

Texas Psychiatrist



The pandemic continues...

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



J. Clay Sawyer, MD, DLFAPA

It will come as no surprise that we continue to be gripped by the Covid-19 pandemic. On top of that, our entire state was paralyzed in mid-February by a severe winter storm which left millions of Texans without power, without heat, and without water; for many, this severe situation lasted for days on end. In Waco alone, we had six inches of snow preceded by nearly an inch of ice and followed by more ice, with sub-freezing temperatures (the coldest: 1 degree below zero) for eight consecutive days. Other areas of the state experienced even worse conditions. Early analysis appears to show that sensible preparations for winter storms on the part of Texas’ energy industry had been advised, but never took place. The Texas Legislature is presently attempting to address this calamity.

Speaking of the Legislature, the Federation is actively at work in our ongoing tasks of advocating for our patients as we offer education to legislators in the issues involved in that advocacy effort. The foci of our concerns are as follows: our opposition to House Bill (HB) 2029 and Senate Bill (SB) 915, both of which would grant APRNs independent practice privileges; our opposition to HB 1462 which would grant prescribing privileges to psychologists; and,

Our opposition to the first three bills stems from our continuing concern for patient safety. Nurses and psychologists all do tremendous and valuable work within the fields for which they are trained, but none are trained to be physicians.

our support for SB 672 regarding collaborative care.

Our opposition to the first three bills stems from our continuing concern for patient safety. Nurses and psychologists all do tremendous and valuable work within the fields for which they are trained, but none are trained to be physicians. We have always maintained that only those fully trained as physicians are qualified to bear the tremendous responsibilities involved in being a physician and in delivering the highest quality care to our patients – we are responsible for their very lives, and the intense training and education we undergo are truly the minimum requirements for assuming this tremendous obligation to the general public and in earning the trust they place in us.

If you would like to comment to the legislature on this issues (please do – numbers matter!), you can use this weblink: texmed.org/grassroots . TMA’s home webpage (texmed.org) has a wealth of information on these and other issues of great concern to the practice of medicine in Texas. And, you can find even more resources on our own webpage (txpsych.org). Please let your voice be heard!

Finally, I must address the continuing pandemic. I have spoken to more than a few people who truly believe that the pandemic is over because of the lifting of the mask mandate in mid-March. This belief could not be further from the truth! The “lowered numbers” regarding new cases, hospitalizations, and fatalities leveled off after a period of decline, but now appear to

be gradually increasing yet again. As a nationally-known expert recently stated, “Now is not the time to spike the ball before crossing the goal line!”

We cannot yet let down our guard and assume that the worst is over, not with new mutant forms of the virus beginning to appear in Texas (some of these mutants are feared to be more easily transmissible and potentially more lethal than the original form of the virus), and certainly not with the illusion that those who have been fully vaccinated need no longer take precautions. It is our responsibility to continue to educate the general public that masking, distancing, hand-washing, and avoidance of large crowds in general (and close proximity situations in particular) must be maintained until we attain true herd immunity.

We owe our patients no less. ■



Make Your Voices Heard

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

The 87th Legislature is meeting now. And many nonphysicians are making their voices heard loudly about how they can solve the healthcare needs of Texans as soon as the legislature votes for them to have the privilege of independent practice. We physicians value the work our non-physician team members provide in the care of patients. Physicians know what patients need best and we should be leading the team that provides that care.

All of us attended medical school for four years and completed 18,000 to 20,000 hours of postgraduate training. Nurse Practitioners complete 500 to 1500 hours of training. Nurse Practitioners are valuable members of our team, but do not have the education and experience to practice medicine. The rigorous training and experience we receive prepares us to treat patients

holistically using the biopsychosocial model.

The bills we MUST speak out about are HB2029 by Stephanie Klick, which will be heard in the House Public Health Committee this week. This bill gives Advanced Practice Nurse Practitioners the legislative approval to practice medicine independently – without going to medical school. Senator Kelly Hancock in the Senate Business and Commerce Committee has filed a companion bill SB915 which approves the independent practice of Nurse Practitioners. The coalition of Nurse Practitioner supporters have made their voices heard – loud and clear – to our legislature.

