On behalf of the Texas Society of Psychiatric Physicians, I am excited to announce that registration is open for our annual TSPP Spring Committee Meeting and Continuing Medical Education program. This conference is scheduled to run the weekend of April 21-23 in Austin at the AT&T Conference Center and Hotel, located adjacent to the University of Texas Campus.

The CME program “Updates on Evidence-based Practice: Genetic Disorders, Anxiolytics, and Rational Pharmacology” offers up to five (5) AMA PRA Category 1 Credits(™) for attendees.

Speaking on the topic “Utility of Genetic Testing in Guiding Psychopharmacotherapeutic Choice” is Stephen Saklad, Pharm.D, BCPP, who will discuss interpreting data obtained from genetic testing and how genetic testing data may improve clinical judgment in treatment planning.

Also presenting this year will be Tammy Smith, Pharm.D, and Marisa Tougo, MD, with their engaging session entitled “Psychopharmacology: Myth vs. Fact” in which they compare commonly believed medication adverse effects myths to the facts from literature.

Finally, our pleasure to welcome John Hettema, MD, from Texas A&M Health Sciences Center to present on “Rationale Use of Anxiolytics” regarding appropriate anxiolytic selection for various clinical presentations.

The committees of the Council on Leadership, Council on Education and Council on Service will meet throughout the weekend – see page 4 for a detailed agenda. If you are a member of TSPP and would like to join a committee, please complete the Committee Preferences form on page 5 or visit txpsych.org/tspp and click on the Committee Preferences link. Please also note that not all committee are open and some require nomination from your TSPP Chapter leadership.

The deadline for booking a room at our negotiated preferred rate is April 7th, so if you are intending to join, we urge you to book early. You can find all relevant information of the program and hotel booking on our website at www.txpsych.org or email us at TSPP@txpsych.org.

I look forward to seeing you in Austin at the TSPP meeting!
88th Legislative Session Underway
Eric Woomer, Federation of Texas Psychiatry Public Policy Consultant

The 88th legislative session kicked off on January 10th, 2023, and lawmakers are off and running for their biennial 140-day sprint!

Prior to the session kicking off, Comptroller Glen Hegar presented his highly anticipated revenue estimate. Texas has seen an unprecedented economic growth post pandemic, and tax revenue derived from rising inflation on goods and services, higher than average natural gas prices, and an influx on significant federal funds over the course of the current biennium has given the state a budget surplus not seen before. Comptroller Hegar calculated $188 billion in revenue available for general-purpose spending during the 2024-25 biennium, a 26% increase from the previous biennium. This includes an expected surplus of $32.7 billion from the previous two-year budget cycle.

In the House, Rep. Dade Phelan, was re-elected speaker by a vote of 143-3, and called on lawmakers to work together to pass meaningful legislation for Texas. Governor Greg Abbott and Lt. Governor Dan Patrick were sworn in on the 17th of January, Lt. Gov. Patrick announced Senate committee assignments for the 88th Legislature. Many of the fifteen standing committees are set to be led by the same lawmakers as prior years. Texas House committees have yet to be released, but we expect an announcement by Speaker Phelan in early February. As we head into the meat of the legislative session, there are several mental health related issues we expect to be top priorities for the Federation.

Psychology prescribing: As anticipated, Rep. Vikki Goodwin refiled a psychology prescribing bill, House Bill 343. We met with Rep. Goodwin earlier this year and shared our reservations about this issue, and we reaffirmed our opposition to the prescription into independent practice by advanced practice registered nurses (APRNs) and other mid-level providers. However, we do anticipate multiple bills to be filed due to the health care workforce shortages, under the theory that such expansion will ease the shortage. Psychology prescribing: As anticipated, Rep. Vikki Goodwin refiled a psychology prescribing bill, House Bill 343. We met with Rep. Goodwin earlier this year and shared our reservations about this issue, and we reaffirmed our opposition to the prescription into independent practice by advanced practice registered nurses (APRNs) and other mid-level providers. However, we do anticipate multiple bills to be filed due to the health care workforce shortages, under the theory that such expansion will ease the shortage.

