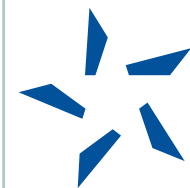


Texas Psychiatrist



What About “The Spoon”

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

Later this year, The Matrix Resurrection will hit the silver screens. I don't know about you, but The Matrix series was a fascinating excursion into the mind. Scattered throughout the movie series, there were scenes of people in everyday life leading seemingly independent lives. But were they really? One of the Oracle's most common catchphrases – “There is no spoon” – summarized Neo's dilemma that he could not change the spoon because it was not real and therefore, he had to elicit change in himself to elicit a desired change in his world.

Ever since Freud wrote about the Repetition Compulsion, when a child transforms memories into actions, there has been an explosion of neurobiological research on the subject matter of brain maturation and behavior. Indeed, I have come to recognize that there are ‘critical periods’ in brain development which influence its

subsequent maturation and an individual's proclivity to repeat behavior, even when the behavioral outcome was undesirable. I recall being involved in a forensic case many years ago when an intellectually challenged boy struggled with bladder control in school and he was punished by having to wear panties. Then during his turmoil, he recalled that their texture soothed him. He later purchased them as a man.

Owing to concepts of Long-Term Potentiation and Resonance, our experiential memories ultimately become complex psychomotor behaviors via readily plastic, neuronal networks which fire substantially quicker and more efficiently with repetition; and our behavior seemingly becomes more unconscious. I am very familiar with this neurobiological concept. Although I won't reveal any private Matrix-like inferences I have worked through in my life,

may I remind you that I played competitive sports as a younger man. A long time ago during practice, I spent countless hours tweaking my pitching delivery on the mound and later, my serve and ground strokes on the tennis court. Then, I utilized memories of how I had performed in recent competition and dissembled a complex action that I wanted to improve, into smaller components which I could tweak; and repeated the new, re-done and improved complex action over and over until it became automatic. For those of you who don't know, our Past TSPP President Joe Penn, played collegiate tennis and I am sure he did the same thing in our Texas heat. Behavioral change requires a desire to change, insight, reconstruction, and repetition... just plain old fashioned hard work.

This year's virtual CME Webinar will delve into the nascence of our psychiatric spe-



Michael R. Arambula, MD, PharmD, DLFAPA

cialty and remind us of our unique skills in understanding and healing our patients, via an in-depth excursion into their lives. I look forward to presentations on Developmental Factors in mental illness and Psychodynamic Effects of childhood trauma in our patients, in addition to the presentations on Seizure Disorders and the Texas Physician Health Program. I hope you will join us. ■

RFM Committee Plans for Coming Year

Kaylee Davis-Bordovsky, M.D. TSPP RFM Committee Co-Chair and Neema Khonsari, M.D. TSPP RFM Committee Co-Chair

The Resident-Fellow Member (RFM) committee has big plans this upcoming year. As the Chair and Co-Chair for the RFM committee in 2021, we are working to improve opportunities for members. Three key areas we have made a priority during our term are: mentorship, networking, and advocacy.

Mentorship: TSPP has a robust membership of psychiatrists, with varying specialties and interests from all parts of Texas. We want to bring their experience and knowledge to the RFM committee. We are currently working on a project that will allow RFMs to have access to TSPP members' specialties and locations, all in one succinct place, so that mentorships can be formed no matter the physical location of the RFM. This will not only increase mentorship opportunities within TSPP, but will hopefully increase membership of residents and fellows in training, as this is a benefit that they will not want to miss.

Networking: With advances in technology, networking has never been easier. The RFM Networking Task Force has created a Facebook group titled “The Texas Psychiatry Resident/Fellow Network”. This is a personal networking opportunity and is not affiliated with TSPP or to be used to conduct official TSPP business. The Facebook group was established to foster

connections between current psychiatry residents and fellows within the state of Texas, in whatever capacity they so choose. Our goal is to have resident representation from every program in Texas so that the Facebook group can serve as a place to network, ask questions, and provide support to one another as we go through this exciting, yet difficult, time in our training.

Advocacy: This has been a particular topic of interest for this year's RFMs. Thus, an RFM Advocacy Task Force was created. We had a good showing of RFMs at the 2021 Capitol Day and are continuing to brainstorm advocacy efforts outside of the legislative session. Another potential use of the Facebook group is to allow residents and fellows to collaborate on advocacy projects in hopes that more can be accomplished when we work together. We look forward to harnessing the passion for advocacy by RFMs to further improve the state of psychiatry for both physicians and our patients.

