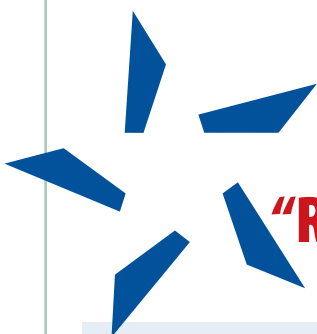


Texas Psychiatrist



Join Your Texas Colleagues at the Fall TSPP Virtual CME Activity

“Rising to the Challenge: Psychiatry in the COVID-19 Pandemic”
SATURDAY, NOVEMBER 14, 2020 • 6 Category 1 AMA PRA CME Credits™

9:15 – 9:30 AM	Attendees Log On and Hold for Beginning of CME Scientific Webinar
9:30 – 9:40 AM	Opening Remarks / CME Accreditation Statements and Certificate of Attendance Information
9:40 – 11:45 AM	<i>New Insights in Disaster Mental Health Emerging from the COVID-19 Pandemic – Carol North, MD, MPE, DFAPA</i> Introduction; 1 ½ Hour Presentation; 30 Minute Q&A with Audience Objectives: The learning objectives for this activity has been designed to address clinician competence. At the conclusion of this activity participants should be able to: <ul style="list-style-type: none">• Distinguish trauma and other stressful aspects of pandemics and other disasters.• Identify mental health consequences of COVID-19 for infected patients, frontline healthcare workers, and the general population• Discuss the implications of COVID-19 mental health outcomes for psychiatric treatment and other interventions
11:45 – 12:05 PM	BREAK
12:05 – 2:10 PM	<i>ETHICS PANEL: Intimate Partner Violence and Elder Abuse in the Time of COVID-19.</i>
12:05 -1:10 PM	<i>Intimate Partner Violence – Valerie Rosen, MD</i> Introduction; 45 Minute Presentation; 15 Minute Q&A with Audience
1:10 – 2:10 PM	<i>Elder Abuse – Sheila M. LoboPrabhu, MD, DFAPA</i> Introduction; 45 Minute Presentation; 15 Minute Q&A with Audience Objectives: The learning objectives for this activity has been designed to address clinician competence. At the conclusion of this activity participants should be able to: <ul style="list-style-type: none">• Identify patients who may be victims of intimate partner violence and/or Elder Abuse• Empathetically engage in screening these patients for intimate partner violence and/or Elder Abuse• Discuss US Preventive Task Force Recommendations’ Referrals and Identify Resources to Refer for Appropriate Interventions
2:10 – 2:30 PM	BREAK
2:30 – 3:35 PM	<i>Cognitive Behavioral Therapy for Insomnia – Kristi E. Pruiksma, PhD</i> Introduction; 45 Minute Presentation; 15 Minute Q&A with Audience Objectives: The learning objectives for this activity has been designed to address clinician competence. At the conclusion of this activity participants should be able to: <ul style="list-style-type: none">• Discuss the differential diagnosis of insomnia in psychiatric patients• Discuss the role of CBT-1 as a first line treatment for insomnia• Discuss the risks and benefits of Cognitive Behavioral Therapy for Insomnia
3:35 – 4:40 PM	<i>Cannabis and Cannabinoids, Current State of the Evidence: Counseling Patients Regarding Risks and Benefits – David L. Atkinson, MD</i> Introduction; 45 Minute Presentation; 15 Minute Q&A with Audience Objectives: The learning objectives for this activity has been designed to address clinician competence. At the conclusion of this activity participants should be able to: <ul style="list-style-type: none">• 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.
4:40 -4:50 PM	Scientific Program Adjournment and Closing Remarks

ABOUT THE SPEAKERS

David L. Atkinson, MD
Associate Professor of Psychiatry
The University of Texas Southwestern Medical Center – Dallas, Texas
Chair – American Academy of Addiction Psychiatry Youth and Adolescent Committee
Medical Director – Teen Recovery Program Children’s Health

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

Carol North, MD, MPE, DFAPA
Medical Director
The Altshuler Center for Education & Research at Metrocare Services
Nancy and Ray L. Hunt Chair in Crisis Psychiatry
Professor of Psychiatry
The University of Texas Southwestern Medical Center
Director – Division of Trauma & Disaster
The University of Texas Southwestern Medical Center, Dallas, Texas

