

# Texas Psychiatrist



## The pandemic continues...

J. Clay Sawyer, M.D., DLFAPA, Chair, Texas Federation of Psychiatry

Not surprisingly, we are still in the midst of the Covid pandemic. Over the past few months, the Federation has entered much useful information on our webpage (<https://www.txpsych.org>) regarding resources available to help deal with this situation. Please refer to that page for more details.

The most important concern at present is continuing to help our patients deal with the enormous challenges facing us all. It is our duty to keep them informed, to keep them as healthy as possible, and to encourage their cooperation with recommendations designed to achieve these objectives. As has been the case, these effective recommendations continue to involve wearing a mask, keeping appropriate distancing, avoiding

social gatherings, and hand washing. Now, new vaccines are available to a degree due to failed initial rollout plans. This situation is slowly improving, but the time interval to even begin any semblance of herd immunity is likely to stretch until late Summer or early Fall at the earliest. In the interim, we must do our duty to our patients and continue to educate them about the facts. We must help them to realize, for example, that wearing a mask is not a political statement, but rather is scientifically proven to be effective and exhibits good common sense, as well. At present, new infections and new hospitalizations appear to be diminishing in number. This may prove to be the calm before the storm; you may recall an increase

in these parameters about two weeks after ill-advised social gatherings at Hallowe'en, Thanksgiving, Christmas, and New Year's. Now we must be prepared for a potential increase after Super Bowl parties and after Valentine's Day. I hope I am wrong about this potential, but past experience says otherwise. I know how impatient we all are for a return to relative normalcy, but we must deal with reality. It is far better to follow these essential recommendations now than to no longer be around in the near future as a result of not following them. We must not only effectively educate our patients in this regard, we ourselves must always set the example. To do otherwise is to be disingenuous and to constitute a failed standard of care. I am convinced that literally hundreds of



J. Clay Sawyer, MD, DLFAPA

thousands of lives have been needlessly lost because of impatience, because of politics, and because of the lack of setting an effective example. Let's do everything we can to end this preventable loss so that our ultimate return to normalcy will be that much quicker for a greater number of people. If we do what is necessary to achieve that goal, then we can truly say that we have done our duty as physicians. ■



## The Legislature is in Session

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

Legislators look at the numbers. The 87th Texas Legislature convened on January 12 and will be in session until May 31. Challenges from the pandemic have not stopped the Texas representatives and senators from going about the business of developing bills their constituents believe are needed. And we as Texas psychiatrists will need to stand ready to meet as informed constituents about bills patients need and bills that could harm Texas patients.

Eric Woomeer, our lobbyist, and the Federation Legislative Committee began meeting last August to prepare for this upcoming session. Members of the committee include the Federation Chair, J. Clay Sawyer, MD and the three Presidents of our Federation psychiatric organizations: Tim Wolff, MD as President of TSPP; Melissa DeFilippis, MD as President of TSCAP; and Daryl Knox, MD as President of TAP. Other members of the committee Michael Arambula, MD, PharmD; Federation Vice Chair of Education; Les Secrest, MD, Federation Delegate; Debra Atkisson, Federation Vice Chair of Public Policy, and

Legislative Committee Chair; Lynda Parker, MD, Federation Secretary/Treasurer; Karen Wagner, MD Secretary/Treasurer of TSPP; Daniel Pearson, MD, Federation Delegate, and Melissa Eshelman, MD, immediate Past

for legislative advocacy bodes well for our organization's future and we hope to see many of them in attendance at Capitol Day. March 2, a first Tuesday for TMA, will be our legislative Capitol Day in conjunction



Debra Atkisson, M.D., DFAPA

- **Medicaid IMD exclusion** for patients who are hospitalized in private psychiatric hospitals.

Each group will have spokespersons who are prepared to talk about the issues related to the topic – BUT WE NEED A NUMBER OF PEOPLE TO JOIN IN WITH THEM! **Legislators look at the numbers;** and a good showing of faces with each meeting will help us as we make the informed points that our representatives and senators need to hear. Keep on the lookout for an email from the Federation about how to be a part of our Capitol Day. **Join us** to help bring those points into the forefront in order to help Texas patients – and Texas psychiatrists – during this unprecedented time. ■

### Save The Date! – March 2, 2021

Federation of Texas Psychiatry  
Texas Society of Psychiatric Physicians  
Texas Society of Child and Adolescent Physicians  
Texas Academy Psychiatry

### VIRTUAL CAPITOL DAY (In Conjunction with TMA First Tuesday)

President of TSPP; Joseph Penn, MD, Past President of TSPP; and Richard Noel, MD: Past President of TSPP. In addition to our committee members, Leah Kolar, MD, a PGY4 Resident at UTMB and Chair of the TSPP RFM Committee, worked with the committee. Derek Neal, MD, her mentor, to develop training to assist when we present workshops on legislative advocacy. **The enthusiasm and interest of our residents**

**with TMA.** We will meet from 12:30 to 5:00 P.M. virtually. Eric Woomeer will have a briefing time and we will split into groups with identified spokespersons to meet with different legislators. Our major topics:

- **Scope of practice**
- **Collaborative care**
- **Telepsychiatry**
- **Prior authorization of antipsychotics**

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VIRTUAL  
TSPP/TAP Spring  
Committee  
and  
Executive Council  
Meetings

MARCH 20-21

VIRTUAL  
TSPP/TAP  
Spring CME Program  
Cutting Edge  
Psychiatry  
in the Time of COVID