For the RFM Fall Workshop, we listened carefully to our members' recommendations and have decided to address an area of psychiatry that we do not learn much about in the academic setting--private practice and transitioning into the workforce. We will be having three panels in break out rooms to learn about the following 1) The Ins and Outs of Private Practice, 2) Tips from Early Career Psychiatrists, and 3) How to Manage APPs. Our panelists will be TSPP members from all over Texas and carefully chosen by the RFM Workshop Planning Task Force. We look forward to

learning more about these under-represented topics to complement our training.

We are honored to have the opportunity to serve as Chair and Co-Chair of the RFM committee. Our hope is that we will continue to foster mentorship, networking, and advocacy amongst all of our members, as we are the future leaders of psychiatry in Texas. ■



Kaylee Davis-Bordovsky, MD



Neema Khonsari, MD

2022 Slate of Officers

At the November 2021 Annual Conference, voting will take place for the slate of officers for 2022-2023 for three organizations of the Federation. Officers will be installed at the conclusion of their 2022 Spring Meeting.

Federation (2022-2023)

- Chair:** Daniel Pearson, III, MD
- Vice Chair/Public Policy:** TBD
- Vice Chair/Education:** Michael Arambula, MD, PharmD
- Secretary/Treasurer:** Lynda Parker, MD
- Delegate:** Leslie Secrest, MD
- Delegate:** Daniel Pearson, III, MD

Foundation (2022-2025)

- Chair:** Richard Noel, MD
- Vice Chairman:** TBD (pending acceptance of nomination)
- Treasurer:** Melissa Eshelman, MD (replacing Gary Etter, MD)
- Director:** Daniel Pearson, III, MD (replacing J. Clay Sawyer, MD)
- Director:** Shirley Marks, MD

Texas Academy of Psychiatry Special Election for 2021-2022

- President-Elect:** Michael Arambula, MD, PharmD
- Secretary-Treasurer:** Sarah Wakefield, MD
- 2022-2023 Slate of Officers**
- President-Elect:** Sarah Wakefield, MD
- Secretary-Treasurer:** Chad Lemaire, MD

Texas Society of Psychiatric Physicians (2022-2023)

- President-Elect:** Brigitte Bailey, MD
- Secretary-Treasurer:** Lynda Parker, MD
- Assembly Representative, Position 3:** David Axelrad, MD
- Assembly Representative, Position 4:** Daryl Knox, MD
- Assembly Alternate Representative:** Joseph Penn, MD
- Councilor At-Large:** Esteban Gonzalez, MD

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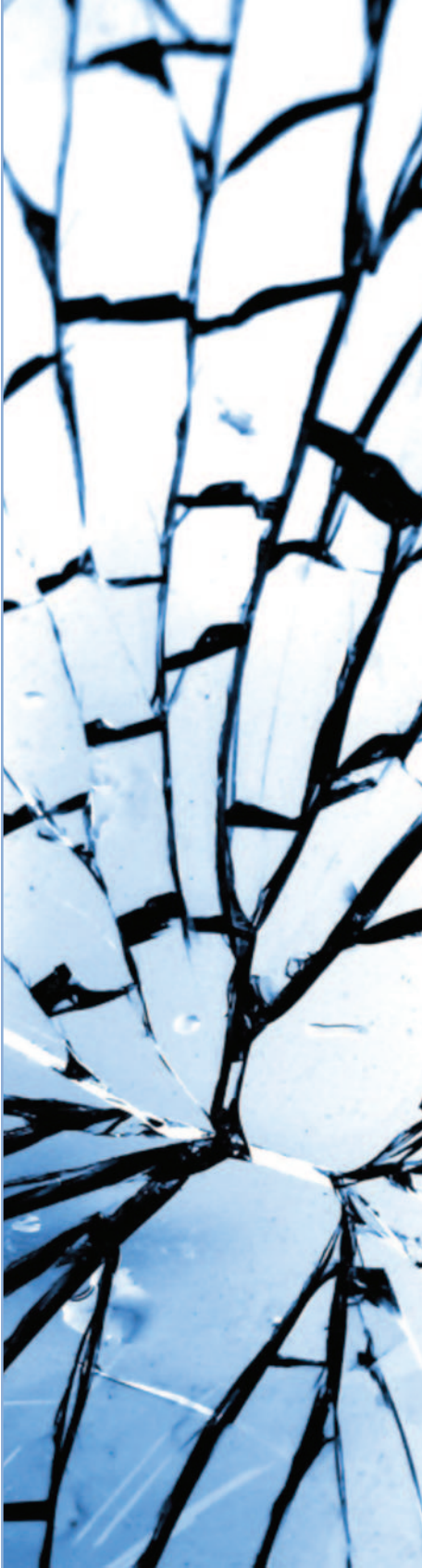
VIRTUAL
TSPP CME Program
Invisible Scars: Adverse Childhood Events and Physician Wellness
November 6, 2021



