2022 – A Tumultuous Year

Daniel B. Pearson, III, M.D., DIFAPA, Chair, Federation of Texas Psychiatry

This last year has been a tumultuous year for all of us, I believe. We all have in some ways had to learn to live with COVID and in some ways live in spite of COVID. Our Spring meeting was virtual and quite successful. But it is hard to call it a meeting, when we are not really meeting, and I mean face-to-face. When the Texas Society of Child and Adolescent Psychiatry had their annual meeting in the summer in Galveston in person, and we saw the reception that got, TSPP made the decision to get back together in person as well for the Fall TSPP / Texas Academy meeting. I think most people were quite happy to be back in a real meeting.

Another reason this last year has been a challenge for the Executive Committee of the Federation of Texas Psychiatry was the task of finding a person to step into the position of Executive Director. The position is quite demanding and entails a very broad range of needed skills and knowledge. The Committee feels we have found such a person in Dieter Burckhardt. As Chair of the Federation of Texas Psychiatry Executive Committee, I would like to acknowledge everyone who worked tirelessly to make the Texas Society of Psychiatric Physicians / Texas Academy of Psychiatry Fall meeting in Houston a huge success. That includes everyone from the committees that choose the topics for the scientific sessions, all the way to the registration desk, and everyone in between. I would especially like to thank Dieter Burckhardt, our new Executive Director. He is the main reason the meeting ran smoothly and went off without a hitch and in record time.

For our members and other interested parties, I would like to review the structure of the organizations that make up Texas Psychiatry and some of the benefits our organizations provide for our members and Texas Psychiatry as a whole. There are several moving parts that work in conjunction to represent as much as psychiatry as possible. The largest piece, and historically the main piece, is of course the Texas Society of Psychiatric Physicians (TSPP). This is also the part that is linked to the American Psychiatric Association (the APA) and is our connection to the larger community of psychiatry nationally.

At our state level, TSPP is the main driving force for our patients and for the good of the profession. TSPP is always active as a resource to the Texas legislature regarding legislation affecting our patients, often as witnesses testifying in front of various committees. This activity goes on when the legislature is in session as well as in between sessions, when much of the heavy work is done. Another piece of the puzzle is the Texas Academy of Psychiatry. This organization was established to accommodate individuals or even organizations who otherwise could not or did not wish to join TSPP and yet could take part in Texas psychiatry. A third major piece that also is an important part of Texas Psychiatry is the Texas Society of Child and Adolescent Psychiatry, which though closely associated with TSPP has its own annual meeting, separate from the TSPP annual meetings. Lastly, the piece of the puzzle which is our charity arm, is the Texas Foundation for Psychiatric Education and Research. The Foundation is a source of support for the charity chapter projects as such as Mental Health Week each year. The Foundation can also support grants for research projects.

Over all of these is the Federation of Texas Psychiatry. It is the administrative umbrella that takes care of the business of administering the nuts and bolts of each of the parts of Texas Psychiatry. It is the Federation that employs the Executive Director and any others necessary to make it all run smoothly. The Executive Committee of the Federation, is made up of very dedicated individuals who have put in much time and energy in the selection of Dieter Burckhardt as our new Executive Director. I believe he has very clearly demonstrated his skill and resourcefulness and we are pleased and honored for him to be part of the Family of Texas Psychiatry and we look forward to a long and rewarding association.

Annual Convention, a Huge Success

Karen Dineen Wagner, MD, PhD, President, Texas Society of Psychiatry Physicians

A major accomplishment for TSPP this year was to have our first in person meeting since 2019. The TSPP 66th Annual Convention and Scientific Program was held in Houston November 10-13, 2022 and was a huge success. The Continuing Medical Education Committee organized a scientific program focused on common drugs of abuse, examining challenges, risks and potential therapeutic benefits. A wide range of topics were covered such as opioids, marijuana, sedative hypnotics, muscle relaxants, psychodrugs, and behavioral treatments for substance abuse. The speakers were informative, engaging and provided participants with relevant information for their clinical practices. Committee sessions were active with members focused on addressing issues related to the committees’ topic. Research poster sessions featured the work of residents, fellows, and medical students. A highlight of the meeting was the opportunity to socialize with colleagues and friends. That sense of camaraderie has been missed from virtual meetings.