APRN Scope Expansion: The Federation will continue to actively oppose any expansion into independent practice by advanced practice registered nurses (APRNs) and other mid-level providers. However, we do anticipate multiple bills to be filed due to the health care workforce shortages, under the theory that such expansion will ease the shortage.

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As always, we are pleased to be your voice at the state capitol.

Capitol Day 2023
The Federation of Texas Psychiatry welcomed TSPP, TSCAP and TAP members from across the state for Capitol Day 2023. The program began on March 6th with a virtual advocacy training program led by our Public Policy Analyst, Eric Woomer, to review key issues and prepare for legislative meetings. On March 7th, in conjunction with TMA’s First Tuesdays, our group of psychiatric physicians descended on the Capitol to speak with the offices of 28 senators and representatives to discuss issues related to scope of practice, emergency detention, workforce, and removing barriers to care.
Time Marches On

Michael R. Arambula, MD, PharmD, DFAPA, President, Texas Academy of Psychiatry

The year seems to have flown by and my tenure as TAP President is about up. My wife told me that our perception of time is inherently linked to how much time we have already lived. In plain language, time will seem to leave old folks in the dust over time. Professor Bejan, a Duke Mechanical Engineer, explained that it was a Physics Flow concept and that the distortion of time was related to both the state of our brains as we age and the number of mental images our brain encountered and organized. He said there was an inverse proportional relationship between processing stimuli in the brain and the sense of time passing by; and hence, as we become older, the rate at which changes in mental images are perceived by our brains decreases, which leads to a sense of time speeding up. So...as I’m thinking about this abstract concept and it’s taking some extra time, I already know that I’m not as strong as I used to be, and God forbid that I’ll have to run anywhere soon.

So I guess all this time stuff is just another reminder that I’m getting old and tomorrow will arrive sooner than I expect it. Come to think of it, that means our upcoming TAP CME Conference on June 10th is right around the corner.

Commensurate with the addition of our exceptional Executive Director (Mr. Burckhardt), TAP leadership has decided to present, regular – maybe even quarterly, an Executive Director (Mr. Burckhardt) bid that I’ll have to run anywhere soon.

Congratulations to 2023 Fellows/Distinguished Fellows

Melissa Eshelman, MD, Chair, TSPP Distinguished Fellowship Committee

Congratulations to the newly recognized 2023 Fellows and Distinguished Fellows of the APA from our TSPP Membership!

2023 Fellows (FAPA)
Stacy Leon, MD
Hong Chai, MD
Gabriel Garza, MD
Tulasie Goriparthi, MD
Karma Hudson, MD
Yasin Ibrahim, MD
Krishna Kambhampati, MD
Ruben Pinerio Fuentes, MD
Lynn Spillar, MD
Brent Turnipseed, MD
Sarah Wakefield, MD

Being a Fellow is an honorary designation to recognize APA members who have demonstrated allegiance to their profession and commitment to the on-going work of the Association. There is a 30-day review period for the district branch to offer comments about the Fellowship candidate. Approval by the APA Membership Committee takes place in the fall, and approval by the APA Board of Trustees takes place in December. For eligibility criteria and to apply, go to https://www.psychiatry.org/join-apa/become-a-fellow/fellow-of-the-apa. APA will begin accepting applications mid-February. Fellow applications must be submitted by September 1.

2023 Distinguished Fellowship (DFAPA)
Esteban Gonzalez, MD
Melissa DeVillanips, MD
Cheryl Hurd, MD, MA
Michelle Magid, MD, MBA
Asim Shah, MD
Steven Starks, MD

Distinguished Fellowship is awarded to outstanding psychiatrists who have made significant contributions to the psychiatric profession in at least five of the following areas: administration, teaching, scientific and scholarly publications, volunteering in mental health and medical activities of social significance, community involvement, as well as for clinical excellence. Distinguished Fellowship is the highest membership honor the APA bestows upon members.