APRIL 17, 2021



# 2021 Legislative Session Begins

Eric Woomer, Federation of Texas Psychiatry Public Policy Consultant

The 87th Texas Legislature gavelled in on January 12th, 2021, with low-key opening day ceremonies. Lawmakers have 140 days to complete their business – March 12th is the filing deadline for bills, and Sine Die – the last day of session – is May 31st. Opening day of the session was chiefly focused on addressing process modifications in response to the COVID-19 pandemic and the enthusiastic response to the election of Rep. Dade Phelan (R-Beaumont) as Speaker of the Texas House. Each chamber performed their opening day functions to an unusually empty gallery, and everyone entering the Capitol was subjected to mandatory COVID-19 testing, facilitated by the Texas Department of Public Safety. One notable change on the Senate side - a rule change that allows for eighteen senators to bring a bill to the floor for a vote, rather than the previous nineteen-vote requirement. This will allow GOP senators to advance a bill without Democrat support.

The beginning of session is typically filled with energy and the excitement of meeting new members and catching up with old friends. This year, however, posed some historic challenges and opportunities that will require creativity and adjustment. Already, four members of the House have already tested positive for COVID-19 since the session began – meaning continued refinement of process will need to be made to keep lawmakers, their staffers, the lobby and the public safe.

### Key Issues Facing the Legislature

COVID logistics, the state budgetary shortfall, and redistricting are some of the main subjects legislators will face this year, although redistricting is likely to be addressed in a special session. Here are some of the challenges in addressing these issues:

#### COVID-19

The public is being allowed into the building, but restrictions are in place. The Senate

is requiring a negative coronavirus test upon entry into the chamber or entry into committee meetings. The House is not requiring tests but is requiring everyone to wear a mask. Public seating in the gallery will continue to be limited, and during the debate on House rules, lawmakers rejected a measure that would have allowed for virtual public testimony, so anyone wishing to testify will need to do so in person.

#### Budgetary Shortfall

The House and Senate released their base budget for the 2022-2023 biennium, with both chambers proposing General Revenue expenditures of \$119 million, staying under the Legislative Budget Board's 7% spending limit. The budgets both prioritize teacher retirement funding and the investments made in public education last session, as well as providing funding for Medicaid caseload growth. Budget hearings are to begin in mid-February. The overall shortfall between the current budget and the next cycle is around \$7 billion – a daunting number but one that is perhaps more manageable than expected.

#### Redistricting

The Senate special committee has already begun hearings on the redistricting process, which determines how many seats each state gets in Congress based on data from the U.S. Census Bureau. In Texas, the state legislature uses that data to equally split up the U.S. House seats across the State, as well as the Texas House and Senate districts.

The Legislature will also consider many issues related more specifically to psychiatry and the care of the mentally ill. Some of the highlights of issues that will be on lawmakers' radar:

#### Mental Health Budget

Combined initial budget funding recommendations exceed \$8 billion across 24 state agencies. This amount includes funding for inpatient client services at state

and community mental health hospitals, outpatient services provided through local mental health authorities, substance abuse prevention, intervention, and treatment services for adults and children, and mental healthcare services for veterans. This amount is a decrease of \$500 million overall, but the decrease is largely attributable to a reduction in "Rainy Day" funds and bonds appropriated for one-time construction, repair and renovation projects at state mental health hospitals. Behavioral health-related expenditures in Medicaid are estimated to be \$3.7 billion for the biennium, and CHIP behavioral health funds are nearly \$100 million. Importantly, these funding recommendations do not include any new federal funds COVID response for the 2022–23 biennium, which are likely to be bolstered in the coming months.

#### Other Legislative Priorities

##### Scope of Practice Expansion – APRNs and Psychologists

The Federation continues to oppose the independent practice of Advanced Practice Registered Nurses. There is a significant gap in educational and training experience between physicians and APRNs as physicians must accrue many thousands of more hours of education and clinical practice than nurse practitioners in order to independently treat a patient. Moreover, there is scant evidence to suggest that allowing APRNs to independently practice would increase access to care, as most maps of Texas counties indicate that APRNs tend to congregate in urban areas of the state, just as most other providers, and independent practice would not suggest they would spread to more rural areas of the state.

No APRN bill has yet been filed, but a psychological prescribing bill – H.B. 1462 – has been filed by Rep. Vikki Goodwin (D-Austin). Granting psychologists prescribing authority would compromise patient care – an estimated 50% of those who require



Eric Woomer

medication for their mental illness also have other medical conditions which require medication. The complex interactions of these drugs and their effects present a challenge even to experienced physicians.

Rep. Stephanie Klick (R-Fort Worth) has been named to chair the House Committee on Public Health, the committee of jurisdiction on scope of practice issues. A nurse by profession, Rep. Klick is a longtime proponent of the expansion of the APRN authority. Her assuming the chairmanship of this key committee meaningfully increases the chances that these bills will move through the process.

#### Accessing Mental Health Medication

Currently, onerous prior authorization and step therapy requirements produce savings for the state by creating excessive barriers to essential medications for patients with serious and persistent mental illness. However, individuals with medication access challenges face a considerably higher number of adverse events like hospitalization or incarceration, which dramatically increase state expenditures and reduce their quality of life. Streamlining the prior authorization process in Medicaid and discontinuing fail first practices in commercial plans will reduce barriers to care. The legislature is considering modifying procedures and practices which could improve access to these important medications, saving money within the healthcare and criminal justice systems and improving the lives of patients who struggle with mental illness.