November 11-14, 2021
TSPP
VIRTUAL ANNUAL CONFERENCE



The Federation of Texas Psychiatry has furthered our mission to serve as a United Voice for Psychiatry by taking to Twitter! You can follow us on Twitter @FedTXPsych



Texas Society of Psychiatric Physicians

Invisible Scars:

Adverse Childhood Events and Physician Wellness

VIRTUAL LIVE CME WEBINAR
Saturday, November 6 2021

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



Michael Escamilla, MD
Chair and Professor
*Department of Psychiatry
University of Texas
Rio Grande Valley
School of Medicine
El Paso, Texas*



Charles Nemeroff, MD
Endowed Chair and Professor
*Department of Psychiatry and
Behavioral Sciences
Director, Institute for Early Life
Adversity Research
University of Texas
Dell Medical School
Austin, Texas*



Marsal Sanches, MD, PhD
Director
*Research Track Psychiatry
Residency Program
Associate Professor of Psychiatry,
Associate Director, UT Center of
Excellence on Mood Disorders
UT Health McGovern
Medical School
Houston, Texas*



**D. Samba Reddy, PhD, RPH,
FAAPS, FAAAS**
Professor
*Department of Neurosciences
and Experimental Therapeutics,
College of Medicine
Texas A&M
Bryan, Texas*



Katherine McQueen, MD
Medical Director
*Texas Physician Health Program
Staff Physician,
La Hacienda Treatment Center
Kerrville, Texas*



Susan Wynne, MD
Governing Board
*Texas Physician Health Program
Private Practice of Adult,
Adolescent, Child Psychiatry,
San Antonio &
Fredericksburg, Texas*



Amy Swanholm, JD
Legal Counsel
*Texas Physician Health Program
Assistant General Counsel,
Texas Medical Board
Austin, Texas*

Scientific Program Schedule

Presented in Central Time Zone

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

Psychodynamic Effects of Early Childhood Trauma: Perspectives from Analytical Psychology Work and Research
Michael Escamilla, 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:

- Identify patterns of behavior, thought, and emotion typical of patients with childhood trauma.
- Improve ability to communicate the impact of childhood trauma on the diagnosis and treatment of the patient's diagnosis.
- Describe how to create a comprehensive treatment plan that addresses a biopsychosocial conception of the patient's illness.
- Identify how to provide or coordinate with mental health professionals to provide a psychosocial treatment to address the effects of trauma.
- Identify available efficient and reliable instruments and procedures to assess trauma-related symptoms and recovery from them.

10:35 am - 11:40 am

Effects of Childhood Trauma on Treatment and Prognosis of Adult Psychiatric Illness-- Charles Nemeroff, 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:

- Identify signs, symptoms, and sequelae of childhood trauma in both children and adults.
- Incorporate practitioners from multiple disciplines to address therapeutic complications and comorbidities due to childhood trauma.
- Identify modifications to treatment plans that are needed in those with childhood trauma compared to those without trauma.
- Identify how childhood trauma modifies the prognosis in treating common mental illnesses.

11:40 am - 11:55 am

Break

11:55 am - 2:00 pm

ETHICS: Texas Physician Health Program – Susan Wynne, MD, Katherine McQueen, MD and Amy Swanholm, JD

Objectives: The learning objectives for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:

- Identify reasons/criteria for referral to TX PHP. State the scope of monitoring available by TX PHP.
- Realize that TX PHP does monitoring only, and not treatment of participants. Identify the types of issues that can be monitored by TX PHP.

2:00 pm - 2:15 pm

Breaks

2:15 pm - 3:20 pm

Developmental Factors in Psychiatric Disorders – Marsal Sanches, MD, PhD

Objectives: The learning objectives for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:

- Describe developmental influences on several psychiatric disorders.
- Discuss potential modifications and interventions for these negative influences on mental health.