Kristi E. Pruiksma, PhD
Associate Professor, Department of Psychiatry and Behavioral Sciences
University of Texas Health Science Center at San Antonio
Provides Services for South Texas Research Organizational Network Guiding Studies on Trauma and Resilience (STRONG STAR) Research Consortium and the Consortium to Alleviate PTSD (CAP) which are housed within the Department of Psychiatry
San Antonio, Texas
Founding Member, Society of Behavioral Sleep Medicine (SBSM)

Valerie Rosen, MD
Associate Professor, Department of Psychiatry and Behavioral Sciences
Dell Medical School, University of Texas at Austin
Medical Director/Developer
Seton Restore Intensive Outpatient Program for PTSD
Medical Director/Developer, Seton Veteran Restore IOP for PTSD
Director/Developer, Resident Cognitive Processing Therapy Clinic
Regional Trainer for Cognitive Processing Therapy
Austin, Texas

CME PROGRAM GOAL / TARGET AUDIENCE

This live activity has been designed in a lecture format with case examples followed by an interactive audience question and answer period 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 information and data presented will address the professional practice gaps of the learners and advance the physician’s competence and improve their knowledge about the complex contributing factors in this patient population and introduce additional resources and new strategies to improve

outcomes so that they may develop strategies to apply the knowledge, skills and judgement of the information presented in the educational activity into their practice.

IDENTIFIED PRACTICE GAPS / NEEDS ASSESSMENT

TSPP identified educational needs and professional practice gaps from members expressed needs and in medical literature and incorporated it into the CME activity to address the relevant educational needs concerning competence that underlie the professional practice gaps of the participants.

The COVID-19 pandemic is a natural disaster that is generating large numbers of mass casualties and threatening the safety and wellbeing of entire populations during its evolution into a long-term national and worldwide crisis. This pandemic, along with the public health measures instituted to protect populations from it, has produced extensive psychosocial challenges and hardship. Psychiatrists are essential responders whose skills are needed to help address the myriad mental health problems arising with this pandemic, ranging from widespread fear and distress to major psychopathology. Existing disaster mental health research provides fundamental knowledge to help guide the response. However, new disasters bring novel and unexpected complexities, with implications for clinical care and public health policy and practice. Content will relate the effects of the pandemic for the general population as well as clinical populations, including individuals with pre-existing psychiatric disorders.

Domestic violence is increasing in the US and the world. And with the onset of COVID-19 and sheltering in place it continues

to rise. Authoritative surveys in the US have estimated that between ¼ and 1/3 of women and at least 1 in 10 men have experienced intimate partner violence. Many psychiatrists lack knowledge and competence to assess and treat or appropriately refer patients who report victimization. Psychiatrists know that trauma increases vulnerability to mental illness, improving knowledge and competence in how to evaluate, treat, and refer patients who may be victims of intimate partner violence will substantially enhance patient care. Discuss Reference: US Preventive Services Task Force Final Recommendation Statement on Screening for Intimate Partner Violence, Elder Abuse, and Abuse of Vulnerable Adults, JAMA. 2018;320(16):1678-1687. JAMA October 23/30, 2018 Volume 320, Number 16

Insomnia is a common problem in a variety of psychiatric conditions and may persist even after successful treatment of the underlying disorders. Cognitive Behavioral Therapy for Insomnia (CBT-1) is a recommended first line treatment for insomnia but may be difficult to access and unfamiliar to psychiatrists. The presentation will address the gap between research and implementation of CBT-1 in clinical settings in conjunction with pharmacotherapy for common psychiatric conditions which present with insomnia.

Many psychiatrists are at a loss to effectively use their knowledge of the latest scientific information on cannabis and cannabinoids to competently counsel their patients regarding the risks and benefits of these substances.

OBJECTIVES

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

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 six (6) *AMA PRA Category I Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ETHICS DESIGNATION STATEMENT

The panel presentation entitled “Intimate Partner Violence and Elder Abuse in the Time of COVID-19” has been designated by the Texas Society of Psychiatric Physicians for two (2) hours of education in medical ethics and/or professional responsibility.