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If you are considering applying for Distinguished Fellowship status, please review the DFAPA requirements at https://www.psychiatry.org/membership/honorary-fellowship/dfapa and then contact your Chapter Representative to the TSPP Distinguished Fellowship Committee to discuss your interest. If you don’t have a local chapter representative, contact TSPP via email at TdPPsychiatry@tspsych.org, and one of the Distinguished Fellowship Committee members will be designated to serve as your advisor. A member of the Distinguished Fellowship committee can review eligibility requirements and the information needed for the Nomination Form. By mid-February each year, APA will notify TSSP of the opening of the application process and provide access to the APA portal. TSPP will then be able to direct qualified members to the APA portal to complete their applications online and upload letters of recommendation. TSPP will review all fully completed applications at the Spring 2023 Meeting on 4/21/2023 to decide whether to nominate the member to APA for Distinguished Fellow status.

Distinguished Fellowship nominations must be submitted by TSPP to APA by July 1. The APA Membership Committee reviews the nomination in the fall and the APA Board of Trustees makes their final determination in December.

Both the newly elected FAPA and DFAPA nominees will be recognized during the Convocation of Distinguished Fellows during the 2023 APA Annual Meeting in San Francisco, CA, this upcoming May. Please extend your congratulations to these outstanding Texas Psychiatrists!
Spring Committee Meetings and Continuing Medical Education Program

“Updates on Evidence-based Practice: Genetic Disorders, Anxiolytics, and Rational Pharmacology”

April 21-23, 2023 • AT&T Hotel and Conference Center • Austin, Texas

**MEETING LOCATION / INFORMATION**

Located in the heart of Austin, the AT&T Hotel and Conference Center is on the University of Texas at Austin’s campus and minutes from the center of Downtown Austin and the State Capitol, in a culturally rich neighborhood near many restaurants, museums, Lady Bird Lake and a jogging path, live music venues, bars, and more! The Texas limestone archways mimic the iconic UT Tower. Take a dip in the saltwater, heated outdoor pool or work up a sweat in the Fitness Center, open 24 hours a day. Visit the Texas State Capitol building, less than 3 blocks away from the hotel. There is no shortage of fine dining options downtown Austin, whether you’re in the mood for Fleming’s or Perry’s Steakhouse (their Friday porkchop lunch is a must!), Roaring Fork, Truluck’s or Eddie V’s for prime seafood, Bouldin Creek or Wally’s for prime seafood, Red Ash or Taverna for Italian, La Condesa or Iron Cactus for Mexican cuisine, Lambeth’s or the world famous Franklin barbecue! Or, plan to remain in the hotel and enjoy our four culinary concepts that range from thoughtful and elegant dishes to healthy morning starters. Whether you’re casually relaxing after a long day or on the move, you’ll never have to wonder far for quality cuisine. One things for sure: you will not be bored in Austin!

For more things to do in Austin, visit https://www.austintexas.org/

**EXHIBITS**

Exhibits will be open throughout the day Saturday to provide you with information designed to enhance your practice and improve the optimal delivery of medical care to your patients. In addition there will be ‘job fair’ exhibitors who have employment opportunities for Psychiatrists in the State of Texas.

**HOTEL RESERVATIONS**

TSPP has negotiated a small block of rooms with a discounted room rate of $279 for reservations placed BEFORE April 7th. To take advantage of this rate, visit: https://book.paskey.com/go/TSPPC0423

Additional conference information can be found on the Federation of Texas Psychiatry’s website at www.txpsych.org.

*Booking a room within the TSPP room block is an important way to support TSPP and helps to keep the overall meeting registration fee and costs as low as possible. Booking outside of the TSPP block, or at another hotel could expose TSPP to monetary charges for attrition. Plus, staying in the hotel keeps you connected with all the activities and networking opportunities during the event. Please help us help you by booking your room at the hotel hosting the meeting and within the TSPP room block.