#### Capitol Day

The Federation is planning for ways to connect our members with lawmakers during the 87th Legislative Session. This new way of interacting has proven to be effective over the past year and has been established as an efficient way of communicating legislative priorities as the session moves forward. The Federation is developing a plan to facilitate a virtual Capitol Day, targeting key lawmakers on our priority issues, including scope bills, collaborative care, telepsychiatry, and Medicaid access to psychiatric services.

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 for the remainder of the 2021 legislative session. ■

## PART-TIME PRACTICE? PAY PART-TIME RATES



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# You, Me, and Us

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

In completing my term as president of the Texas Society of Psychiatric Physicians on March 21, I reflect on us, about our past, and on a year that was and was not. I take stock on how we got here, the tempests of the past year that swirled around so many of us, and our resolve to be steadfast. Could Nietzsche's quote of "That which does not kill us makes us stronger" ring true for our weathering this pandemic?

## For you:

Sometime in the past, you wrote an essay about why you wanted to be a physician, and then sometime later, perhaps four years later, you wrote one about why you wanted to be a psychiatrist. Grandiose—perhaps. Idealistic—likely. Naïve—of course. You have forgotten the words—but if you pause, in your heart, you can remember the gist of it. In many ways, it is likely you have realized those goals.

With your hard-earned expertise, you found your calling in the workforce, did your continuing medical education, and did administration for, provided supervision of, and/or directly attended to patients, ranging from the seriously mentally ill to the worried well. You sought affiliation in your personal and professional life—and you found your niche.

In the process, you came to appreciate that this universe was not so enchanted and challenges abounded. The reality prin-

ciple replaced an ideal one. You have been changed by patient expectations, the culture of prescribing medications for nearly all patients, a dramatic rise in the cost of psychiatric care, and advocacy challenges. You may have been swatted by the heavy hand of gatekeeping and were flustered during negotiations for authorizations. You have been frustrated by the lack of parity, startled by dwindling psychiatric beds, and chagrined by the persistence of the stigma of psychiatric illness.

Despite all that, you were managing decently when the pandemic hit. Now your interactions with patients, colleagues, and students were shaken and stirred. You had to deal with patients' fears as well as your own. You have done telephone visits, navigated BlueJeans on the electronic medical record, and masked up with in-person visits. You have learned ZOOM, organized conference calls for meetings, and advocated in new ways. Bravo! You have adapted, and are likely to continue to do so in the upcoming months.

## For me:

So, I too, have gone down this path of idealism giving way to realism, adapted as psychiatry has changed. I have not been infected by the SARS-CoV-2 virus and gratefully have had vaccinations. However, like so many others, my family has been affected. My wife's uncle and both of my

parents have had COVID—and survived. The angst was up-front and personal. Unfortunately, there have been losses this past year: sadly, Dr. Ken Altshuler, the longtime, dedicated chairman for the department of psychiatry at the University of Texas Southwestern Medical Center died in January. He was a fine mentor and friend.

My observations of the effect of the pandemic on patients has been varied—some bad, but also some good. The stress of restrictions and the capricious nature of the virus has led to increased anxiety and lower mood for established patients and has led to an increased number of new evaluations. Other patients initially have felt unaffected (especially those as identified as introverted), have appreciated the ability to have sessions from the safety of their home either by telepsychiatry or telephone, and have been less likely to "no show" for appointments. I miss being able to be with my fellow faculty members, staff and patients; however, have enjoyed the comforts of home, being protected from transmission, and having a 30 second commute to work for a majority of days.

## For us:

We are carrying on—but what were the alternatives? Patients are getting treated, students and residents are being taught, and important research is happening. Concerns about inherent biases and racial prejudices are being heard. The pandemic



Timothy K. Wolff, MD, DLFAPA

is like a war. Most of us are surviving. Unfortunately, casualties have been and will continue to be very significant. The immediate future remains very murky. Hopefully, most of us will make it to the other side. Regardless, the TSPP will be there, helping us to pick ourselves up and to be stronger. We need to be there to support ourselves and our patients, and to provide hope.

We had success with two virtual meetings in 2020 and, this spring are having two separate virtual meetings—the executive council and committee meetings in March—and the CME program later in April. Membership involvement remains key. Our advocacy in the current legislature has its own hurdles, but we can negotiate these. Indeed, we are all adapting—ready for future challenges.

I am grateful for the opportunity to be the president of the TSPP regardless of good times or bad—and look forward to assisting Dr. Mike Arambula as he takes the rudder for the journey ahead. ■

Texas Society of Psychiatric Physicians /Texas Academy of Psychiatry

## 2021 Spring Meeting Schedule

### PROGRAM SCHEDULE

#### SATURDAY, MARCH 20, 2021

8:30 am – 9:30 am Chapter Leadership Forum

#### Council on Leadership Meetings:

9:30 am – 10:30 am Ethics

9:30 am – 10:30 am Distinguished Fellowship

9:30 am – 10:30 am Finance

10:30 am – 11:00 am **Break / Members Visit with Sponsors Exhibiting**

#### Council on Education Meetings:

11:00 am – 12:00 pm Continuing Medical Education

11:00 am – 12:00 pm Professional Practice Management

#### Council on Service Meetings:

12:00 pm – 1:00 pm Academic Psychiatry

12:00 pm – 1:00 pm Children and Adolescents Psychiatry

12:00 pm – 1:00 pm Forensic Psychiatry

12:00 pm – 1:00 pm Public Mental Health Services

1:00 pm – 1:30 pm **Break / Members Visit with Sponsors Exhibiting**

#### Council on Advocacy Meeting:

1:30 pm - 2:30 pm Government Affairs

2:30 pm - 3:30 pm Texas Academy of Psychiatry Board of Directors Meeting

2:30 pm – 3:30 pm Resident Fellow Member in Training Section

3:30 pm – 4:00 pm **Break / Members Visit with Sponsors Exhibiting**

4:00 pm – 5:00 pm TSCAP Executive Committee Meeting

5:00 pm - 6:00 pm Federation Delegate Assembly Meeting

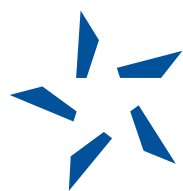
6:00 pm -7:00 pm Foundation Board of Directors Meeting