A bill in the House Public Health Committee granting psychologists the ability to prescribe medications independently, HB 1462 by Vikki Goodwin, has been filed

also. Prescribing medications without medical training is a prescription for disaster. Let your Representative know about the dangers involved in letting this bill move forward.

Positive bills filed to help the healthcare of Texans include SB 672 by Senator Dawn Buckingham, which directs the Health and Human Services Commission to establish a Medicaid collaborative care model as well as providing for the reimbursement for services provided under the model. Telemedicine has proven to be a modality that can reach healthcare needs. A number of bills have been filed to support the ongoing practice and reimbursement of telemedicine/telepsychiatry. Those bills include HB 515 by Rep. Tom Oliverson which ensures payment parity between medical services and telemedicine/telehealth services for plans under the over-



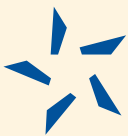
Debra Atkisson, M.D., DFAPA

sight of the Texas Department of Insurance. Companion bills include: HB 522 by Rep. Julie Johnson; HB 988 by Rep. Art Fierro; and SB 228 by Sen. Cesar Blanco.

We have a duty to Texans to speak out about what can help their healthcare – and what can harm them. Make your voice heard this week to your Representative, Senator, and House Public Health Committee. Texans need your voice! ■

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VIRTUAL
TSPP/TAP
Spring CME Program
Cutting Edge Psychiatry
in the Time of COVID
APRIL 17, 2021



VIRTUAL
TSCAP CME Program
Child Psychiatry at the Crossroads
Focus on At Risk Populations and Social Change
JULY 24, 2021



Legislative Session Update

Eric Woomer, Federation of Texas Psychiatry Public Policy Consultant



Eric Woomer

The 87th Texas Legislature was in full swing when it encountered an unprecedented hurdle in the middle of February. Already faced with the challenges of COVID-19, the Capitol was shut down by an extraordinary winter weather event that overwhelmed the entire state. The severe weather nearly collapsed the state's energy grid, and left millions of Texans without power and water for days, causing a shift in focus at the Legislature.

Reacting to the extreme winter conditions and responding to the suffering of millions of Texans has become a priority of state government. Due to the crisis, the Legislature lost an entire week where normally, legislators would have conducted the public's business. Between the pandemic, this winter weather event, and the budget shortfall, the ability for the legislature to conduct meaningful business has become significantly compromised. Securing passage of legislation is oftentimes difficult in the best of circumstances, and with these three major issues suspended over the capitol dome, we could be in for a legislative session like Texas has ever seen.

Prior to the weather event, Gov. Greg Abbott gave his State of the State address outlining five emergency items for legislators to prioritize this session: expanding broadband access, preventing cities from "defunding" police departments, changing Texas' bail system, ensuring elections integrity, and protecting businesses from COVID-19-related lawsuits.

This address was followed a few days later by his 2022-23 budget which built on his priorities, recommending that the Legislature increase the availability of teleservices, continue the progress made on school finance and property tax reform, and continue to attract jobs and capital investments to the state. Added to the list of these five items is prioritizing the strengthening of the state's energy infrastructure and preventing future weather-related energy catastrophes.

Bill referrals and hearings commenced in the House and Senate this month and legislators are once again busy at work on the public's business. The deadline for filing bills was March 12th, meaning that most of the legislature's work is now laid out before it. The Federation of Texas Psychiatry's Legislative Priorities include:

Opposing Psychological Prescribing: Currently five states (Idaho, Iowa, New Mexico, Illinois, Louisiana) have psychological prescribing. An estimated 50% of those who require 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. While physicians' medical degrees are clinically focused, emphasizing the critically important physical sciences, psychologists' medical degrees are based on the behavioral and social sciences. Allowing psychologists to prescribe poses a danger to public health and the standard of care for mental health patients.

Filed Legislation: HB 1462 by Rep. Vikki Goodwin provides prescriptive authority to psychologists.

Opposing Independent Practice for

Advanced Practice Registered Nurses (APRNs): APRNs are telling lawmakers they need the authority to diagnose and prescribe independent of physician supervision, but do not have the needed medical and clinical training. Physician training is very different from that of an APRN: A primary care physician completes between 12,000 and 16,000 hours of competency-based, clinical training, compared with only 500 to 720 hours for APRNs.