FACULTY & PLANNERS DISCLOSURE POLICY

In compliance with the ACCME/TMA Standards for Commercial Support of CME, to assure balance, independence, objectivity and scientific rigor in all of its CME activities, prior to the education activity being delivered to the learners, the Texas Society of Psychiatric Physicians implemented a mechanism to identify and resolve personal conflicts of interest from everyone who was in a position to control the content of the education activity.

TSPP will disclose to learners the existence (or non-existence) of all relevant financial relationship(s) that the faculty and planners did (or did not) have with any commercial interest concerned with the content of the educational presentation.

Disclosure will occur prior to the presentations through written communication / posted slide in the virtual program and included in any purchased syllabus / handout materials.

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Our Exceptional Journey Continues

Timothy K. Wolff, MD, DLFAPA, President, Texas Society of Psychiatry Physicians



Timothy K. Wolff, MD, DLFAPA

Our journey continues down a path that weaves through exceptional times. Whether we want to shelter down, stay away, or engage in new ways, we are faced with the ongoing and unprecedented events of our time. Many things are changing, and predicting the outcome for very important parts of our lives can be very hard. The TSPP and organized medicine are doing much to promote good results for psychiatry and psychological health for all.

In the previous two articles for this newsletter, I have outlined the importance of hope and some changes already affecting us. Now I want to consider more about what is changing and how to gird ourselves for this election season and the upcoming session of the Texas legislature.

COVID-19 remains ever-present, capricious, and elusive. While some groups are clearly more vulnerable to the devastating mortality and pernicious morbidity, all of us are at risk. For Texans who have been raised with a love of individual freedom, the restrictions are especially painful, but pale in comparison to death of oneself or a loved one. In a study by Loades, et al., during the pandemic, a third of adolescents are reporting a high level of loneliness, and from previous studies of the effects of isolation, we should expect and be prepared to deal with higher rates of depression, generalized anxiety, and social anxiety.

The racial upheaval also is a pressing, prominent feature of our lives. We need to recognize the importance of social justice — helping all to have a sense of safety and peace. We should be cognizant of our own fears and inherent biases and seek a common good. In a recent article in the *Psychiatric Times* (August 2020), Moffic et al. note that psychiatrists can examine and address, in important ways, key issues including professional wellness, police and criminal justice reform, visual symbols of racism, blind spots in psychiatric practice, and others.

Your voice can be expressed in many-ways. Read up and educate yourself about the issues. Support causes. Consider getting involved with local, regional, TSPP, and/or national governmental affairs. For that, the starting place is for you to familiarize with who the candidates are, make sure and vote, and either before the election or after, let your representatives know where you stand on relevant issues. If you need to find out who your state representatives are you can use www.fyi.legis.state.tx.us/Home.aspx. Most issues during the legislative sessions will boil things down to money. In years with abundant coffers, the discussion is about expansion of existing programs and institutions, as well as creating new ones. In the years of decreased revenues, the decisions are where to cut. So, for this upcoming session, with lost taxes in the billions, many items are vulnerable to being sliced — including ones dear to us.

Issues pertinent to psychiatry include the bolstering of funding for public sector mental health, parity, continuation of funding for Graduate Medical Education, and supervision or the lack thereof of advanced practice non-physicians.

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 2019 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 ill 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/physician supervision is an inherent compromise to the quality of care of patients. We need to be prepared to discuss differences in training, and why medical 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 had to change our daily lives, how and when we interact with family, the way we are thinking about society and the world, how we are meeting with 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 con-

tinue to provide that important element of affiliation. Be involved and join us for the fall meeting and beyond! ■

Loades, ME et al. Rapid Systematic Review: The impact of social isolation and loneliness on the mental health of children and adolescents in the context of COVID-19. J Am Acad Child Adolesc Psychiatry. 2020 Jun 3.

Moffic, HS et al. Dismantle Racism in Psychiatry and Society, Psychiatric Times, August 2020, Vol. XXXVII. No 8.