#### SUNDAY, MARCH 21

12:00 pm – 2:00 pm TSPP Executive Council Meeting and Installation of 2021-22 Officers at Conclusion of Meeting:

#### 2021-22 TSPP OFFICERS

Michael Arambula, MD, Pharm D | President  
Karen Dineen Wagner, MD, Ph.D. | President-Elect  
Lynda Parker, MD | Secretary-Treasurer  
Timothy Wolff, MD | Immediate Past President



## 2021 Distinguished Fellowship

Mark Jacobs, MD, Chair, TSPP Distinguished Fellowship Cmte

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 American Psychiatric Association bestows upon members. Excellence, not mere competence, is the hallmark of an APA Distinguished Fellow.

If you are considering applying for Distinguished Fellowship status, please review the DFAPA requirements at <https://www.psychiatry.org/join-apa/become-a-fellow> and then 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](mailto:tsppofc@aol.com), and one of our committee members will be designated to serve as your advisor.

In addition to belonging to APA for at least eight consecutive years as a General Member or Fellow, and being Board Certified in Psychiatry, applicants should demonstrate excellence in a number of areas. Since Distinguished Fellowship is an APA honor, length and quality of service in the activities of the Chapter, District Branch (TSPP), and

### CONGRATULATIONS

to the Following TSPP Members whose nominations were approved by the APA Board of Trustees for Distinguished Fellow and Fellow status in 2021:

#### DISTINGUISHED FELLOWS

E. Sherwood Brown, MD, DFAPA, Dallas  
Clifford K. Moy, MD, DFAPA, Houston

#### FELLOWS

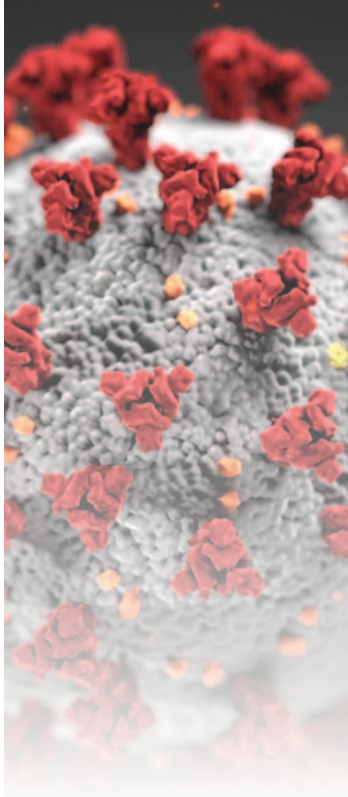
Rebecca Castro, MD, FAPA, Seguin  
Chad A. Hooten, MD, FAPA, Austin  
Astik Joshi, MD, FAPA, Lubbock

APA are critical. 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. An applicant must also have letters of support from three current Distinguished Fellows or Distinguished Life Fellows to accompany their application.

#### TSPP Distinguished Fellow Committee

Michael Arambula, MD, Pharm D	Bexar County Chapter	zavdm@msn.com
Debra Atkisson, MD	Tarrant Chapter	DrDAtkisson@aol.com
Melissa Eshelman, MD, Vice Chair	Austin Chapter	meshelman@austin.utexas.edu
Edythe Harvey, MD	Galveston-Brazoria Chpt	eharvey483@aol.com
Fructuoso Irigoyen-Rascon, MD	South Texas Chapter	frigoyen@juno.com
Mark Jacobs, MD, Chair	Houston Chapter	marksjacobsmd@icloud.com
Chad Lemaire, MD	Houston Chapter	chad.lemaire@sbcglobal.net
Carol North, MD	North Texas Chapter	carol.north@utsouthwestern.edu
J. Clay Sawyer, MD	Lone Star Chapter	1cdsawyer@sbcglobal.net





Texas Society of Psychiatric Physicians & Texas Academy of Psychiatry  
Joint Provider Scientific Program

# Cutting Edge Psychiatry in the Time of COVID

## VIRTUAL LIVE CME WEBINAR Saturday, April 17, 2021

Five (5) *AMA PRA Category 1 Credits™*, with 2 of the Hours Designated for Medical Ethics/Professional Responsibility