We have already set dates for future in person meetings. The meeting in Austin will be held April 21-23, 2023. The 67th Annual TSPP Convention and Scientific Program will be held November 9-12, 2023. Please save the dates for these meetings, and I do hope that you will be able to attend.

A list of the committees is included in the

Committee Preferences 2022-23

Participation in committees provides an opportunity to informally network with your colleagues from around the state and share issues and concerns about your practice, patient care, legislative matters and medical education. Your preferences will be considered by TSPP President Karen Dineen Wagner, M.D., PhD when she begins making appointments. Appointments are generally for 3 years. Committees will meet at the November and April conferences. If you have any questions, please do not hesitate to contact our office via email tssp@txpsych.org or call us at 512-478-0005.

COUNCIL ON ADVOCACY – Government Affairs Committee
COUNCIL ON EDUCATION – Continuing Medical Education Committee, Resident-Fellow Member Section Committee, Professional Practice Management Committee
COUNCIL ON SERVICE – Academic Psychiatry Committee, Children & Adolescents Committee, Forensic Psychiatry Committee, Public Mental Health Services Committee
COUNCIL ON FELLOWSHIP – Council on Fellowship Committee (Chapter officers and representatives)
COUNCIL ON LEADERSHIP – Constitution & Bylaws Committee (Appointed by Chapter), Ethics Committee (Appointed by Chapter), Distinguished Fellowship Committee (Appointed by Chapter), Finance Committee, Nominating Committee (Past three TSPP Presidents)

Committee Preferences can be submitted online at https://www.txpsych.org/tspp/
A busy 2022 is quickly coming to an end with the next step being the start of the 88th Legislative Session on January 10, 2023. We anticipate the discussion around mental health remains a top discussion item in both Chambers. In addition, we expect this coming session to be more line with traditional sessions of the past with the Capitol halls filled with activity. Pre-filing of legislation began on November 10th, and over 900 bills were filed on the first day, covering a diverse set of policy issues.

This legislative session was significantly shaped due to issues surrounding mental health. The tragic story of the Uvalde violence led to expanded committee work and the establishment of House and Senate special committees to investigate and examine school safety, mental health, firearm safety and more. Additionally, state leadership alongside the House and Senate immediately responded with passage of legislation to address the immediate needs across state agencies to Uvalde as well as transferred millions of dollars towards expanding mental health services and supports from the Texas Child Mental Health Care Consortium. When the Senate special committee met, Dr. Debra Atkisson, our Medical Director, led a discussion on the need to expand on behalf of TMA, the Federation of Texas Psychiatrists, Texas Pediatric Society, and the Texas Academy of Family Physicians, among others. A psychiatrist with Dell Children's Medical Center, Dr. Rosohna Kol, also testified. The focus was on opportunities to strengthen the state’s mental health system but also clinical and community intervention. Testimony focused on the strain from the pandemic; lack of access due to mental health services due to significant workforce shortages; adverse childhood experiences; and networking.

Across these and other hearings, increasing access to psychiatry is a common theme. The Legislature understands the significance of these hearings with respect to legislation and budgetary actions for mental health services and supports, as well as to address workforce shortages across several health care provider groups and industries, including psychiatry and mental health professionals.

As we head into session, there are several mental health related issues we expect to be top priority issues for the Federation. Two of the top legislative priorities remain opposition to psychology prescribing and scope of practice expansion for APNs and other midlevel providers. As anticipated, Rep. Vikki Goodwin refiled a psychology prescribing bill. We met with Rep. Goodwin earlier this year and shared our reservations about this issue, and we reaffirmed our opposition to the legislation.

We will continue to actively oppose any expansion into independent practice by APNs, but we anticipate multiple pieces of legislation to be filed due to the health care workforce shortages we are experiencing and that development of that such expansion will ease shortage. To date, we have not seen legislation filed in this regard.