**PROGRAM SCHEDULE**

**Friday, April 21**

4:00 pm - 10:00 pm Temporary Registration Desk  Conference Foyer
6:00 pm - 7:30 pm Chapter Leadership Forum  Classroom 103
6:00 pm - 7:30 pm TSCAP Executive Committee Meeting  Classroom 104
7:30 pm - 9:00 pm Federation Delegate Assembly Meeting  Classroom 105
8:00 pm - 9:00 pm Resident-Fellow Mixer  TRD

**Saturday, April 22**

7:00 am - 9:00 pm Registration  Conference Foyer
7:00 am - 8:15 am Foundation Board of Directors Breakfast Meeting  Classroom 103
7:30 am - 9:20 am Continental Breakfast  Conference Foyer
8:30 am - 10:00 am Council on Leadership Meetings:
Ethics  Classroom 103
Distinguished Fellowship  Classroom 104
Finance  Classroom 105

Council on Education Meetings:
Continuing Medical Education  Classroom 103
Professional Practice Management  Classroom 104

10:00 am - 10:20 am Refreshment Break / Visit with Exhibitors and Door Prize Drawings  Zlotnik Ballroom 1/2
10:20 am - 11:50 pm Council on Service Meetings:
Academic Psychiatry  Classroom 103
Children and Adolescents Psychiatry  Classroom 104
Forensic Psychiatry  Classroom 104
Public Mental Health Services  Classroom 107

11:50 pm - 12:10 pm Refreshment Break / Visit with Exhibitors and Door Prize Drawings  Zlotnik Ballroom 3
12:10 pm - 1:10 pm Lunch Program (and Government Affairs Council on Advocacy Meeting)  Zlotnik Ballroom 1/2
1:10 pm - 2:00 pm Texas Academy of Psychiatry Board of Directors Meeting  Classroom 103
1:10 pm - 2:00 pm Resident Fellow Member in Training Section  Classroom 105
2:00 pm - 7:30 pm CME SCIENTIFIC PROGRAM:
“Updates on Evidence-based Practice”  Zlotnik Ballroom 1/2
2:00 pm - 4:00 pm “Genetic Testing”  Zlotnik Ballroom 1/2
Stephen R. Siskind, Pharm.D., BCAPP
4:00 pm - 4:20 pm Refreshment Break / Visit with Exhibitors and Door Prize Drawings  Zlotnik Ballroom 1/2
4:20 pm - 6:20 pm “Psychopharmacology: Myth vs. Fact”  Zlotnik Ballroom 1/2
Taveny Smith, PharmD & Marisa Toups, MD
6:20 pm - 6:30 pm Break  Zlotnik Ballroom 1/2
6:30 pm - 7:30 pm “Rationale Use of Anxiolytics”  Zlotnik Ballroom 1/2
John Hettema, MD
7:30 pm - 9:00 pm Reception and Dinner

**Sunday, April 23**

9:00 am - 11:00 am Executive Council Meeting  Classroom 103
Continental Breakfast and Installation of Officers for 2023-24

Agenda times and room assignments subject to change.

Register early and plan to attend the 2023 committee meetings and Spring CME Program of the Texas Society of Psychiatric Physicians on April 21-23, 2023 at the AT&T Hotel and Conference Center, 1900 University Blvd, Austin, TX. Other organization meetings will be held April 22 and the TSPP Executive Council Meeting, April 23.
Texas Society of Psychiatric Physicians
Spring Committee Meetings and Scientific Program
April 21-23, 2023
“Updates on Evidence-based Practice: Genetic Disorders, Anxiolytics, and Rational Pharmacology”
5 AMA PRA Category 1 Credit(s)™

Utility of Genetic Testing in Guiding Psychopharmacotherapeutic Choice
(maximum 2 credit hours)

Stephen R. Saklad, Pharm.D., BCPP

Objectives: The learning objectives for this activity have been designed to address clinician competence. Upon conclusion of the activity, participants should be able to:
• Improve basic knowledge of usefulness and quality of data obtained from genetic testing.
• Improve skill in interpreting data obtained from genetic testing.
• Demonstrate how genetic testing data and skillful interpretation improve clinical judgment in treatment planning for psychiatric illness.