### Scientific Program Schedule

Presented in Central Time Zone

- 9:15 am - 9:25 am** Log onto Virtual Webinar (Zoom) to be admitted to the CME Program, starts promptly at 9:30 am.
- 9:30 am** Welcome and Introductions – Open Remarks / CME Accreditation Statements and Certificate of Attendance Information
- 9:35 am - 10:40 am** “Physician Support Line – Confidential Peer-to-Peer Physician Self Care and Prevention of Burnout: One Grassroots Solution for Stressors of COVID and Beyond”  
Mona Masood, DO and Smita Gautam, MD
- Introduction; 45 Minute Presentation; 15 Minute Q&A with Audience**  
**Objectives:** The learning objectives for this activity have been designed to address clinical competence. Upon conclusion of the activity, participants should be able to:
- Identify at risk physicians
  - Employ effective crisis management / problem focused techniques.
  - Recognize when to refer
- 10:40 am - 11:45 am** “Treatment of Depression in the Medically Ill Patient”  
Mark E. Kunik, MD, MPH, DFAPA
- Introduction; 45 Minute Presentation; 15 Minute Q&A with Audience**  
**Objectives:** The learning objectives for this activity have been designed to address clinical competence. Upon conclusion of the activity, participants should be able to:
- Identify depression in the medically ill
  - Discuss risks and benefits of pharmacotherapy in the medically ill and modify to reduce risk and improve treatment results.
  - Discuss strategies to improve communication between primary care clinicians and psychiatrists in treating patients with depression and medical co-morbidities.
- 11:45 am - 12:00 pm** Break
- 12:00 pm - 2:05 pm** **ETHICS: “Ethics and Telepsychiatry”**  
Avrim B. Fishkind, MD
- Introduction; 1.5 Hours Presentation; 30 Minute Q&A with Audience**  
**Objectives:** The learning objectives for this activity have been designed to address clinician competence. Upon conclusion of the activity, participants should be able to:
- Discuss new legal regulations of telepsychiatry and differentiation between telehealth, telemedicine and telepsychiatry.
  - List telephone and video-health platforms and options
  - Categorize confidentiality issues of platforms
  - Analyze and differentiate computer specs and bandwidth issues and how they impact care.
  - Discuss and employ HIPPA and privacy laws.
  - Distinguish ethical aspects of telepsychiatry and adapt and apply to patient care.
  - Recognize and apply effects of telepsychiatry on team-based care.
- 2:05 pm - 2:20 pm** Break
- 2:20 pm - 3:25 pm** “Novel Pharmacological Treatments for Schizophrenia”  
Stephen R. Saklad, MD, Pharm.D. BCPP
- Introduction; 45 Minute Presentation; 15 Minute Q&A with Audience**  
**Objectives:** The learning objectives for this activity have been designed to address clinician competence. Upon conclusion of the activity, participants should be able to
- Identify new receptor mechanisms for new drugs.
  - Describe and chart the timeline for release of drugs.
  - Calculate early results of trials.
- 3:25 pm - 3:50 pm** Closing Remarks

### 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. Patients with depression and

medical co-morbidities may be under-treated due to concerns about medical co-morbidities, and psychiatrists and primary care clinicians may have difficulty communicating and understanding the risks and benefits of psychotropic medications in these patients. The presentation will provide an update on best practices in treating patients with depression and medical co-morbidities to increase their knowledge and competence. The COVID-19 pandemic has caused a rapid shift to telemedicine work. Usual laws like HIPAA have been suspended to allow greater access to populations at risk for mental health issues. CMS has changed billing and coding to make telemedicine and telephone visits equivalent to in person visits. However practitioners may not be fully aware of the impact of telework on the therapeutic relationship, confidentiality issues, the susceptibility to some apps and platforms to breaches in confidentiality and how this affects provision of safe and optimal care. Psychiatrists need to be updated on the development, timeline for release of new medications, early results of trials / pre-market experience with novel drugs for schizophrenia. COVID-19 has added additional stressors to physicians and psychiatrists. Psychiatrists need to be educated about Physician Support Line, a

peer-to-peer physician self-care and prevention of burn out, understand who has access, what can be accomplished and how to access support in a phone help line for physicians during the pandemic and beyond.

### OBJECTIVES

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

### ACCREDITATION STATEMENT

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Texas Medical Association (TMA) through the joint providership of the Texas Society of Psychiatric Physicians and the Texas Academy of Psychiatry. The Texas Society of Psychiatric Physicians is accredited by TMA to provide continuing medical education for physicians.

### CREDIT STATEMENT

The Texas Society of Psychiatric Physicians designates this Live Activity for a maximum of five (5) *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### ETHICS DESIGNATION STATEMENT

The presentation “Ethics and Telepsychiatry” 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

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 relationships 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 presentation through oral communication and inclusion on the beginning slide of the program.

### Speakers



#### Mark Kunik, MD, M.P.H, DFAPA

**Director**, VA South Central Mental Illness Research, Education and Clinical Center (IRECC)

**Chief**, IQEST Behavioral Health and Implementation Program

#### Professor

Menninger Department of Psychiatry and Behavioral Science  
Houston, Texas



#### Avrim B. Fishkind, MD

**Consultant-Clinician**: Emergency Psychiatry, Telepsychiatry and Psychiatric Emergency  
Services Design Empathic Soul Health, LLC

#### Former General Manager

SOC Telemed

**Former Chief Executive and Chief Medical Officer, Owner**  
JSA Health Telepsychiatry

Houston, Texas



#### Smita Gautam, MD

**Co-Founder**, Collaboration Coordinator and Volunteer Coordinator of Physician Support

Line Board Certified Child and Adolescent Psychiatry

The Family Institute, a Non-Profit Organization Affiliated with Northwestern University

Involved in Community Mental Health Education in Chicago and Northern Suburbs

Chicago, Illinois



#### Mona Masood, DO

**Founder and Chief Organizer** of Physician Support Line

Board Certified in General Adult Psychiatry

Outpatient Psychiatrist, Greater Philadelphia Area

**Board Member** of Non-Profit Community Mental Health Organization, Muslim Wellness Foundation, which provides mental health education services to the community

