or “Mental Illness Awareness” Day for the Federation as we have come to know them. However, we are exploring other ways to connect with member virtually. This new way of connecting has proven to be effective throughout the interim, so be assured the Federation will look for new and innovative ways of communicating your legislative priorities as this session continues to move forward.

Legislation

Some of those priorities include reductions in impediments to antipsychotic medication access and scope of practice issues such as pharmacy prescribing, as well as preserving graduate medication education funding and technological advancements related to emergency holds.

Reducing administrative barriers (such as prior authorizations and fail-first requirements) help increase access to medications to treat serious mental illnesses, thereby improving quality of life and reducing the cost of care. We will already be at work on scope of practice issues, highlighting where there is a significant gap in educational and training experience between psychiatrists and advanced practice nurse practitioners. Similarly, we are reforcing to lawmakers that physicians’ medical degrees are clinically focused, emphasizing the critically important physical sciences, while psychologists’ degrees are based on the behavioral and social sciences. We will continue to oppose psychological prescribing, because it poses a danger to public health and the standard of care for mentally ill patients.

We will continue to build on our efforts to streamline the process for obtaining court-ordered mental health services, while conforming with best practices and updating antiquated standards and provisions.

The Federation played an active role in a task force spearheaded by the Texas Supreme Court’s Office of Court Administration over the last interim, and many of the recommendations from the Task Force are being considered by Texas courts, but some legislative provisions merit additional discussion.

Addressing the state’s budget shortfall continues on page 4
will be a supreme challenge for the next legislature, due to the huge decline in state revenue due to COVID, which puts GME funding at risk. For Fiscal Years 2020-2021, the state will have $10 billion in General Revenue for general purpose spending, which is down $11.3 billion from earlier estimates. All told, the estimated shortfall for the current budget dropped from an expected $2.8 billion surplus to end the year, to an ending deficit of $4.6 billion. This shortfall in the current budget will need to be met through a combination of spending cuts, Rainy Day funds and other budget tricks.

2021 Application and Process for Distinguished Fellow Status
Mark Jacobs, MD, Chair, TSPP Distinguished Fellowship Committee

Distinguished Fellowship status is awarded to outstanding psychiatrists who have made broad and significant contributions to psychiatry and their communities, and is the highest membership honor the APA bestows upon members. Excellence, not mere competence, is the hallmark of an APA Distinguished Fellow. Do I meet the requirements for nomination to Distinguished Fellow status in APA? If you have been a member of the American Psychiatric Association for at least eight consecutive years as a General Member or Fellow of APA, and are Board Certified by the ABPN, AOA, RCPSC, or an equivalent certification board, you have met the basic eligibility requirements for application for nomination to Distinguished Fellowship (DF) status in the APA. Letters of support from three current Distinguished Fellows or Distinguished Life Fellows must accompany a completed application form that demonstrates the nominee’s excellence in at least five categories, with emphasis given to the two categories of involvement in the District Branch (TSPP), chapter and/or other components, and, in activities of the APA. If you have not been active in the District Branch, please consider joining and actively participating in one or more of the TSPP committees of interest to you. This will serve not only to enhance your application for Distinguished Fellowship but is a great way for you to connect with your friends and colleagues within Texas.

Other categories in which the nominee may demonstrate excellence are: involvement in other medical and professional organizations; participation in non-compensated mental health and educational activities of social significance; participation in community activities unrelated to income producing activities; clinical contributions; administrative contributions; teaching contributions; scientific and scholarly publications. Since Distinguished Fellowship is an APA honor, length and quality of service in the activities of the Chapter, District Branch, and APA are critical for nomination to Distinguished Fellow status, and, as would be expected, at least some credit in these sections has historically been required for an application to be approved by TSPP for recommendation to APA. Paraphrasing the APA application guidelines, involvement and participation in the APA and its component organizations could mean holding elected offices, committee work as a chair or committee member, newsletter work, website design/maintenance for the Chapter, influential action / legislative committee oversight, or conducting special projects at the District Branch or Chapter level. Substantial committee work together with elected office or membership on the Executive Council for several years will usually qualify the nominee for higher credit in this category. No credit is given for membership alone in the APA and its District Branches and Chapters. Serving on APA Area Councils, the Assembly or Board of Trustees counts, as does holding elected office. Other examples of activities such as work on APA Councils, Committees, Task Forces, or editorial boards of APA publications would earn credit as well.

APA began soliciting online applications for Distinguished Fellow status directly from the membership three years ago and APA is planning on launching a new platform for completing an online application and attaching letters of recommendation. Once complete, the TSSF will review all of the documentation to decide whether or not to nominate the member to APA for Distinguished Fellow status. If you are considering applying for Distinguished Fellowship status in 2021, first review all of the DFAPA requirements at https://www.psychiatry.org/join-apa/become-a-fellow and then, if you believe you meet the criteria, reach out to your Chapter Representative to the TSSF Distinguished Fellowship Committee to discuss your interest. If you don’t have a local chapter representative, contact TSSF via email at tssfpc@atx.com, and one of our committee members will be designated to serve as your advisor.