3:20 pm - 4:25 pm

Psychotropic Medications and Seizure Disorders – D. Samba Reddy, PhD, RPH, FAAPS, FAAAS

Objectives: The learning objectives for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:

- Outline seizure disorders across the lifespan
- Discuss clinical signs and symptoms differentiating seizures from PNES Discuss differential diagnoses of various seizure disorders
- Discuss medications used to treat seizures Discuss medication interaction risks of seizures

4:25 pm - 4:35 pm

Closing Remarks



Texas Society of Psychiatric Physicians

Invisible Scars:

Adverse Childhood Events and Physician Wellness

VIRTUAL LIVE CME WEBINAR

Saturday, November 6 2021

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

**TARGET AUDIENCE /
PROGRAM OBJECTIVES**

This virtual 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 program is designed to provide its' target audience of Psychiatrists, as well as other medical specialties, 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 judgment of the information presented in the educational activity into their practice.

**IDENTIFIED PRACTICE GAPS /
NEEDS ASSESSMENT**

TSPP identified educational needs and professional 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.

Early childhood trauma is an important determinant of chronicity and treatment resistance in a variety of mental illnesses. In particular, childhood trauma often reduces the efficacy of antidepressant medications in major depressive disorder. Research has shown that adding trauma-focused psychotherapy improves treatment outcomes in this population. This presentation will improve recognition of childhood trauma, identification of the psychological effects of trauma, selection of psychological issues to be addressed in psychotherapy, and evaluation of recovery during treatment.

Childhood trauma complicates the presentation, treatment, and prognosis of many illnesses encountered in adult patients, including mood disorders, anxiety disorders, substance use disorders, and personality disorders. Effective diagnosis and treatment planning requires physicians to identify the presence childhood trauma and the effects of trauma on the therapeutic relationship and treatment effectiveness and compliance.

Physicians treating patients with mental illness often neglect their own health. Texas Physician Health Program monitors physicians with impairment who would like to continue to practice medicine, offering encouragement to physicians and their physician colleagues to self-refer, so that referral is not mandated by Texas Medical Board.

It is challenging for clinicians to stay current on developmental influences on psychiatric disorders. There is a large body of evidence on developmental factors predisposing individuals to psychiatric disorders, some of which can be modified through counseling about health risks during pregnancy.

Seizure disorders are commonly prevalent in the care of psychiatric and neurologic patients such as those with congenital seizure disorders, traumatic brain injuries, tumors, falls in the elderly. It is important to be able to diagnose and treat seizures in patients. The

medications used treat seizure disorders have some psychiatric indications and are at risk for interacting with mental health medications. This activity is designed to review the diagnosis and treatment of seizure disorders with emphasis on medications and their interaction risks with other psychiatric medications

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 Texas Society of Psychiatric Physicians. 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 1 Credits™ Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ETHICS DESIGNATION STATEMENT

The Ethics Presentation: "Texas Physician Health Program" has 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.

**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 educational 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 Psychiatric Physicians

VIRTUAL LIVE CME WEBINAR

November 6, 2021

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

(The following options require credit card payment)

E-MAIL... TSPPofc@aol.com **FAX...** 512.478.5223
ONLINE... http://www.txpsych.org **PHONE..** 512.478.0605

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

REGISTRATION FORM

Approximately one week prior to the CME webinar you will receive an email (at the email address you provided on your registration form) with the zoom meeting ID # and link to join the meeting on November 6. If you do not already have the free Zoom account loaded on your device you will need to do so prior to November 6 in order to access the program. Please refer to the Zoom Guide for additional information and/or questions. The program will begin promptly at 9:00 am so please plan to log on between 8:45-9:00 am to allow time to address and eliminate any access difficulties you may have. Thank you for registering!

LAST NAME	FIRST NAME	CREDENTIALS (MD/DO, PA, NP, AHP, SPECIFY OTHER CREDENTIALS)	
SPECIALTY		EMAIL ADDRESS	
MAILING ADDRESS		CITY	STATE ZIP
PHONE		FAX	

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

REGISTRATION FEE SCHEDULE

CME PROGRAM		
<input type="checkbox"/> TSPP / ACADEMY / TSCAP Member	\$ 110.00	
<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	\$140.00	
<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:

☐ **Check** in the Amount of \$ _____ *Make Checks Payable to Texas Society of Psychiatric Physicians*
Please Charge \$ _____ To My: ☐ **VISA** ☐ **MasterCard** ☐ **American Express**

Credit Card # _____ Expiration Date: _____

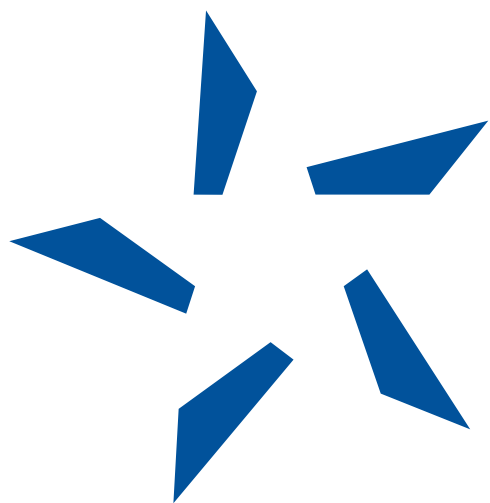
3 or 4 Digit Security Code _____

Name of Cardholder (as it appears on card) _____

Signature _____

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

Cancellation Policy: No REFUNDS given after November 1.