Melek SP, Davenport S, Gray TJ. Addiction and mental health vs. physical health: Widening disparities in network use and provider reimbursement. Milliman Research Report, November 2019.

Texas Society of Psychiatric Physicians

VIRTUAL LIVE CME WEBINAR

November 14, 2020

MAIL... (pay by credit card or check)

Texas Society of Psychiatric Physicians

401 West 15th Street, Suite 675, Austin, TX 78701

(The following options require credit card payment)

E-MAIL... TSPPofc@aol.com

ONLINE... http://www.txpsych.org

FAX... 512.478.5223

PHONE... 512.478.0605

ONLINE PAYMENT... To remit payment online, complete this form and return to tsppofc@aol.com via email and request an email invoice from Quickbooks Online.

REGISTRATION FORM

Approximately one week prior to the CME webinar you will receive an email (at the email address you provided on your registration form) with the zoom meeting ID # and link to join the meeting on November 14. If you do not already have the free Zoom account loaded on your device you will need to do so prior to November 14 in order to access the program. Please refer to the Zoom Guide for additional information and/or questions. The program will begin promptly at 9:30 am so please plan to log on between 9:15-9:30 am to allow time to address and eliminate any access difficulties you may have. Thank you for registering!

LAST NAME

FIRST NAME

CREDENTIALS (MD/DO, PA, NP, AHP, SPECIFY OTHER CREDENTIALS)

SPECIALTY

EMAIL ADDRESS

MAILING ADDRESS

CITY

STATE

ZIP

PHONE

FAX

PARTICIPATION POLICY – The Texas Society of Psychiatric Physicians' policy is to promote an environment of mutual respect, well-being, and collegiality at its meetings. TSPP values and benefits from the diverse opinions its members hold on the issues with which the Society and the psychiatric profession are confronted. All individuals participating in the (live or virtual) meetings agree to conduct themselves in a manner appropriate for health care professionals. This includes respect for the intellectual property of others, proper display and use of meeting badges, and the avoidance of aggressive or inappropriate behavior towards others. Individuals participating in TSPP sponsored meetings agree to listen respectfully to all views presented, be courteous to others regardless of whether you agree or disagree with the views presented, and to exhibit the professionalism and collegiality expected of psychiatrists. If an individual believes that these rules have been violated or acceptable social decorum has otherwise been breached, he or she shall contact TSPP staff to help with the situation. TSPP reserves the right to remove meeting access rights of any individual violating this policy and will not provide a refund. By registering for this meeting, you agree to abide by the Participation Policy as described above.

REGISTRATION FEE SCHEDULE

CME PROGRAM

☐ TSPP / ACADEMY / TSCAP Member

☐ RESIDENT-FELLOW MEMBER (IN TRAINING) TSPP/ ACADEMY / TSCAP MEMBER

☐ RFM MEMBER WHOSE TRAINING PROGRAM DIRECTOR HAS REGISTERED

List Training Program Director's Name:

☐ MEDICAL STUDENT MEMBER APA / AACAP

☐ NON-MEMBER PHYSICIAN

☐ NON-MEMBER RESIDENT-FELLOW MEMBER (IN TRAINING) PHYSICIAN OR MEDICAL STUDENT

☐ ALLIED HEALTH PROFESSIONAL

MEETING SYLLABUS ORDER

☐ Meeting Syllabus in Color

☐ Meeting Syllabus in Black & White

☐ Online Meeting Syllabus

\$110.00

\$20.00

NO CHARGE

\$10.00

\$140.00

\$20.00

\$90.00

\$155.00

\$125.00

FREE

Total Registration Fees

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 # _____

Expiration Date: _____

3 or 4 Digit Security Code _____

Name of Cardholder (as it appears on card) _____

Signature _____

ADDRESS WHERE YOU RECEIVE YOUR CREDIT CARD STATEMENT (include address, city, state, zip): _____

Cancellation Policy: No REFUNDS given after November 1.