Other issues will include step therapy for patients with serious mental illness. SB 2051, filed during the 87th Legislature by Sen. Jose Menendez, limited step therapy for this population but did not pass. However, we are concerned health stakeholders to introduce the bill and secure its passage. We will continue to support funding for the physician and mental health loan repayment programs, and already know the Senate intends to file legislation increasing the awarded amount for the mental health loan repayment program and requesting additional appropriations between $5m and $15m for expanding programs.

The Federation has always been supportive and active in the discussions regarding graduate medical education (GME), will continue to do so this legislative session. Texas’ present population is 29.5M, and it is expected to grow to 35M by 2030. To meet the state’s growing need, the Legislature will have approximately $27 billion come January. However, this amount could be predicted to increase to $30 billion or more. The Economic Stabilization Fund (or the “Rainy Day Fund”) is estimated to have a balance of $15 billion. On November 8th, Texas voters went to the polls to cast their ballots. All GOP candidates of statewide offices won re-election: Governor Greg Abbott, Lt. Governor Dan Patrick, Attorney General Paxton, Comptroller Glenn Hegar, Agriculture Commissioner Sid Miller, and Railroad Commissioner Wayne Christian. Texas

The Federation of Texas Psychiatrists is a strong regional entity that constitutes thirteen states and is a strong voice for Texas while it is heard for Florida and across to Texas. Area 5 meetings, which encompasses the states of West Virginia down to Florida and across to Texas. Area 5 meetings, which encompasses the states of West Virginia down to Florida and across to Texas. Area 5 met virtually on March 26 and 27 with a business meeting, Debra Atkisson, MD received the Area 5 Resident Fellow Member Mentor Award nominated by Kaylee Davis-Bordovsky, MD.

A significant action that APA is now putting into place in an effort to improve our awareness about Diversion, Equity, and Inclusion by having volunteer members at each Area meeting receive interactions, take notes, and compile their findings. From this ongoing observations, we will receive feedback about the interactions and how people may be unaware of the ways in which they may not be promoting DEI efforts.

September brought the next Area 5 meeting in Baltimore, Maryland. The meeting occurred in conjunction with the Southern Psychiatric Association meeting. A great deal of discussion was centered upon a proposed Action Paper that would recommend the age at which an individual could buy a gun be raised to age 18. In November the APA Assembly met again virtually. In this meeting two significant Action Papers passed. The first Action Paper recommended that no APA meetings occur in a state in which the APA female staff members who might be pregnant could not receive medical care if they had an emergency medical

S many changes have occurred in how we represent TSSP in our APA meetings, with the American Psychiatric Association (APA) being the leading voice in both the House and Senate. In 2022, the Federation has been represented at the APA Assembly by Debra Atkisson, MD, DLFAPA, David Axelrad, MD, DLFAPA, Daryl Knox, MD, DLFAPA, and Michael Arambula PharmD, MD, DLFAPA. The Federation of Psychiatric Physicians is a national organization that represents the interests of Resident and Fellow Members across state agencies to Uvalde as well as transferred millions of dollars towards expanding mental health services and supports from the Texas Child Mental Health Care Consortium. When the Senate special committee met, Dr. Debra Atkisson, our Medical Director, led a discussion on the need to expand on behalf of TMA, the Federation of Texas Psychiatrists, Texas Pediatric Society, and the Texas Academy of Family Physicians, among others. A psychiatrist with Dell Children’s Medical Center, Dr. Rosohna Kol, also testified. The focus was on opportunities to strengthen the state’s mental health system but also clinical and community intervention. Testimony focused on the strain from the pandemic; lack of access due to mental health services due to significant workforce shortages; adverse childhood experiences; and networking.

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The Texas Society of Child and Adolescent Psychiatry Executive Committee has focused on addressing many issues. Our past President, Philip Ballanz, MD, headed a task force for TSPP to address a policy for the treatment of transgender children and adolescents. The tragic shooting in Uvalde led members of our organization to be involved in the discussion and planning for the community. Once again Dr. Ballanz in his role as our President was involved with meetings in which several stakeholders discussed ways to assist the community. We know that the impact upon this community will be enduring.