Texas Society of Psychiatric Physicians

2021 Annual Conference

November 11-14, 2021 | VIRTUAL

MEETING RSVP/LOG-IN INFORMATION

Emails have been sent out with links to RSVP for all meetings and events at the conference. Log-in information will be sent a minimum of one week before the conference to all who have RSVP'd, to the email address provided.

If you have yet to RSVP, you can do so online at:

<https://forms.gle/AL48RxiDjtFKv4RY7>

If you have questions or have changes to your meeting attendance please contact the TSPP office via email at tsppofc@aol.com or by phone at 512-478-0605.

GIVEBACK EVENT

Join Us for an Online Kendra Gives Back Party

Enter code:

GIVEBACK-AIYMC

at check out and 20% of your purchase goes to the Texas Society of Psychiatric Physicians to support mental health advocacy, education, and quality in the state of Texas.

November 13-14th
KendraScott.com



KENDRA SCOTT

SATURDAY & SUNDAY

KENDRA SCOTT ONLINE DONATION DRIVE

Beginning at 11:59pm on Friday November 11th to 11:59pm Sunday November 14th, Kendra Scott will be donating 20% of all sales that use the code GIVEBACK-AIYMC at checkout. The code is only active during this time frame, and donations will only be received if the code is used. So shop early as the Holidays are around the corner!

CONFERENCE SPONSORS/EXHIBITORS



KENDRA SCOTT



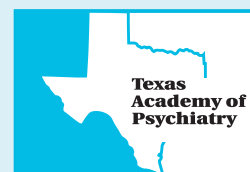
neurocrine
BIOSCIENCES



PRMS
the psychiatrists'
program



SPECIAL EVENTS



FRIDAY

TEXAS ACADEMY OF PSYCHIATRY PROGRAM:

***"The Effect of Legislative Affairs
on Texas Psychiatrists
and the Communities They Serve"***

OPEN TO ALL ATTENDEES

All who attend will be entered to win a donated piece of jewelry from Kendra Scott!

Not a member of TAP? If you are already a member of TSPP or TSCAP you can join the TAP as a member for only \$25.00 annually. Members in Training have free dues! (email txpsychiatry@aol.com for a TAP application to join.) Not yet interested in TAP membership? You can still register to attend the TAP program for FREE. Please email txpsychiatry@aol.com to register or indicate your registration on the online RSVP form.

<https://forms.gle/AL48RxiDjtFKv4RY7>

FRIDAY

**NETWORKING HAPPY HOUR FOR
MEDICAL STUDENTS AND RESIDENT-FELLOWS**

The TSPP Resident-Fellow Members Section has arranged a special networking event for all TSPP, TSCAP and TAP members who are medical students and resident-fellows and members in training and their non-member peers on Friday, 6:00-7:00 pm via Zoom. All who attend will be entered to win a donated piece of jewelry from Kendra Scott!

Make plans to RSVP for this fun, informal get together!



SATURDAY

**SPECIAL PROGRAM FOR
MEDICAL STUDENTS AND RESIDENT-FELLOWS:**

***"Resident-Fellow Early Career
and Private Practice Workshop"***

The TSPP RFM Section has planned a special workshop with 3 breakout sessions on Saturday, 11:05am - 12:05pm, for all TSPP/TSCAP/TAP members who are medical students, resident-fellows and members in training. All who attend will be entered to win a donated piece of jewelry from Kendra Scott!

Make plans to RSVP for a great educational event!

SATURDAY

PRESENTATION OF 2021 TSPP AWARDS

Saturday Evening TSPP will be hosting a virtual Awards Ceremony to honor the 2021 TSPP Awards Recipients for their outstanding contributions to Psychiatry. RSVP to show your appreciation for your colleagues and fellow TSPP members.