Psychopharmacology: Myth vs. Fact
(maximum 2 credit hours)

Tawny Smith, PharmD

Objectives: The learning objectives for this activity have been designed to address clinician competence. Upon conclusion of the activity, participants should be able to:
• Compare commonly believed medication adverse effect myths to the facts obtained from the literature.
• Evaluate the evidence of use of lithium in patients with renal impairment.
• Summarize the evidence-based use of buspirone for antidepressant-induced sexual side effects.

Rationale of Use of Anxiolytics
(maximum 1 credit hour) – virtual

Marisa Toups, MD

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 the indications and usage for typical anxiolytic medications.
• Identify appropriate anxiolytic selection for various clinical presentations.
• Describe the risks/benefits and treatment duration for common anxiolytic medications.

John Hettema, MD


Texas Society of Psychiatric Physicians and Texas Academy of Psychiatry
Spring Meeting & CME Program – April 21-23, 2023 • Austin, Texas

CME PROGRAM GOAL / TARGET AUDIENCE
This live activity has been designed in a format consisting of case study presentations, lectures and direct discussion to provide its primary target audience of Psychiatrists, as well as other specialists of medicine, with the most up-to-date, evidence-based data that can be translated into clinical practice. Information and data will address new developments in treatments and new directions in research to address the professional practice gaps of the learners and advance the physicians’ competence and 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. The learning objectives for this activity have been designed to address clinician competence.

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

ACCREDITATION STATEMENT
The Texas Society of Psychiatric Physicians is accredited by the Texas Medical Association to provide continuing medical education for physicians.

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

FACULTY AND PLANNERS DISCLOSURE POLICY
The Texas Society of Psychiatric Physicians will disclose to participants the existence of any relevant financial relationships between faculty members, TSSP staff, members, who planned, authored, contributed to, and/or reviewed the content of this activity, and any commercial interest discussed in this educational activity. Disclosure will occur through written communication in the syllabus/handout material.

Committee Meeting RSVP
If you are sending a printed/scanned registration form, please check ALL committee meetings that you are a member of and plan to attend, and return with registration and payment. Please note: if you are only attending committee meetings and not registered for the CME Scientific Program, meals are not included.

☐ Chapter Leadership Forum
  Friday, 6:30-7pm
☐ Federation Delegate Assembly Meeting
  Friday, 7:30-9pm

Council on Leadership Meetings
Saturday, 8:30-10am
☐ Ethics
☐ Distinguished Fellowship
☐ Finance

Council on Education Meetings
Saturday, 8:30-10am
☐ Continuing Medical Education
  Professional Practice Mgmt
  Resident-Fellow Mbr Section

Council on Service Meetings
Saturday, 10:20-11:50am
☐ Academic Psychiatry
☐ Child/Adolescent Psychiatry
☐ Forensic Psychiatry
☐ Public Mental Health Svcs

Texas Society of Psychiatric Physicians
511 West 113th Street, Suite 475, Austin, TX 78701

MAIL ORDER / CREDIT CARD ORDER
Send check/money order or credit card payment to:
Texas Society of Psychiatric Physicians
511 West 113th Street, Suite 475
Austin, TX 78701

NAME                                                                                                                      ...                                                                                   E-MAIL ADDRESS FOR MEETING CONFIRMATION

ADDRESS / CITY / STATE / ZIP:                                                                                               ...

MAIL ORDER SYLLABUS ORDER                                                                                                  ...
NAME AND TITLE FOR NAME BADGE:                                                                                             ...