Our TSCAP Executive Committee met to discuss our plans for the upcoming year. We know that the Texas Legislature will be meeting again and Eric Woomer, our lobbyist, discussed how we will be able to meet with legislators when child and adolescent issues surface. We have a group of members who are prepared to testify in hearings once again if needed. The psychologists are working with a House member to have a bill brought forward to grant them the privilege of practicing medicine and prescribing medications. I met virtually with representatives from the Texas Psychological Association, House Representative Vicki Goodwin who would be bringing this bill forward, and Eric Woomer to discuss their desire to be able to prescribe medications for their patients.

The points I made in our meeting included the best approach for our patients: continued GME growth: CPAN/Telemedicine; and Collaborative Care/Medical Home models. We do not wish to be prepared to help our legislators understand how we can best address the needs of our Texas children and adolescents.

We are planning a robust Continuing Medical Education meeting for July 21-23, 2023 is “Picking up the Pieces: Impact of the Pandemic” which will offer seven hours of Category 1 CME covering a number of categories including child and adolescent mental health, families, and school systems. Mark your calendar for this event in 2023. All of us impact the functioning of family systems whether we practice child psychiatry or general psychiatry. Our patients are never treated in a vacuum and all of us must work together to improve the lives of our Texas families. Thank all of you for everything you do to improve the lives of our children.

TSCAP: Planning for 2023!
Debra Atkinson, MD, DFAPA, President, Texas Society of Child and Adolescent Psychiatry

It’s the season for giving
Richard Noel, M.D., DFAPA, Chair, Texas Foundation for Psychiatric Education and Research

Our first in person conference since the COVID-19 pandemic was filled with many events. We held our first in person trainee happy hour, sponsored by MindPath. We distributed the first travel scholarships for trainees coming from across Texas. We had a robust poster session with over 10 submissions in a short amount of time. Our trainee workshop, featuring speakers for Private Practice and Neurostimulation (Dr. Heathman and Dr. Quevedo, respectively), had 17 trainees in attendance. During our committee meeting, one of our residents, Dr. Max Galvan, facilitated a discussion on advocacy and how to get involved in organized medicine. We discussed the sub-committee crafting a statement on gender affirming care and future ways to improve our programming. Trainees expressed a desire to have more resources such as a Voter Guide, Policy Book, and introduction to career and advocacy campaigns. Members were provided with hotel accommodation to ease the burden of participating in the section meetings and poster presentations. We hope you will consider supporting this initiative to provide more opportunities for RFM participation at our events.

TSCAP RFM Committee Update

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Resident-Fellow Member Scholarship Fund

Approved by the TSCAP Executive Council in 2017, the TSPP Resident-Fellow Member Travel Scholarship Fund was created for the purpose of reducing the cost of travel expenses for qualifying Resident-Fellow Members to attend TSPP’s meetings. All funding is provided solely by voluntary donations from members, and for the 2022 TSPP Convention and Scientific Program held at the Houston Marriott by the Galleria, four Resident-Fellow Members were provided with hotel accommodation to ease the burden of participating in the section meetings and poster presentations. We hope you will consider supporting this initiative to provide more opportunities for RFM participation at our events.

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Richard Noel, M.D., DFAPA

Resident-Fellow Member Scholarship Fund Accepting Donations

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TSCAP Resident-Fellow Member Travel Scholarship Fund

Yes! I want to make a donation in the amount of $__________________________

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Or by check payable to Texas Society of Psychiatric Physicians 401 West 15th Street, Suite #707, Austin, TX 78701. Do not make check payable to RFM Scholarship Program or it will be returned. You may write RFM Scholarship in the Notes Section of Your Check.