DAILY SCHEDULE

Thursday, November 11

5:00 pm - 6:00 pm Federation Delegate Assembly Meeting
6:05 pm - 7:05 pm Foundation Board of Directors Meeting

Friday, November 12

8:30 am - 9:30 am Chapter Leadership Forum Meeting
9:35 am - 10:35 am Council on Leadership Committees
Ethics Committee – cancelled
Distinguished Fellowship Committee
Finance Committee

10:35 am - 11:05 am Break – Message from Sponsor
11:05 am - 12:05 pm Council on Education Committees
Continuing Medical Education Committee
Professional Practice Management Committee

12:10 pm - 1:10 pm Texas Academy of Psychiatry Program
“The Effect of Legislative Affairs on Texas Psychiatrists and the Communities They Serve”

6:00 pm - 7:00 pm Networking Happy Hour – Resident-Fellows, Medical Students, Members-in-Training, and their invited guests.

Saturday, November 13

8:30 am - 9:30 am Council on Service Committees
Academic Psychiatry Committee
Children & Adolescents Psychiatry Committee – cancelled
Forensic Psychiatry Committee
Public Mental Health Services Committee

9:35 am - 10:35 am Government Affairs Committee Meeting
10:35 am - 11:05 am Break – Message from Sponsor
11:05 am - 12:05 pm Resident-Fellow Early Career and Private Practice Workshop
Panels: 1) The Ins and Outs of Private Practice
2) Tips from Early Career Psychiatrists, and
3) How to Manage APPs.

12:10 pm - 1:10 pm Resident-Fellow Section Committee Meeting
1:10 pm - 1:40 pm Break
1:40 pm - 3:00 pm TSPP, Foundation, TAP Annual Business Meetings
3:00 pm - 3:30 pm Break
3:30 pm - 5:30 pm TSPP 2021 Awards Ceremony

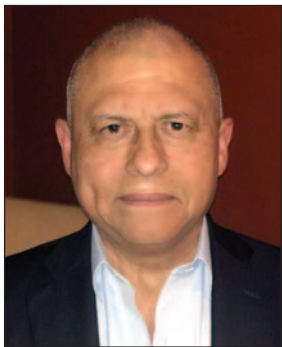
Sunday, November 14

8:30 am - 10:00 am TSPP Executive Council Meeting
10:05 am - 11:05 am TAP Board of Trustees Meeting
11:10 am - 12:10 pm TSCAP Executive Committee Meeting

AWARD RECIPIENTS

DISTINGUISHED SERVICE AWARD

The TSPP Distinguished Service Award was established in 1975 to recognize members who have made broad contributions to psychiatry over an extended period of time.



Daniel Gutierrez, MD
(McAllen)



Mustafa Husain, MD, FAPA
(Colleyville)



Michelle Magid, MD
(Austin)



Paula Dobbs-Wiggins, MD, DFAPA
(Dallas)

SPECIAL SERVICE AWARD

The TSPP Special Service Award was established in 1975 to recognize persons who have rendered outstanding service to psychiatry and to persons served by psychiatry in the community.

PSYCHIATRIC EXCELLENCE AWARD

The TSPP Psychiatric Excellence Award was established in 1991 to recognize members who have demonstrated a sustained and unusual degree of excellence in psychiatric endeavors.



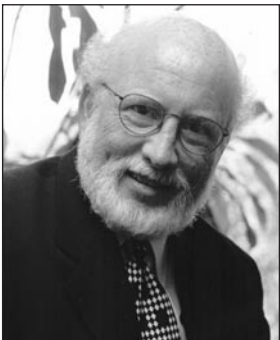
Adam Brenner, MD
(Dallas)



Mrudula Rao, MD, DFAPA
(San Antonio)

TSPP SPENCER BAYLES AWARD

The TSPP Spencer Bayles Award, named in memory of Dr. Spencer Bayles, was established in 2010 to recognize members for outstanding and consistent participation in TSPP activities.



A. David Axelrad, MD, DLFAPA
(Houston)



Foundation Funds Provide Valuable Education for the Public

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



J. Clay Sawyer, MD, DLFAPA

First, I hope that everyone has registered for the upcoming TSPP Fall CME program, which will take place via Zoom on November 6. I also hope that everyone will register for, and actively participate in, the Annual Conference which will take place the following weekend (November 11 -14). As an added bonus to the Conference schedule, Kendra Scott jewelry (KendraScott.com) has donated three pieces of jewelry for door prizes during certain meeting/program times. They will also donate back to TSPP 20% of all sales proceeds during a 48-hour conference window. The code GIVEBACK-AIYMC must be used at checkout in order for the giveback to occur. So, shop early for yourself, for gifts for others, etc., and support all of our organizations while you are doing so. For more information, see our website. Kendra Scott has been most generous in providing support to Texas psychiatry for many years now through their giveback program, and we thank them! We also thank Debbie Giarratano for originally arranging this effort!