APRNs argue they will improve access to care in rural and underserved areas of the state. However, in data from other states where APRNs practice independently, it is clear they migrate and establish practices in urban and suburban areas and not rural, underserved locations. The experience in states like Oregon, Wyoming, and New Mexico demonstrate no real improvements in access to care – especially in rural areas – when those states have granted independent practice and prescribing authority to APRNs.

Filed Legislation: HB 2029 by Representative Stephanie Klick grants expanded authority for advanced practice registered nurses. SB 915 by Senator Kelly Hancock Senate companion

Supporting the Collaborative Care Model: The Collaborative Care Model is the integration of behavioral health with general medical services to improve patient outcomes, provide for cost savings, and patient satisfaction. Given the pandemic, Texas is seeing an increased need for mental and behavioral health services as many individuals especially children and adolescents are experiencing the effects of the shutdown, the economic recession, and social isolation. These include depression, anxiety, substance use disorder (SUD), overdose, and suicide.

Filed Legislation: SB 672 by Senator Dawn Buckingham directs the Health and Human Services Commission to establish a Medicaid collaborative care model as well as providing for the reimbursement for services provided under the model.

Supporting Telepsychiatry Reimbursement Parity and Benefit Access:

Telepsychiatry allows psychiatrists to become a part of a patient's care team at a distance by collaborating with primary care physicians and other providers. To protect patients from the risks of COVID-19, Texas has in place flexibilities for telemedicine and telehealth during the public health emergency. Gov. Abbott in his State of the State address made telemedicine and telehealth flexibilities an emergency item, calling on the Legislature to make these flexibilities permanent beyond the pandemic.

Filed Legislation: Several bills have been filed related to telemedicine and telehealth beyond the pandemic – most notably HB 515 by Rep. Tom Oliverson, which ensures payment parity between medical services and telemedicine/telehealth services for plans under the oversight of the Texas Department of Insurance, and HB 4 by Rep. Four Price and SB 412 by Sen. Dawn Buckingham, which ensure these delivery modalities are reimbursed under Medicaid programs (including the provision of audio-only services.)

Support Greater Access to Mental Health Medications: Often onerous "prior authorization" (PA) requirements designed to control costs may diminish access to medications and deter adherence. Poorly designed or burdensome PAs may frustrate patients, and contribute to medication abandonment, self-medication with lawful or illicit substances, and/or increase risk of adverse treatment outcomes. As a result, individuals with SMI that incur access challenges face triple the likelihood of adverse events, including ER visits; as such, a considerably higher number of adverse events increases state expenditures.

Filed Legislation: SB 674 by Sen. Dawn Buckingham and HB 2822 by Rep. Lacey Hull improve the availability of antipsychotic prescription drugs under Medicaid managed care. SB2051 by Sen. Jose Menendez and HB 2504 by Rep. Jessica Gonzalez restrict health insurance plans from imposing fail first requirements on mental health medications for patients with severe mental illness.

Supporting a Texas Waiver Related to Medicaid IMD Exclusion: Currently, federal

law prohibits states from using Medicaid to pay for care provided in inpatient private psychiatric hospitals known as IMDs, or "institutions of mental disease." This exclusion has been part of the program since Medicaid's enactment in 1965, and it has resulted in unequal coverage of mental health care. States have recently been given the option to cover short-term stays in IMDs under Medicaid by applying for an 1115 from the federal government.

Filed Legislation: No bill has been filed; HHSC may be directed to pursue an IMD waiver through the state budget process.

Supporting the Continuance of Tax-Free 3rd Party Medical Billing Services: The Texas Comptroller announced in 2019 that medical practices that use third-party medical billing services would be required to pay sales and use taxes on those services beginning January 1, 2020. This would disproportionately impact small medical practices that do not perform medical billing in-house. The Comptroller delayed action until to October 1, 2021, after the Legislature meets, giving advocacy groups time to seek a permanent legislative fix.