Key dates for DFAPA nomination, approval and recognition process.
Mid-February – District Branches receive a list of its DFAPA eligible members who have been APA General Members or Fellows for a combination of at least eight years and have held board certification. Once the list is received from APA, the Distinguished Fellowship Committee will distribute lists of members who meet basic eligibility requirements (board certification and length of membership) for the local Chapters to refererences in their outreach efforts.
On or before April 1, 2021 – All Distinguished Fellowship applications for nomination must be completed ONLINE via APAs link including uploading 3 required DF / DLF reference letters and any supporting documentation. Please note that incomplete applications or applications submitted after April 1 will not be considered until the following year. April 15, 2021 – TSSF Distinguished Fellowship Committee will then review all completed applications and recommend approval of qualified applicants to the Executive Council at the TSSF Spring meeting. April 16, 2021. After Executive Council approval, TSSF will submit to APA the names of members of the District Branch (TSSF) that has approved for nomination and consideration by the APA Membership Committee. July-October, 2021 – The APA Membership Committee scores each application and makes recommendations to the Board of Trustees. December 2021 – The APA Board of Trustees votes on the Membership Committee’s recommendation and in late December/January notifies the District Branch (TSSF) of their members elected to Distinguished Fellowship status. January 2022 – APA officially updates the members’ status on APA membership rolls. The continuation of the Distinguished Fellows occurs at the APA Annual Meeting in May. Distinguished Fellows are recognized and receive a Distinguished Fellows pin and medalion. What is Fellow status and How do I apply in 2021? If you do not meet the criteria for Distinguished Fellowship, you may still apply for APA Fellow status. Fellow Status is an honor that reflects your dedication to the work of the APA and signifies your allegiance to the psychiatric profession. The requirements are only that you are a current APA General Member or Life Member in good standing and are certified by the ABPN, AOA, RCPSC, or an equivalent certification board. There is a 30-day review period for the District Branch (TSSF) to offer comments about the Fellowship candidate before approval by the APA Membership Committee in October and the APA Board of Trustees in December. Application for Fellow status may be made online beginning January 1 for submission to APA by September 1 via the APA website at https://www.psychiatry.org/join-apa/become-a-fellow. Good luck, and please do not hesitate to contact me (markjacobsmd@icloud.com) if I can be of assistance.

Prepping for the 2021 Legislative Session continued from page 3

OFFICERS
President
Melissa DeFilippis, MD (2020-21)
Phillip Ballfan, MD (2020-21)
Debra Atkisson, MD (2020-21)
Susan Wynne, MD (2020-21)
Jonathan Dowben, MD (2020-21)

SECRETARY/TREASURER
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Andrew Diederich, MD (2019-20)
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Mrdula Rao, MD (2019-21)

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Tushar Desai, MD (2019-22)
Andrew Diederich, MD (2019-22)
Sharette Gray, MD (2018-21)

AACAP ALTERNATE DELEGATES
Regina Cavanaugh, MD (2018-21)
Lisa Falls, MD (2018-21)

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President-Elect
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Good luck, and please do not hesitate to contact me (markjacobsmd@icloud.com) if I can be of assistance.
Greetings to all – The Texas Foundation for Psychiatric Education and Research was formed in 1991 as a charitable (501(c)(3)) organization committed to raising funds toward professional education for all physicians regarding psychiatry, toward the education of the public regarding psychiatric disorders and sources of help, and toward the support of research regarding psychiatric care, among others.

With regard to professional education, the Foundation plays a significant role in helping to support the CME programs of the active voting member organization of the Federation of Texas Psychiatry, the Texas Society of Psychiatric Physicians. Researching, organizing, and providing such programming is not an easy task; without the funding provided by the Foundation, these efforts would be made tremendously more difficult. The same is true regarding patient advocacy endeavors by the Federation on behalf of its member organizations—the Foundation takes seriously its mission of furthering effective patient advocacy and actively solicits, reviews and provides grant monies to TSPP Chapters who organize worthy mental health activities and projects within their communities during Mental Illness Awareness Week, October 4-10.

Every psychiatrist in Texas benefits from these efforts by the Foundation. As you might suspect, my presentation of all of the above is leading to a specific purpose: a reminder of our 2020 annual fundraising campaign. None of the efforts and missions previously described comes easy or comes free; the ongoing need for continuing the Foundation’s support for all of these purposes (education, advocacy, and research) is real and cannot be shortchanged if our Federation member organizations are to be able to realize continued success in keeping an informed and skilled cadre of physicians practicing psychiatry available to an ever-more-informed general public whose need for our services will undoubtedly increase as the current pandemic wears on.