I should reiterate that all monies raised for the Texas Foundation for Psychiatric Education and Research (TFPER) 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 have dropped significantly for more than a 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.

Again, 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 attempt to act as physicians without undergoing, and successfully completing, the training which all physicians must complete (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 objectives don't stop there. Our resources are also used to help TSPP, for example, to annually solicit and evaluate Mental Illness Awareness Week (MIAW) activity requests from TSPP's own statewide chapters, and we provide educational grants for those community chapter projects that are approved for funding. The Foundation recognizes the importance of TSPP's CME programs, like the one on November 6, which help all of us maintain our licensure. These CME programs are of high quality, 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.

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 also 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.

Please give, and give generously, to the Foundation so that all Texas psychiatrists will have the resources we need to continue to get these jobs done. We rely on all of the members of all of our organizations to support the organizations which accomplish so much for us all.

On a final note, the Foundation nominating committee will be meeting soon to propose a new candidate for Foundation chair and for additional members of the Foundation Board. I have enjoyed serving as

chair and as a member of the Board over the years, and I want to thank everyone involved for allowing me to serve. I also want to thank John Bush and Debbie Giarratano for their continuous service to, and support of, Texas psychiatry for so many years! ■

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Stress and Diathesis – Public Health and Epigenetic Interventions

Phillip Balfanz, MD, President, Texas Society of Child and Adolescent Psychiatry



Phillip Balfanz, MD

I have the opportunity to work with residents and medical students at the University of Incarnate Word, and they can choose from a set of articles. A favorite paper we read is Aaron Beck's "The Evolution of the Cognitive Model of Depression and its Neurobiological Correlates," which discusses the interaction of stress (early life trauma) on diathesis (predisposition) in depression. An overly simplified summary is that the short allele of the serotonin transporter gene is associated with the later development of depression in maltreated kids, particularly those with low social support. How are the stresses of the pandemic and the political climate over the last few years going to affect the kids and our society?

I hope you are not too stressed with all that is happening in the world. Many of the kids I have seen in clinic lately are super stressed. At the same time, some others thrive being back in the classroom. However, in the last few weeks, I've seen more new-onset hallucinations and intru-

sive thoughts in younger children than I remember seeing at any point in the past. There also seems to have been more kids sent home from school with suicidal thoughts or self-injury.

I spoke with Joy Diaz on The Texas Standard that aired on September 15th about suicide in young people. In preparation, I reviewed some of what has been happening regarding suicidal behaviors in youth. Texas seems to follow the trends of the US. This trend is visible on the Texas DSHS and the NIMH websites. The recent September JAMA Psychiatry article by Ridout et al. identifies the temporary reduction in ER visits for suicidality around March of 2020, followed by a return to increasing rates. It's also vital that we not forget the alarming increasing rates of suicide among young black children aged 5-11 described in JAMA Pediatrics in 2018. Suicide has been the second leading cause of death for youth in Texas between 10 and 24.

I am proud to be a child psychiatrist in Texas and to be able to work with such

amazing colleagues. Texas child psychiatrists keep working on addressing these issues. We organize and advocate at the Texas Legislature with the help and guidance of Debra Atkisson, MD and Eric Woomer. Schools are places where many kids can find some social support. Mrudula Rao, MD has worked tirelessly on the Mental Health Resource Guide for schools in the San Antonio area as part of the Mayor's Fitness Council with support from leadership in organizations like NAMI, AFSP, and another child psychiatrist in the Bexar County Psychiatric Society, Melinda Fierros, MD. I know other communities in Texas have been working on these issues in schools. Can our approach to public health improve the wellbeing of kids in Texas? I believe it can. I hope!

Sometimes we can't change the level of stress in the moment, and we have to ride it out. Can we change the diathesis in the long term? Epigenetics is the study of changes in organisms caused by modification of gene expression. I would argue that

therapy is an epigenetic intervention. I believe when kids find acceptance and better understand emotion, they are more resilient. Hope is one of our, if not the, most powerful tools. When working with patients struggling with suicidal thoughts or during worsening illness influenced by stress, hope is a powerful weapon. ■

Ridout, KK et al. *Emergency Department Encounters Among Youth With Suicidal Thoughts or Behaviors During the COVID-19 Pandemic*. **JAMA Psychiatry**. 2021, Sep 1

Bridge, JA et al. Age-Related Racial Disparity in Suicide Rates Among US Youths From 2001 Through 2015. **JAMA Pediatr**. 2018;172(7)

Beck, AT. The Evolution of the Cognitive Model of Depression and Its Neurobiological Correlates. **Am J Psychiatry**. 2008; 165.