Filed Legislation: HB 1445 by Rep. Tom Oliverson keeps 3rd party medical billing services as tax-free

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. ■

NO MATTER THE SIZE OF YOUR PRACTICE WE HAVE YOU COVERED

All providers in your practice can be covered under one medical professional liability insurance policy, along with the entity itself.

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- ✓ Custom rating leverages the best premium for your practice
- ✓ Coverage for multiple locations even if in different states
- ✓ Shared and separate limits available



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Time for Action

Daryl K. Knox, MD, DLFAPA, ACP, President, Texas Academy of Psychiatry

As you are all aware The 87th Texas Legislature is currently in session. Bills to expand the scope of practice for Advance Practice Registered Nurses (APRNs) to work independently from physician supervision and for Psychologists to obtain prescribing privileges have been filed. It is imperative that we contact our state senators and house members to voice our opposition to these bills. HB 2029 and SB 915 would allow APRNs to independently prescribe medication including controlled substances, order and interpret labs, and order medical equipment without physician supervision. HB 1462 supports extension of prescribing privileges to clinical psychologists. The rationale behind these bills is that granting APRN's independent practice and psychologists prescribing privileges will increase access for patients especially in rural areas of the state. In the few states where these scope of practice bills were enacted the impact on access has been negligible.

APRNs working under physician supervision has allowed physicians to increase caseloads providing better access to care but maintaining patient safety by allowing physicians to focus on more complicated

cases. Surveys of Texas voters indicate that 60% of state voters oppose allowing APRNs to practice medicine outside of physician supervision. The website www.senate.texas.gov and www.house.texas.gov can lead you to your senator and house members contact information.

I urge you all to call or email your state Senator and House member ASAP. indicate that you are a physician and that you strongly oppose these scope of practice bills. You may want to include some of the talking points bulleted below as developed by the TMA and TSPP, as well as any anecdotal reports that support your opposition to these bills.

- APRN training is 500-1000 hours compared to physician training of 12,000 - 16,000 hours.
- There are no national standards for APRN training programs many of which can be completed online.
- With the advance of telemedicine during the pandemic access has already been enhanced with APRNs working under physician delegation.
- Physician training and education uniquely qualify them to determine if a

medical act can be safely delegated to an APRN acting under their supervision. This model of team care is integral to improving access to and coordination of quality of patient care.

Other more favorable bills that will greatly enhance physician practice and ease of patient care includes bills to support of a Medicaid Collaborative Care model, support continued reimbursement of telepsychiatry reimbursement parity, ease of onerous, prior authorization requirements, a waiver related to easing the Medicaid IMD exclusion which excludes reimbursements for adults in free standing psychiatric inpatient facilities, and to maintain 3rd party medical billing services as tax free.

It is very important that we as physicians get to know our state legislative representatives by educating them on issues important to us and our patients. An opportune time for this is when they solicit your vote ask them about their stand on issues important to physicians and also consider a contribution to support their candidacy.

We can all agree that 2020 was a challenging year and we looked forward to 2021 with hopeful optimism. However, the



Daryl K. Knox, MD, DLFAPA, ACP

recent winter storms caught our energy infrastructure off guard and wreaked havoc on many communities across our state. Here in the Houston area many continue to deal with the aftermath of broken pipes and extensive water damage to their homes. The pandemic continues with threats of a third wave due to variant strains. Racial injustice, polarized political parties, economic concern, income disparities present further challenges to overcome. Despite all of these problems we must remain hopeful and recognize that we have faced even greater challenges in the past and with faith, hard work and determination we can learn from our struggles and emerge wiser and stronger. Take care and be well. ■



Let's Do This...We Need You!

Michael R. Arambula, MD, PharmD, DLFAPA, President, Texas Society of Psychiatry Physicians

My father once told me how enthusiastic he and his brothers were to serve our country during World War II. Although my dad's brothers never made it back, I nevertheless learned the value of service growing up. My parents also taught me the value of hard work and doing better tomorrow, what I could accomplish today. I could go on and on.