Professional dues and/or Scholarship Fund donations may not be claimed as charitable contributions but may be deductible as ordinary and necessary business expenses. For the estimated percentage of the dues used for lobbying, Estimated lobbying expenses for 2022-23 are 10%.
I hope that some of you were able to attend our recent Fall Conference in Houston. I picked up a few CME credits and seeing everyone again was simply ‘great’. The in-person conference also reminded me why I am a member of both the Texas Academy of Psychiatry and the Texas Society of Psychiatric Physicians. I currently wear two hats – as TAP President and the Immediate Past President of TSPP. Some of you might wonder if I’m overdoing it, but I have my wife’s permission so that means I’m not. So why both? Simply said, I love what I do and still have enough gas in the tank to think that we can shape the future of psychiatric care in our Great State. During my tenure on the Texas Medical Board, I came to appreciate how the healthcare of our patients / citizens (and physician licensure) has been delegated to each / our State since the inception of our nation - get the 10th Amendment (also called the Federalism Amendment). I could write extensively about my experiences on the Board regarding this subject matter but rather, I will emphasize to you how much more important our local voice is when our legislators explore mental health care in our State. Indeed, The Federation of Texas Psychiatry was created to serve this purpose and I enthusiastically invite you to join us at our table. So why both? Well, I joined the American Psychiatric Association during residency training and certainly enjoyed attending their very large conferences, where I met / networked with colleagues across the country, the latter of which paved the way for some of my career advances. However, I’d like to say that I became wiser along the way, when I learned that my professional contributions to mental health care improvements for our citizens were more attainable, substantive, and gratifying, when I was a part-time public servant (within State agencies) surrounded by talented colleagues, public members, and staff who shared the same ideals. So why both? Well...we don’t have to. TAP members come to the same conferences as TSPP members and participate in our collective endeavors to improve mental health care for our patients at a significantly reduced price. TAP members are not required to join the APA (and pay $1060 annual collective dues), akin to Texas Medical Association members who do not belong to the American Medical Association. Yet, we – TAP; TSPP; TSCAP members – all practice in this Great State and know how to take care of those in our backyard, so to say. But our State is grand, and we need input from all Texas psychiatrists. Please join our collective effort. Annual dues are only $410 (we only recently raised our dues after 20 years, at great deliberation), and all medical students and psychiatry residents can join TAP at no cost. Hope to see you next spring in Austin. ‘Y’all come back now!’

The TEXAS ACADEMY OF PSYCHIATRY was formed in 2004 to provide additional membership options for Texas psychiatrists. Texas psychiatrists may become members of the Academy without the mandated dual membership requirement of APA/TSPP. Academy members receive benefits comparable to those offered by TSPP except for APA benefits. The Academy and TSPP are independent organizations, with their own respective governing bodies. Membership is available to physicians with a current medical license without restrictions and who have a residency training certificate from an approved psychiatric residency program. Classes of membership include: Member-in-Training, General Member, Fellow (8 years of membership and/or recognized by APA as a Fellow or Distinguished Fellow), Retired Member, and Associate Member (a member in good standing with TSPP or TSCAP). All class of members shall have voting privileges.

DUES
The Board of Directors establishes annual dues for its members. Current dues structure is as follows:
- Member in Training: $10.00
- General Member: $410.00
- Fellow: $410.00
- Retired Member: $150.00
- Associate Member / TSPP / APA Member in Good Standing: $25.00

Texas Academy of Psychiatry Recruitment Drive
Advocates for Patients and Quality Psychiatric Care
Help Strengthen the Voice of Psychiatry in Texas!

Complete and return your membership application (also available online at www.txpsych.org – Academy – or telephone 512-478-0605 or email tspprecruitment@texaspsych.org) and remit with your membership dues and you will receive special Member Discounted rates for registration fees at the Spring Convention and Scientific Program, April 21-23 in Austin.

Help Strengthen the Voice of Psychiatry in Texas!

Texas Academy of Psychiatry

The purposes and objectives of the Academy are:

A. To promote the common professional interests of its members;
B. To improve the treatment, rehabilitation, and care of the mentally ill, the mentally retarded, and the emotionally disturbed;
C. To advance the standards of all psychiatric services and facilities;
D. To promote research, professional education in psychiatry and allied fields, and the prevention of psychiatric disabilities;
E. To foster the cooperation of all who are concerned with the medical, psychological, social, and legal aspects of mental health and illness;
F. To make psychiatric knowledge available to other practitioners of medicine, to scientists, and to the public;
G. To promote the best interests of patients and those actually or potentially making use of mental health services;
H. To coordinate and work in concert with other state professional psychiatric associations on joint public and professional education projects and public policy advocacy; and,
I. To advocate for its members.
Reminder on APA Retired and Semi-retired Member Class Designation

In 2022 APA implemented changes regarding Life Member status and added two new classifications for Retired and Semi-retired. Life Members, Life Fellows, Distinguished Life Fellows, and Life Associate Members are those whose years of active membership in the Association plus age at the start of the fiscal year equal 95 (rule of 95) before 2021. After the 2021 renewal year, no individual shall be eligible for the rule of 95.