Philadelphia, Pennsylvania



#### Stephen R. Saklad, MD, Pharm.D., BCPP

**Director**, Psychiatric Pharmacy Program

Pharmacotherapy Education and Research Center  
UT Health Science Center

San Antonio, Texas

#### Clinical Professor

Pharmacotherapy Division

The University of Texas at Austin College of Pharmacy

#### Adjunct Professor

School of Medicine

Pharmacotherapy Education and Research Center

UT Health Science Center San Antonio

#### Clinical Pharmacologist

San Antonio State Hospital

Texas Department of State Health Service



Texas Society of Psychiatric Physicians  
& Texas Academy of Psychiatry

## VIRTUAL LIVE CME WEBINAR

April 17, 2021



Cutting Edge Psychiatry  
in the Time of COVID

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)

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### 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 April 17. If you do not already have the free Zoom account loaded on your device you will need to do so prior to April 17 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	

#### REGISTRATION FEE SCHEDULE

##### CME PROGRAM

<input type="checkbox"/> TSPP / ACADEMY / TSCAP Member	\$ 100.00	_____
<input type="checkbox"/> RESIDENT-FELLOW MEMBER (IN TRAINING) TSPP / ACADEMY / TSCAP MEMBER	\$ 20.00	_____
<input type="checkbox"/> RFM MEMBER WHOSE TRAINING PROGRAM DIRECTOR HAS REGISTERED	NO CHARGE	_____

List Training Program Director's Name: \_\_\_\_\_

<input type="checkbox"/> MEDICAL STUDENT MEMBER APA / AACAP	\$10.00	_____
<input type="checkbox"/> NON-MEMBER PHYSICIAN	\$130.00	_____
<input type="checkbox"/> NON-MEMBER RESIDENT-FELLOW MEMBER (IN TRAINING) PHYSICIAN OR MEDICAL STUDENT	\$20.00	_____
<input type="checkbox"/> ALLIED HEALTH PROFESSIONAL	\$90.00	_____

##### MEETING SYLLABUS ORDER

<input type="checkbox"/> Meeting Syllabus in Color	\$ 155.00	_____
<input type="checkbox"/> Meeting Syllabus in Black & White	\$ 125.00	_____
<input type="checkbox"/> Online Meeting Syllabus	FREE	_____

Total Registration Fees

##### METHOD OF PAYMENT:

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Cancellation Policy: No REFUNDS given after April 1.



## Foundation 2021 Annual Fundraising Campaign

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

Most of the physicians who will be reading this article are already familiar with the purposes and the goals of the Texas Foundation for Psychiatric Education and Research (TFPER), so I won't reiterate them here. What I will reiterate are the facts that all monies raised go to help support organized psychiatry in Texas (the Texas Society of Psychiatric Physicians, the Texas Academy of Psychiatry, and the Texas Society for Child and Adolescent Psychiatry), that the vast majority of donations come from the members of these three organizations, and that donations dropped significantly last year. The necessary lack of in-person professional meetings due to the COVID pandemic undoubtedly played a large role in this precipitous drop in donations.

The resources of the Foundation help to provide education for the general public and for legislators at all levels of government—the more information provided, the less the chance that our patients will be taken advantage of by those who would wish to act as physicians without undergoing, and successfully completing, the training which all physicians receive (medical school, residency, and beyond) before we are deemed ready to take on the serious responsibilities of caring for patients in the highest professional manner.

The Foundation's educational objective doesn't stop there. Our resources can also be used to help TSPP, for example, to provide CME programs in order to help all of us maintain our licensure. These CME pro-

grams are of high quality and have been historically well-received, and are vital to our mission of helping our physicians to continuously attain the highest possible standard of care through taking advantage of mastering the latest developments in our field.

Finally, we are now in the midst of a new Texas legislative session with many new members of that body. Continuing to help educate elected officials about what constitutes a high standard of medical care (as well as correcting approaches that would

have the opposite effect) is a vital role for organized psychiatry in Texas. Whether scope of practice issues, admitting privileges, prescription pre-authorization, and many others, the involvement of all psychiatrists in Texas is essential for the success of these goals. If one cannot help in this endeavor in person, then a generous contribution to the Foundation can be highly effective, too.

So, don't let Covid-induced changes interfere with the work which must be done and in which we must all participate. Please



J. Clay Sawyer, MD, DLFAPA

give, and give generously, to the Foundation as quickly as possible so that all Texas psychiatrists will have the resources we need to get these jobs done. ■

### TEXAS FOUNDATION FOR PSYCHIATRIC EDUCATION AND RESEARCH

To Request an Electronic Invoice to Remit Your Foundation Donation,  
Email and specify the amount you wish to donate and an electronic invoice will be emailed to you.

I am pleased to support the Foundation with a contribution of:

☐ \$50 ☐ \$100 ☐ \$250 ☐ \$500 ☐ \$1000

☐ \$ \_\_\_\_\_

☐ I am pleased to commit a pledge of \$ \_\_\_\_\_ payable on (date) \_\_\_\_\_

☐ Check in the Amount of \$ \_\_\_\_\_

Make Checks Payable to "Texas Foundation for Psychiatric Education and Research"

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Credit Card # \_\_\_\_\_ Exp. Date: \_\_\_\_\_

3 Digit Code on Back of Card on Right of Signature Panel \_\_\_\_\_

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Signature \_\_\_\_\_

Zip Code where you receive your credit card statement \_\_\_\_\_

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Telephone ( ) \_\_\_\_\_

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# Innovation in the Age of COVID

Melissa S. DeFilippis, MD, President, Texas Society of Child and Adolescent Psychiatry



Melissa S. DeFilippis, MD

It is hard to believe Spring is just around the corner, especially as we approach the one-year anniversary of practicing so many social distancing/work-from-home/mask-wearing measures that were once foreign but are now a part of daily life. I cannot help but be hopeful as I sit here fully vaccinated, but that relief is coupled with the weighty knowledge of how fortunate I am to be able to feel that hope, when so many of our fellow citizens are waiting for their “shot” at getting the COVID-19 vaccination. No one can predict how long it will take our country to return to a state of normalcy (or if we will merely continue making adjustments to a “new normal”), but humanity is demonstrating its resilience as we continue learning more about this virus every day and how to best prevent and treat it.