This past weekend, I spoke of our unique, specialized training as psychiatric physicians, and our future as an organization. As to the former, I certainly remember delivering babies when I was on call and wondered why they always decided to enter our world during the wee early hours of the morning. I also remember suturing patients in the emergency room, holding retractors during surgery, collecting bone marrow aspirate, and witnessing a lot of death due to tragic disease and accidents. The point being is that I and we, all have similar memories because we are first, physicians. Human physiology is truly amazing and our brain, where the psyche resides, is even more amazing. I love the human interaction in Psychiatry. But haven't you noticed that most of our patients harbor pathophysiologic disease? In the coming year, I'd like for us to refresh our knowledge about the medical conditions which our patients commonly have. I already have friends / colleagues in other medical specialties who I will ask to submit a brief article for our newsletter, and hope that our stellar CME Committee will routinely add presentations regarding the same. I believe this endeavor will also facilitate networking opportunities with our medical colleagues. I'd also like to



Join Me in TSPP's Future Endeavors

collect and assimilate in our website, brief articles about the identification and treatment of mental illnesses, and what we do as psychiatric physicians; so that we can be a valid and reliable resource for the public. As to the latter, I also spoke of the profound impact which my mentors had upon my career. Although I have fondly held these memories for many years, it wasn't until I virtually sat down with our RFM colleagues - Leah, Kaylee and Juan - that our conversation reminded me of those moments I spent with my mentors. Indeed, they were my foundation upon which I had the confidence to dream big, work hard and achieve success that I never imagined I could. That pillar of medical training - 'See One, Do One, Teach One' - echoes in my ears when I think about them. During the coming year, I want to build upon the tremendous

visionary aspirations that Melissa and Tim spoke to me about, regarding our colleagues in training. Our Psychiatry Residents and Early Career Psychiatrists are our future. The Strategic Planning Task Force is currently assimilating a platform to

facilitate mentoring relationships with our young colleagues; and I hope that you will join me in our endeavor. I also want to give our young colleagues opportunities to publish and present (within our organization), and to help them compete for APA Fellowship awards and subspecialty Fellowship positions all over the country... as long as they come back to Texas!

I sound like a broken record but nevertheless, I will say it again. My ancestors, my parents and my mentors carried me on their shoulders for a bit, and then they gave me a nudge to explore, succeed and sometimes fail and get back up again...and also to serve. Let's do this... together. ■



Michael R. Arambula, MD, PharmD, DLFAPA

Congratulations and Installation of new TSPP officers 2021-22:

President

Michael Arambula, MD, Pharm D, DLFAPA

President Elect

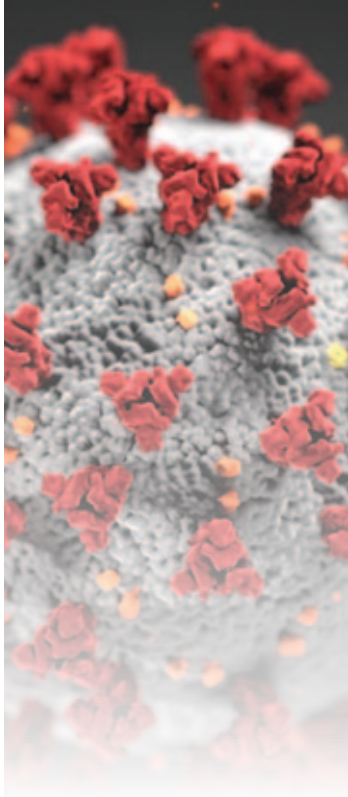
Karen Dineen Wagner, MD, PhD

Secretary-Treasurer

Lynda Parker, MD

Immediate Past President

Timothy Wolff, MD



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 pathways to depression in the medically ill
 - Discuss risks and benefits for stepped care treatment 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

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

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.



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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To remit payment online, complete this form and return to
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PARTICIPATION POLICY – The Texas Society of Psychiatric Physicians/Texas Academy of Psychiatry's policy is to promote an environment of mutual respect, well-being, and collegiality at its meetings. TSPP/TAP 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/TAP 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/TAP 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 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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Please Charge \$ _____ To My: ☐ VISA ☐ MasterCard ☐ American Express

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

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

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☐ A Gift of Insurance
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Your contribution is tax deductible to the full extent of the law. Thank you for your support!