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TEXAS PSYCHIATRIST

OCTOBER/NOVEMBER 2020



The 87th Texas Legislature is Coming and Texas Psychiatry Prepares

Debra Atkisson, 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 TSCAP 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 RFM 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 testimonies. Psychiatrists who can discuss the importance of care for our patients are the



Debra Atkisson, M.D., DFAPA

experts in this matter. The legislators can always learn from us. Let's help them do a good job for Texas patients. ■



Prepping for the 2021 Legislative Session

Eric Woomer, Federation of Texas Psychiatry Public Policy Consultant

As 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 Legislative 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 is given authority under the state constitution to convene the Legislature at other times during the biennium. Such "special sessions" are reserved 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 this session (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 upon entry.

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 particular 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 assure 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 psychology 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 hard at work on scope of practice issues, highlighting where there is a significant gap in educational and training experience between physicians and advanced practice nurse practitioners. Similarly, we are reinforcing 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



Eric Woomer

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

continued on page 4

PRACTICING TELEPSYCHIATRY?

As the practice of psychiatry intersects more with technology through the use of telemedicine, you can count on PRMS® to protect your practice. Our psychiatric professional liability policy includes coverage for telepsychiatry at no additional cost, as well as many other preeminent program benefits including:

- A national program with comprehensive coverage that protects you when licensed to treat patients in other states
- A nationwide defense network comprised of attorneys experienced in psychiatric litigation throughout the country
- A Risk Management Consultation Service helpline which allows you to speak directly with our knowledgeable team about all of your telepsychiatry-related questions (and all other topics)
- Access to hundreds of risk management resources from our in-house team of experts

JUSTIN POPE, JD
ASSOCIATE RISK MANAGER



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Prepping for the 2021 Legislative Session

continued from page 3

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 \$110 billion in General Revenue for general purpose spending, which is down \$11.5 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.

Elections

2020 has proven to be anything but predictable and the 2020 election is no exception. While many people are focused on the presidential election, there are many exciting, meaningful races happening right here in the state of Texas.

Retirements and primary defeats in the House include Former Speaker Dennis Bonnen and such tenured lawmakers as Reps. Dwayne Bohac, Jessica Farrar, Dan Flynn, Dr. John Zerwas, Dr. JD Sheffield, John Wray, Bill Zedler, and Jonathon Stickland. These vacancies create the opportunity for a possible flip in leader-

ship of the House, if the Democrats are successful in picking up at least nine seats. As many as twenty Republican-held seats are being targeted by Democrats, while the Republicans are focused on ten seats now held by the Ds but were held by GOP lawmakers as recently as 2018.

Currently, the partisan split in the House sits at 83 Republicans and 67 Democrats, while the Senate is 19 Republicans and 12 Democrats. Several Senators vacated their seats as well, including Sens. Kirk Watson, Jose Rodriguez and Pat Fallon, but only one race (SD19, anchored in San Antonio)

looks likely to be a possibility to flip – the seat is presently held by Republican Sen. Pete Flores, but the district has historically been held by Democrats, and he is facing a significant challenge from sitting Rep. Roland Gutierrez in the General Election.

As always, it is our pleasure to be your voice at the Texas state capitol. Please feel free to reach out with any questions, comments or concerns that you may have. We look forward to continuing to serve the interests of Texas psychiatrists and your patients in the 2021 legislative session. ■



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 the psychiatric profession 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 to apply 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 medical 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 for Distinguished Fellowship 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, political 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 application online and attaching letters of recommendation. Once complete, TSPP 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> in detail, and then, if you believe you meet the criteria, reach out to your Chapter Representative to the TSPP Distinguished Fellowship Committee to discuss your interest. If you don't have a local chapter representative, contact TSPP via email at tsppofc@aol.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 reference in their outreach efforts.

On or Before April 1, 2021 – All Distinguished Fellow applications for nomination must be completed ONLINE via APA's link including uploading 3 required DF / DLF reference letters and any supporting docu-

mentation. Please note that incomplete applications or applications submitted after April 1 will not be considered until the following year. April 15, 2021 – TSPP's Distinguished Fellowship Committee will then review all completed applications and recommend approval of qualified applicants to the Executive Council at the TSPP Spring meeting, April 16, 2021. After Executive Council approval, TSPP will submit to APA the names of members the District Branch (TSPP) 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 (TSPP) of their members elected to Distinguished Fellowship status. January 2022 – APA officially updates the members' status on APA membership rolls. The Convocation of Distinguished Fellows occurs at the APA Annual Meeting in May. Distinguished Fellows are recognized and receive a Distinguished Fellow pin and medallion.