This year has been difficult in so many ways. Our country has faced upheaval and conflict in many arenas: politically, socially, economically, and culturally. Tragic events have forced our society to literally see and reckon with the long-standing, continuous systemic racism and oppression that have

shaped not only our country’s history but our present moment. As a white, cis-gendered, heterosexual, able-bodied human, I must vigilantly assess my privileged position in this country, continually identifying areas where I have contributed to or supported systemic oppression by being complicit in or ignorant of my privilege. I have learned the concept of being anti-racist, and I am embarrassed to admit that I have often fallen short, even while thinking I am doing an okay job at it. I am working to talk less and listen more. I am actively seeking and consuming stories and philosophies shared by people who not only look different than I do, but who have developed different ways of knowing and being in the world by their having lived vastly different experiences than my own. Still, I know I can do more, and I am trying to make certain that I don’t sacrifice my growth in order to ensure my comfort.

As psychiatrists, we all strive to be compassionate, understanding, and non-judgmental with our patients. This intention creates a strong foundation, but it is also

important to honor the ways in which the intersection of race, ethnicity, age, sexuality, gender identity, disability, socioeconomic status, and other aspects of our patients’ identities often compound to create situations in which they experience more oppression in our society and are, therefore, made more vulnerable. Simultaneously, these same intersections can also hold sources of cultural knowledge and strength for our patients. Our efficacy as physicians is improved when we can better envision how such intersectionality contributes to an individual’s overall mental health. This allows us to enhance our biopsychosocial formulation and provide more effective therapeutic interventions for our patients.

TSCAP’s summer scientific program will focus on intersectionality in psychiatry, tackling issues that lead to oppression and marginalization of the young patients we work with. Wonderful speakers will join us to discuss topics such as implicit bias, racism and PTSD, and the ethics of seclusion and restraint in youth involved in the

juvenile justice system. We will also have speakers presenting on the work they do with vulnerable populations, including patients with intellectual disabilities, youth in the foster care system, and immigrant youth and families at the border and in detention centers. We have decided to hold it virtually again this year, and while I am disappointed that I will not be able to see everyone in person in one of my favorite cities in Texas (Galveston!), I am confident the program will be interesting, informative, and safe. I encourage all my fellow Federation members to consider joining us in July! ■



Texas Society of Child and Adolescent Psychiatry

## “Child Psychiatry at the Crossroads: Focus on At Risk Populations and Social Change”

SATURDAY, JULY 24, 2021 (Presented in Central Time Zone)

### SCIENTIFIC SCHEDULE

#### Saturday, July 24

Six (6) AMA PRA Category 1 Credits™, with 2 of the Hours Designated for Medical Ethics / Professional Responsibility.

8:45 am – 8:55 am	Log onto Virtual Webinar (Zoom) to be admitted to the CME Program, starts promptly at 9:00 am
9:00 am-9:30 am	Opening Remarks and Welcome
9:30 am-10:35 am	<b>ETHICS: Implicit Bias</b> – Pierre W. Banks, MD Objectives: The learning objectives for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to: <ul style="list-style-type: none"><li>• Define implicit bias and related concepts</li><li>• Explain implicit bias and how it impacts the medical profession. Discuss strategies for evaluating and confronting personal implicit bias.</li></ul>
10:35 am-11:40 am	<b>Racism: Making the Case for PTSD</b> – Lisa Falls, MD Objectives: The learning objectives for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to: <ul style="list-style-type: none"><li>• Describe ways that racism qualifies as a trauma that can lead to Post traumatic Stress Disorder</li><li>• Identify behaviors in child and teen victims of racism that meet criteria for Post traumatic Stress Disorder</li><li>• Incorporate a method of routine for micro/microaggressions in marginalized patient populations.</li></ul>
11:40 am-11:55 am	Break
11:55 am-1:00 pm	<b>Special Clinical Considerations in Treating Persons with Intellectual and Developmental Disabilities (IDD) with Comorbid Psychiatric Disorders in Residential Treatment Center Settings</b> – Steven R. Pliszka, MD Objectives: The learning objectives for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to: <ul style="list-style-type: none"><li>• Discuss pharmacological treatments of different target symptoms</li><li>• Identify differences in dosing and medication choices for persons with IDD</li><li>• Identify specific clinical challenges in residential treatment center settings.</li></ul>
1:00 pm-2:05 pm	<b>ETHICS: Seclusion and Restraint in Correctional Setting</b> – Joseph V. Penn, MD, CCHP, FAPA Objectives: The learning objectives for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to: <ul style="list-style-type: none"><li>• Identify the clinical, legal and ethical issues related to Seclusion and Restraint.</li></ul>
2:05 pm-2:20 pm	Break
2:20 pm-3:25 pm	<b>Changes and Challenges in the Foster Care System: Implications for Treatment</b> – Mohsin Khan, MD and Kimberly Stone, MD Objective: The learning objectives for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to: <ul style="list-style-type: none"><li>• Update on legislative issues that impact children in foster care</li><li>• Describe the mult-disciplinary approach</li><li>• Identify challenges in working with the population</li></ul>
3:25 pm-4:30 pm	<b>Border Crisis: Barriers and Barometers of Care</b> – Speaker TBD Objective: The learning objective for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to: <ul style="list-style-type: none"><li>• Identify cultural impact on care</li><li>• Update on policy change</li><li>• Describe longitudinal effects for patients and providers</li></ul>
4:30 pm-4:45 pm	Closing Remarks



Texas Society of Child and Adolescent Psychiatry

"Child Psychiatry at the Crossroads: Focus on At Risk Populations and Social Change"

SATURDAY, JULY 24, 2021 (Presented in Central Time Zone)

ACCREDITATION STATEMENT

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Texas Medical Association (TMA) through the joint providership of the Texas Society of Psychiatric Physicians and the Texas Society of Child and Adolescent Psychiatry. The Texas Society of Psychiatric Physicians is accredited by TMA to provide continuing education for physicians.