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

VIRTUAL LIVE CME WEBINAR

Saturday, July 24, 2021

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



Pierre W. Banks, EdD
Senior Director of Admissions and Recruitment
*Clinical Assistant Professor- Psychiatry and Behavioral Sciences
Sr. 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 of Psychiatry
*UT Southwestern Medical Center
Rees Jones Center for Foster Care Excellence
Dallas, Texas*



Claudia G Mercado, MD
Family Medicine Specialist
*Border Clinic PLLC
Laredo, 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 and Behavioral Sciences
Joe R and Theresa Long Lozano School of Medicine
UT Health San Antonio
San Antonio, Texas*



Kimberly E. Stone, MD, MPH, FAAP
Assistant Professor of Pediatrics
*Rees-Jones Foster Care Center for Excellence
Children's Health System
Dallas, Texas*

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	ETHICS: Implicit Bias – Pierre W. Banks, EdD 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">Define implicit bias and related conceptsExplain implicit bias an how it impacts the medical profession.Discuss strategies for evaluating and confronting personal implicit bias.
10:35 am-11:40 am	Racism: Making the Case for PTSD – 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">Describe ways that racism qualifies as a trauma that can lead to Posttraumatic Stress DisorderIdentify behaviors in child and teen victims of racism that meet criteria for Posttraumatic Stress DisorderIncorporate a method of routine screening for micro/macroaggressions in marginalized patient populations
11:40 am-11:55 am	Break
11:55 am-1:00 pm	Special Clinical Considerations in Treating Persons with Intellectual and Developmental Disabilities (IDD) with Comorbid Psychiatric Disorders in Residential Treatment Center Settings – 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">Discuss pharmacological treatments of different target symptomsIdentify differences in dosing and medication choices for persons with IDDIdentify specific clinical challenges in residential treatment center settings.
1:00 pm-2:05 pm	ETHICS: Seclusion and Restraint in Correctional Setting – 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">Identify the clinical, legal and ethical issues related to Seclusion and Restraint.
2:05 pm-2:20 pm	Break
2:20 pm-3:25 pm	Changes and Challenges in the Foster Care System: Implications for Treatment Mohsin Khan, MD and Kimberly E. Stone, MD, MPH, FAAP 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">Update on legislative issues that impact children in foster careDescribe the mult-disciplinary approachIdentify challenges in working with the population
3:25 pm-4:30 pm	Border Crisis: Barriers and Barometers of Care – Claudia G. Mercado, MD 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">Identify cultural impact on careUpdate on policy changeDescribe longitudinal effects for patients and providers
4:30 pm-4:45 pm	Closing Remarks



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

VIRTUAL LIVE CME WEBINAR • Saturday, July 24, 2021

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 Restraint in Correctional Setting” have been designated by the Texas Society of Psychiatric Physicians for a total of two (2) credits 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.

SPEAKERS

Pierre W. Banks, EdD
Senior Director of
Admissions and Recruitment
Clinical Assistant Professor-
Psychiatry and Behavioral Sciences
Sr. Specialist,
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UT Health San Antonio
San Antonio, Texas

Kimberly E. Stone, MD, MPH, FAAP
Assistant Professor of Pediatrics
Rees-Jones Foster Care
Center for Excellence
Children’s Health System
Dallas, Texas

Texas Society of Child and Adolescent Psychiatry

VIRTUAL LIVE CME WEBINAR

Saturday, July 24

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

(The following options require credit card payment)

Texas Society of Child and Adolescent Physicians

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

E-MAIL... tscapofc@aol.com

FAX... 512.478.5223

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

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

PARTICIPATION POLICY – The Texas Society of Child and Adolescent Psychiatry's policy is to promote an environment of mutual respect, well-being, and collegiality at its meetings. TSCAP 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 TSCAP 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 TSCAP staff to help with the situation. TSCAP 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.

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

☐ 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

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Cancellation Policy: No REFUNDS given after July 1

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

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

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(512) 478-0605 / (512) 478-5223 (FAX)
TxPsychiatry@aol.com (E-mail)
<http://www.txpsych.org> (website)

CALENDAR OF MEETINGS

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"

NOVEMBER

- 6 Texas Society of Psychiatric Physicians
Virtual CME Program

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.

TSPP, TSCAP and TAP MEMBER SURVEY

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