REGISTRATION FEE

SUNDAY LUNCH: $40.00
CME PROGRAM:
TPP / ACADEMY / TSSP Member: $175.00
RESIDENT-FELLOW IN TRAINING / TPP / ACADEMY / TSSP MEMBER: $155.00
**NOMINEE of your Program Training Director or delegate for the CME Program:
NON-MEMBER PHYSICIAN: $225.00
NON-MEMBER RESIDENT-FELLOW PHYSICIAN, MEDICAL STUDENT: $60.00
ALLIED HEALTH PROFESSIONAL: $75.00

**Other Program Director’s name here:

SATURDAY DINNER: $155.00
TPP / ACADEMY / TSSP Member: $55.00
RESIDENT-FELLOW IN TRAINING / TSSP / ACADEMY / TSSP MEMBER: $45.00
NON-MEMBER PHYSICIAN: $55.00
NON-MEMBER RESIDENT-FELLOW PHYSICIAN, MEDICAL STUDENT: $55.00
SPOUSES/GUESTS (no CME, dinner only): $25.00

SOCIETY APPROVED, no additional charge if requested prior to March 31 otherwise there will be an additional fee of $15.00.

If you require any special assistance to fully participate in this conference, please contact your CME Program at (512) 478-0405.

POSSIBLE CANCELLATION.
No additional fee if requested prior to March 31 otherwise there will be an additional fee of $15.00.

If you are sending a printed/scanned registration form, please check ALL the conferences that you are a member of and plan to attend, and return with registration and payment. Please note: if you are only attending a conference and not registered for the CME Scientific Program, meals are not included.

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  Professional Practice Mgmt
  Resident-Fellow Mbr Section

Council on Service Meetings
Saturday, 10:20-11:50am
☐ Academic Psychiatry
☐ Child/Adolescent Psychiatry
☐ Forensic Psychiatry
☐ Public Mental Health Svcs

TOTAL REGISTRATION FEES

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NON-MEMBER PHYSICIAN: $225.00
NON-MEMBER RESIDENT-FELLOW PHYSICIAN, MEDICAL STUDENT: $60.00
ALLIED HEALTH PROFESSIONAL: $75.00

**Other Program Director’s name here:

SATURDAY DINNER: $155.00
TPP / ACADEMY / TSSP Member: $55.00
RESIDENT-FELLOW IN TRAINING / TSSP / ACADEMY / TSSP MEMBER: $45.00
NON-MEMBER PHYSICIAN: $55.00
NON-MEMBER RESIDENT-FELLOW PHYSICIAN, MEDICAL STUDENT: $55.00
SPOUSES/GUESTS (no CME, dinner only): $25.00

SOCIETY APPROVED, no additional charge if requested prior to March 31 otherwise there will be an additional fee of $15.00.

If you require any special assistance to fully participate in this conference, please contact your CME Program at (512) 478-0405.

METHOD OF PAYMENT:
Check the boxes below:
☐ Check in the Amount of $___________
☐ MasterCard
☐ Visa
☐ American Express

Check here if you DO NOT want your name and address published:

Please note: if you are only attending a conference and not registered for the CME Scientific Program, meals are not included.

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  Resident-Fellow Mbr Section

Council on Service Meetings
Saturday, 10:20-11:50am
☐ Academic Psychiatry
☐ Child/Adolescent Psychiatry
☐ Forensic Psychiatry
☐ Public Mental Health Svcs

CANCELLATION POLICY:
In the event of cancellation, a full refund will be made if written notice is received in the TSSP office by March 31, 2023, less a 25% processing charge. NO REFUNDS will be given after March 31, 2023.
We’ve got you covered.

For over 40 years, we have provided psychiatrists with exceptional protection and personalized service. We offer comprehensive insurance coverage and superior risk management support through an “A” rated carrier. In addition to superior protection, our clients receive individual attention, underwriting expertise, and, where approved by states, premium discounts.

Endorsed by the American Psychiatric Association, our Professional Liability Program Provides:

- Risk Management Hotline 24/7 should an emergency arise
- Insuring Company rated “A” (Excellent) by A.M. Best
- Telepsychiatry, ECT Coverage & Forensic Psychiatric Services are included
- Many discounts, including Claims-Free, New Business & No Surcharge for Claims (subject to state approval)
- Interest-free quarterly payments/credit cards accepted

Visit us at apamalpractice.com or call 877.740.1777 to learn more.

American Professional Agency, Inc.

LEADERS IN PSYCHIATRIC MEDICAL LIABILITY INSURANCE