I thank you for reading this far. I also thank in advance everyone who will heed the call of our annual campaign and contribute mightily to this great and necessary responsibility. Your donations in 2020 are needed more than ever before to address these needs. Please join us in this effort.

To remit your donation electronically, please email tsppofc@aol.com and request a QuickBooks electronic invoice, specify the amount of donation you wish to make, and an invoice will be sent to your email address for you to click and pay! Additionally, you may clip the donation coupon in this issue of the Newsletter, or alternatively view the link on our webpage (https://www.txpsych.org/foundation).

Foundation 2020 Annual Fundraising Campaign

J. Clay Sawyer, M.D., Chair, TSPP, Texas Foundation for Psychiatric Education and Research

GALVESTON-BRAZORIA

The Galveston-Brazoria Chapter planned several events and partnered with Family Service Center of Galveston, “Mindful Coogs,” Center for Violence Prevention at UTMB, UTMB Office of Counseling and Support Services to conduct the following activities:

1) Mental Health is Wealth Kahoot! Competition

Hold a timed quiz competition through a group Zoom call using the website “Kahoot!” to test and teach participants on relevant mental health facts and the impacts of Covid-19 on mental health.

2) Virtual Mindfulness, Yoga, and Meditation Session (Mindfulness, Meditation, & Me)

Introducing the benefits of incorporating lifestyle interventions such as mindfulness practice to manage stress by leading an interactive mindfulness workshop to guide participants via Zoom.

3) Dear 2020: A Guide to Journaling as a Means of Conquering Stress & Anxiety

Teach participants how to use journaling in overcoming stress and anxiety by leading them in a group session via Zoom where they journal their experiences during the year in one letter addressed to 2020 or Covid-19 and another letter addressed to their past or future selves.

Your Foundation Donations at Work

The Texas Foundation for Psychiatric Education and Research is pleased to grants to support the following TSPP Chapters’ MIAW Activities in 2020. Note: All TSPP Chapters were invited to apply for a MIAW grant from the Foundation.

GALVESTON-BRAZORIA

The Galveston-Brazoria Chapter

TARRANT

The Tarrant County Chapter planned several events and partnered with The Parenting Center of Fort Worth and The Women’s Center of Fort Worth to conduct the following activities:

1) The Parenting Center of Fort Worth Zoom will be used as platform for brief, but impactful “Care for the Caregiver” educational and support presentations. Two sessions per organization will be scheduled in October (although arrangements with partnered organizations may push into November). Education about Depression and other conditions in addition to stress management using cognitive techniques will be discussed. The purpose is to arm caregivers with tools for themselves, and to lower the barrier to self-reflection and engagement in care if needed for themselves. We plan to refine these brief sessions scheduled at various times (variable to improve exposure for all) to be the first of a series of community service events using Zoom. De-mystifying psychiatric conditions and the relation to stress via this new platform should be well-timed given what we know about COVID-19 and stress.

2) The Women’s Center of Fort Worth: A brief 30 minute interactive Zoom presentation will occur at 2 distinct, varied times for staff. Presentation will be followed by discussion of resources and timely tips for stress management and self monitoring and self referral.
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For over 40 years, we have provided psychiatrists with exceptional protection and personalized service. We offer comprehensive insurance coverage and superior risk management support through an “A” rated carrier. In addition to superior protection, our clients receive individual attention, underwriting expertise, and, where approved by states, premium discounts.

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  “A” (Excellent) by A.M. Best
- Telepsychiatry, ECT Coverage 
  & Forensic Psychiatric Services are included
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  Claims-Free, New Business & 
  No Surcharge for Claims 
  (subject to state approval)
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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.

EDITORIAL BOARD
Federation Executive Committee

MANAGING EDITOR
Debbie Giarratano

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

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CALENDAR OF MEETINGS

NOVEMBER

13  Texas Society of Psychiatric Physicians
    Virtual Component and Committee Meetings

14  Texas Society of Psychiatric Physicians
    VIRTUAL CME WEBINAR
    “Rising to the Challenge: Psychiatry in the COVID-19 Pandemic”

15  Texas Society of Psychiatric Physicians
    Virtual Executive Council Meeting
    9:00-10:30 AM

APRIL 2021

15-17  Texas Society of Psychiatric Physicians
    Spring Meeting & CME Program

JULY 2021

23-25  Texas Society of Child and Adolescent Psychiatry
    Annual Convention & CME Program
    Moody Gardens Hotel
    Galveston, Texas

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JOB BANK

Whether you are looking for career opportunities or you are recruiting to fill a position in your organization, you will want to check out the Federation’s JOB BANK on its website at www.txpsych.org. The Federation’s JOB BANK could be just what you have been looking for.

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Happy Holidays

Stay Safe!