CREDIT STATEMENT

The Texas Society of Psychiatric Physicians designates this Virtual 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 Ethics Presentation: "Racism, Making the Case for PTSD" and "Seclusion and

SPEAKERS

"Child Psychiatry at the Crossroads: Focus on At Risk Populations and Social Change"

Pierre W. Banks, MD,  
Assistant Professor  
& Senior Specialist  
Learning and Career Counseling  
University of Texas  
Medical Branch  
Galveston, Texas

Lisa Falls, MD  
Associate Professor  
Department of Psychiatry  
University of Texas  
Medical Branch  
Galveston, Texas

Mohsin Khan, MD  
Assistant Professor  
Department of Psychiatry  
UT Southwestern Medical Center  
Dallas, Texas

Joseph V. Penn,  
MD, CCHP, FAPA  
Director,  
Mental Health Services  
UTMB Correctional  
Managed Care  
Clinical Professor  
UTMB Department of Psychiatry  
Galveston, Texas

Steven R. Pliszka MD  
Dielmann Distinguished  
Professor and Chair  
Department of Psychiatry  
San Antonio, Texas

Kimberly Stone, MD  
Assistant Professor  
Department of Pediatrics  
UT Southwestern  
Medical Center  
Dallas, Texas

Restraint in Correctional Setting" have been designated by the Texas Society of Psychiatric Physicians for a total of two (2) credit of education in medical ethics and/or professional responsibility.

TARGET AUDIENCE/  
PROGRAM OBJECTIVES

This virtual activity has been designed with didactic lectures supplemented with panel discussion; clinical vignettes; audiovisual presentations and question and answer discussion in multiple educational sessions.

The program is designed to provide its' target audience of Child and Adolescent Psychiatrists, Adult Psychiatrists, Pediatricians and Primary Care Physicians

with clinically relevant information to advance the physicians' competence and provide them with 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.

NEEDS ASSESSMENT

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

FACULTY AND 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 at the beginning of the Virtual CME Activity through verbal and written slide display.

Texas Society of Child and Adolescent Psychiatry

VIRTUAL LIVE CME WEBINAR

Saturday, July 24

MAIL... (pay by credit card or check)  
Texas Society of Child and Adolescent Physicians  
401 West 15th Street, Suite 675, Austin, TX 78701

(The following options require credit card payment)  
E-MAIL... tscapofc@aol.com  
ONLINE... http://www.txpsych.org

FAX... 512.478.5223  
PHONE... 512.478.0605

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

REGISTRATION FORM

When your registration payment has been processed, about one week prior to the meeting, you will receive an email invite at the email address provided on your registration form with a link to join the meeting, the unique Meeting ID # and information for joining the meeting on Saturday, July 24. It is IMPORTANT that the email address you list on the Registration Form is the email you will use to participate on the Zoom Meeting or Zoom will not recognize and allow you to log into the meeting. If you do not already have Zoom loaded on your device with the email address you provide on your Registration Form, you will not be able to access the program. Please refer to the Zoom Guide attachment for instructions to access the meeting. The program will begin promptly at 9:00 am so please log on about 5-10 minutes prior to 9:00 am. Thank you for registering!

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

SPECIALTYEMAIL ADDRESS

MAILING ADDRESSCITYSTATEZIP

PHONEFAX

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REGISTRATION FEE SCHEDULE

☐ TSCAP / TSPP / Academy Member

\$110

☐ Non-Member Physician

\$140

☐ Allied Health Professional

\$90

☐ Trainee Member / Medical Student Member

\$10

☐ Non-Member Trainee / Medical Student

\$20

MEETING SYLLABUS ORDER

☐ Online Meeting Syllabus

Free

☐ Color Printed Copy

\$155

☐ Black & White Copy

\$125

TOTAL REGISTRATION

PAYMENT INFORMATION

Check in the Amount of \$\_\_\_\_\_ Make Checks Payable to Texas Society of Child and Adolescent Psychiatry

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Cancellation Policy: No REFUNDS given after July 1



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

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Debbie Giarratano

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## CALENDAR OF MEETINGS

### MARCH

- 2 Federation of Texas Psychiatry  
Virtual Capitol Day
- 20 Texas Society of Psychiatric Physicians,  
Texas Academy of Psychiatry  
Virtual Spring Committees, Component Organizations
- 21 Virtual TSPP Executive Council Meeting

### APRIL

- 17 Texas Society of Psychiatric Physicians and  
Texas Academy of Psychiatry  
Virtual CME Program  
"Cutting Edge Psychiatry in the Time of COVID"

### JULY

- 24 Texas Society of Child and Adolescent Psychiatry  
Virtual CME Program  
"Child Psychiatry at the Crossroads:  
Focus on At Risk Populations and Social Change"

## JOB BANK

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

### TSPP, TSCAP and TAP MEMBER SURVEY

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