Beginning in 2022, General Members may attain Semi-retired status if they are near retirement age and work less than 15 hours per week. Semi-retired members pay one-half the highest dues rate ($205 per year for TSPP). Retired members, defined as those that are fully retired from all administrative and clinical responsibilities, pay one-third of the highest dues rate ($136.65 per year for TSPP). The status of a member will not be changed until the member has been determined by the APA to meet the qualifications of the relevant category. To change your membership category to Retired or Semi-retired, please log into your member profile at my.psychiatry.org and click “Retired Opt In” on the left side of the page.

2022 Awards

On Saturday, November 12, 2022, the TSPP Awards Banquet was held at the JW Marriott Houston by the Galleria to recognize outstanding contributions to Psychiatry.

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. This year TSPP honored Mark S. Jacobs, MD, with this prestigious award.

DISTINGUISHED SERVICE AWARD

The purpose of this award shall be to recognize members of the Texas Society of Psychiatric Physicians who have made broad contributions to psychiatry over an extended period of time. This year the TSPP bestowed the honor of this award to Jane Ripperger-Suhler, MD, FAAPA.

PSYCHIATRIC EXCELLENCE AWARD

The purpose of this award shall be to recognize members of the Texas Society of Psychiatric Physicians who have demonstrated a sustained and unusual degree of excellence in psychiatric endeavors. TSPP is proud to honor Phillip Ballanz, MD, with this award.

FEDERATION OF TEXAS PSYCHIATRY - JOHN R BUSH LEADERSHIP EXCELLENCE AWARD

This award named for John R. Bush was established in 2016 to recognize psychiatrists who unsellably provide outstanding leadership, over a sustained period of time, through organized psychiatry advancing the highest standards of psychiatric practice and quality psychiatric care for patients. The award was presented to A. David Axelrod, MD, during the Federation of Texas Psychiatry’s luncheon on Saturday, November 12.

DR. SPENCER BAYLES OUTSTANDING TSPP MEMBER AWARD

This award, named in memory of Dr. Spencer Bayles, was established in 2010 to recognize members for outstanding and consistent participation in TSPP activities. The Federation proudly honors Leslie Secrest, MD, for this award to be presented at the Spring Meeting and CME program in Austin, April 21–23.

NO MATTER THE SIZE OF YOUR PRACTICE WE HAVE YOUR GROUP COVERED

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American Professional Agency, Inc.

LEADERS IN PSYCHIATRIC MEDICAL LIABILITY INSURANCE

The TEXAS PSYCHIATRIST is published 5 times a year. 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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tsp@txpsych.org (E-mail)
http://www.txpsych.org (website)

CALENDAR OF MEETINGS

JANUARY
27-28 Texas Medical Association 2023 Winter Conference
“One Voice: Advocating for Our Patients and Profession”
Hyatt Regency, Austin
www.texmed.org

APRIL
21-23 TSPP & TAP Spring Committee Meetings and Continuing Medical Education
Austin, TX
www.txpsych.org

MAY
19-20 TexMed 2023
Fort Worth, TX
www.texmed.org
20-24 American Psychiatric Association Annual Meeting
San Francisco, CA
www.psychiatry.org

JULY
21-23 Texas Society of Child and Adolescent Psychiatry Annual Meeting and Scientific Program
Location: TBD
www.txpsych.org

OCTOBER
6-7 Texas Medical Association Fall Conference
“Wellness First - Supporting Physician Health”
Hyatt Regency Lost Pines
www.texmed.org
23-28 American Academy of Child and Adolescent Psychiatry Annual Meeting
New York, NY
www.aacap.org

NOVEMBER
9-12 Texas Society of Psychiatric Physicians Annual Convention and Scientific Program
Location: TBD
www.txpsych.org

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.