What is Fellow status and How do I apply in 2021? If you do not yet meet the criteria for Distinguished Fellowship, you may still



Mark Jacobs, MD, DLFAPA

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 (TSPP) 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 (marksjacobsmd@icloud.com) if I can be of assistance. ■



TSCAP Executive Committee 2020-21 Congratulations to 2020-21 TSCAP Officers Elected

OFFICERS

President	Melissa DeFilippis, MD (2020-21)
President-Elect	Phillip Balfanz, MD (2020-21)
Secretary/Treasurer	Debra Atkisson, MD (2020-21)
Immediate Past President	Susan Wynne, MD (2020-21)

COUNCILORS

James Norcross, MD (2018-21)	Jonathan Dowben, MD (2020-23)
Mrudula Rao, MD (2019-21)	

AACAP DELEGATES

Tracy Asamoah, MD (2018-21)	Meghna Joshi, MD (2018-21)
Tushar Desai, MD (2019-22)	Nakia Scott, MD (2020-23)
Andrew Diederich, MD (2019-22)	Steven Pliszka, MD (2018-21)
Sharette Gray, MD (2018-21)	Jane Ripperger-Suhler, MD (2018-21)
Laura Stone, MD (2020-23)	

AACAP ALTERNATE DELEGATES

Regina Cavanaugh, MD (2018-21)	Joseph Shotwell, MD (2018-21)
Lisa Falls, MD (2018-21)	



Foundation 2020 Annual Fundraising Campaign

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

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



J. Clay Sawyer, MD, DLFAPA

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>) ■

TEXAS FOUNDATION FOR PSYCHIATRIC EDUCATION AND RESEARCH	
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<p><i>I am pleased to support the Foundation with a contribution of:</i></p> <p><input type="checkbox"/> \$50 <input type="checkbox"/> \$100 <input type="checkbox"/> \$250 <input type="checkbox"/> \$500 <input type="checkbox"/> \$1000</p> <p><input type="checkbox"/> \$ _____</p> <p><input type="checkbox"/> <i>I am pleased to commit a pledge of \$ _____ payable on (date) _____</i></p> <p><input type="checkbox"/> Check in the Amount of \$ _____</p> <p><small>Make Checks Payable to "Texas Foundation for Psychiatric Education and Research"</small></p> <p>Please Charge \$ _____ To My: <input type="checkbox"/> VISA <input type="checkbox"/> MasterCard</p> <p>Credit Card # _____</p> <p>Exp. Date: _____</p> <p>3 Digit Code on Back of Card on Right of Signature Panel _____</p> <p>Name of Cardholder (as it appears on card) _____</p> <p>Signature _____</p> <p>Zip Code where you receive your credit card statement _____</p>	<p>DONOR INFORMATION</p> <p>Name _____</p> <p>Address _____</p> <p>_____</p> <p>_____</p> <p>Telephone () _____</p> <p>Contact me about a PLANNED GIFT.</p> <p><input type="checkbox"/> A Bequest</p> <p><input type="checkbox"/> A Gift of Insurance</p> <p><input type="checkbox"/> A Charitable Trust</p>
<p>Texas Foundation for Psychiatric Education and Research • 401 West 15th Street, Suite 675, Austin, Texas 78701.</p> <p><i>Your contribution is tax deductible to the full extent of the law. Thank you for your support!</i></p>	

Your Foundation Donations at Work

The Texas Foundation for Psychiatric Education and Research

is pleased to provide 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 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.

Business/Civic/Political Leaders Involved? "Mindful Coogs" – Student Organization at University of Houston that leads monthly mindfulness, yoga, and meditation sessions for university students and faculty

- 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.

Target Audience/Expected Attendance: Business/Civic/Political Leaders Involved? Family Service Center of Galveston

TARRANT

The Tarrant County Chapter planned several events and partnered with The Parenting Center of Fort Worth and The Womens 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 via 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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<http://www.txpsych.org> (website)

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

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.