Patient Advocacy is the Key

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



J. Clay Sawyer, MD, DLFAPA

First, I hope that everyone has taken the opportunity to register for the upcoming TSPP Fall 2021 CME program which will take place via Zoom on Saturday, November 6; the Fall Committee and Business Meetings for all organizations and committees, including the Federation Assembly of Delegates, will take place the following weekend, November 11 - 14, also via Zoom. Registration information has been sent out by email; this information is also available on the Federation website.

One added bonus to the conference meeting schedule: Kendra Scott jewelry (KendraScott.com) has not only donated three pieces of jewelry for door prizes during certain meeting/program times, but they will also donate back to TSPP 20% of all sales proceeds during a 48-hour conference window. The code GIVEBACK-AIYMC must be used at checkout in order for the giveback to occur. So, shop early for yourself, for gifts for others, etc., and support all of our organizations while you are doing so. For more information, see our website (and also my Foundation column). Kendra Scott has been most generous in providing support to Texas psychiatry for many years now through their giveback program, and we thank them! We also thank Debbie Giarratano for originally arranging this effort!

Second, with regard to legislative efforts, we have joined TMA in signing on in support of a bill important to all physicians: reform of insurance company mandates for pre-authorization of all forms of medical service (including medication prescribing). The current system of hoops through which we all must jump has persisted for far too long and greatly interferes with our ability to precisely tailor the best care for each of our patients. It is our hope that this bill will help to reduce and to simplify this process. I wish to thank our lobbyist, Eric Woomer, for bringing this bill to the attention of the Federation during

this current, and third, special session of the state legislature.

One of the basic tenets of the Federation is providing effective and timely patient advocacy, legislative and otherwise, because of our ongoing concerns for patient safety and care. As I have said before, nurses and psychologists all do tremendous and valuable work within the fields for which they are trained, but none are trained to be physicians; where we agree and when we share the same approach to these concerns, we gladly work in concert with both of these groups. However, the Federation has a responsibility to all of our patients to maintain that only those fully trained as physicians are qualified to bear the tremendous responsibilities involved in being a physician so as to be able to deliver the highest quality care to our patients.

On another front, it is unfortunate that the pandemic continues. I am appalled by a tiny but vocal minority on the part of a very few medical professionals who choose to propagate misinformation (lies) about the effectiveness of masks, about the vaccines, and about general approaches to dealing with the

pandemic. I also am appalled by those workers in positions of direct care to our patients in hospitals and offices alike who not only speak out against vaccination but who also refuse to be vaccinated themselves. People in our fields are supposed to have studied science in general and immune theory in particular; they should not allow their political leanings and their personal feelings to interfere with what should be their most primary and overriding concern and purpose in their professional lives: CARE OF THE PATIENT! To do otherwise is blatantly selfish, and selfish motives which in any way adversely affect patients have no place in the field of medical care. I must admit that I was gratified to learn recently that a physician in Oregon lost his license for propagating such lies and misinformation—I sincerely hope it happens to others who choose to follow this rotten and misguided path as well.

I will reiterate that we, as physicians, must all continue our leadership roles in this endeavor to end this pandemic by helping to bring to an end the misinformation and the poor decision-making so omnipresent online, and to continue to lobby for full vac-

cination for everyone as well as for appropriate precautions for dealing with the pandemic. It is our duty to do so.

On a final note, the Federation nominating committee will be meeting soon to propose new candidates for Vice President of Public Policy and for Federation Chair—Dr. Debra Atkisson (currently the former) and I have reached term limits for these two offices. We have enjoyed serving in these roles over the years (especially advocating for our patients), and we want to thank everyone involved for allowing us to serve. We also want to thank John Bush and Debbie Giarratano for their continuous service to, and support of, Texas psychiatry for so many years! ■



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18-30 AACAP 68th Annual Meeting – Virtual
Questions? Contact meetings@aacap.org

NOVEMBER

6 Texas Society of Psychiatric Physicians Virtual CME Program
Invisible Scars: Adverse Childhood Events and Physician Wellness

11-14 TSPP Annual Conference

13-14 TSPP Kendra Scott Donation Drive (see page 4 for info)

DECEMBER

4-5 Foundation Kendra Scott Donation Drive (see page 6 for info)



The Federation of Texas Psychiatry has furthered our mission to serve as a United Voice for Psychiatry by taking to Twitter! You can follow us on Twitter @FedTXPsych

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