

Texas Psychiatrist



2025 Legislative Session Comes to an End

Eric Woomer, Federation of Texas Psychiatry Public Policy Consultant



Eric Woomer

Just as quickly as the 89th Legislature gaveled Sine Die on June 2nd, Governor Greg Abbott declared his intent to bring lawmakers back for the First Called Special Session beginning on Monday, July 21st. The initial call outlined a handful of bills either vetoed or became law without Abbott's signature, but the unspoken priority for the special session is a mid-decade redistricting effort to increase the number of GOP congressmen elected from Texas.

SB 3, the total ban on THC consumable hemp products, was one of the most controversial issues of the regular session. Once on the Governor's desk, pressure mounted from the hemp industry and veterans against the outright ban favored by Lieutenant Governor Dan. Patrick, and on the final day of the veto period, Gov. Abbott chose to veto SB 3 and ask the Legislature to consider a regulatory framework similar to that of alcohol. This puts the legislature on a collision course trying to bridge the divide between the two most powerful lawmakers in the state.

The tragic flooding over the 4th of July holiday immediately changed the legislative landscape, as questions emerged regarding the lack of a flash flood warning system. State leaders vowed to address the situation, and Gov. Abbott quickly expanded the session agenda to include flood warning systems, flood emergency communications, relief funding for impacted areas, and natural disaster preparation and recovery. The House and Senate established select committees on disaster preparedness and flooding, and Rep. Ken King (R-Canadian) and Sen. Charles Perry (R-Lubbock) will lead their respective Chamber's committee, with hearings scheduled at the end of July.

Gov. Abbott added congressional redistricting in light of the Department of Justice's allegations of racial gerrymandering in four congressional districts held by Democrats. The Trump Administration made it known that they want Texas to redraw districts to maintain the Republican majority in the U.S. House going into the midterm elections. Presently, the 36 Texas congressional districts elect 25 Republicans and 11 Democrats, and

expectation are that new maps could create 28 to 30 reliably GOP districts. However, redistricting is tricky business – maps that divide population centers could jeopardize sitting Republicans in Congress by forcing them to run in unfamiliar territory, and eroding existing safe GOP bases to improve conservative prospects in neighboring districts could put both seats at risk.

Other items include the elimination of the STAAR test, cutting property taxes, protections for unborn children, banning taxpayer funded lobbying, human trafficking protections, policy personnel records, election crimes, title theft and deed fraud, water project incentives, and judicial operations. Notably, the charge of "preserving women's privacy in sex-segregated space" means Texas will again debate the "Bathroom Bill" that generated such controversy a few sessions ago.

Our team tracked nearly 600 bills for the Federation during the regular session. Members filed a number of bills around key themes such as workforce shortages, social media and parental consent, scope of practice, and coverage for behavioral health services. Some legislation of particular interest to mental health include:

HB 18, by Rep. Gary VanDeaver (R-New Boston), which directs the Child Mental Health Consortium at the University of Texas Health Science Center to establish the Rural Texas Pediatric Mental Health Access Program to assist rural hospitals and rural health clinics in meeting the behavioral health needs of pediatric and perinatal patients. The legislature also provided an additional \$10 million for this purpose.

SB 646 by Sen. Royce West (D-Dallas) expands the eligibility for the mental health loan repayment program administered by the Texas Higher Education Coordinating Board, and increases the payment for psychiatrists to \$180,000, as well as providing stipends for working in rural Texas.

HB 581 by Rep. Mary Gonzalez (D-El Paso) requires social media platforms to

display a mental health warning label every time the platform is opened. The warning must include information on the connection of social media and mental health issues in minors, including a link to the 988 Suicide and Crisis Hotline.

The Federation strongly opposed HB 3794 by Rep. Drew Darby (R-San Angelo), which was the familiar broad expansion of authority for APRNs. The legislation would have allowed independent practice of APRNs, enabling them to order diagnostic tests, form medical diagnoses, treat health problems, and prescribe medications, including controlled substances. TMA led a robust physician opposition campaign, included hours of testimony from various physician specialties. Likewise, the Federation opposed HB 5537 by Rep. Mary Gonzalez, which would have provided for prescriptive authority for psychologists. The bill was heard in committee but not advanced.

Additionally, lawmakers appropriated more than \$10 billion for behavioral health funding across 30 state agencies. This marked an increase of more than \$3.8 billion in ongoing funding – nearly 60% – since 2015. These funds include more than \$240 million in new funding for the operation of expanded state-owned and community mental health inpatient capacity, \$170 million for the Texas Child Health Access Through Telemedicine (TCHAT) program, making the program available to any school district in the state and \$380 million to fully fund the Texas Child Mental Health Care Consortium. Legislators also maintained the \$5 million investment in forensic psychiatry fellowships and the \$28 million for the mental health professional loan repayment program.

While the current focus may be on the special session, Republicans and Democrats alike also have their attention on the midterm elections in November 2026. Onlookers can expect an active cam-

paign season in 2026, with all statewide offices on the ballot, as well as all 150 House members and 16 of 31 Senators.

Lt. Gov. Patrick announced during the regular session he plans to run for his seat in 2026; His challenger at the moment is Rep. Vikki Goodwin (R-Austin). Attorney General Ken Paxton announced his intent to run for U.S. Senate against incumbent Senator John Cornyn. Sen. Mayes Middleton (R-Galveston), Sen. Joan Huffman (R-Houston), and Sen. Nathan Johnson (D-Dallas) have all declared their intent to run for the vacated Attorney General seat. Rep. Dennis Paul (R-Houston) plans to run for Middleton's open seat.

With Glen Hegar (former Texas Comptroller) now the Chancellor of the Texas A&M System, former Senator Kelly Hancock is now the interim Comptroller, leaving open his North Texas Senate seat vacant. Senator Nichols (R-Jacksonville) is retiring from the Senate, and current House member Rep. Trent Ashby (R-Lufkin) has filed to replace him. Sen. Brian Birdwell (R-Granbury) has also announced he won't be returning – former Speaker candidate Rep. David Cook (R- Mansfield) has already declared his candidacy.

Additionally, new congressional maps could create opportunities for state representatives and senators to pursue federal office. Filing for offices concludes in December, with primaries in March, 2026 before general elections in November of next year.

As always, we value our opportunity to serve as your voice at the state Capitol in Austin. Please do not hesitate to reach out if you have any questions, comments or concerns. ■

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Early Bird Registration Now Open!

TSPP Annual Convention

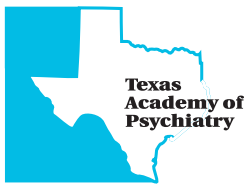
www.txpsych.org/tsppannualconvention2025

November 6-9, 2025 - Irving, TX





The Federation of Texas Psychiatry has furthered our mission to serve as a United Voice for Psychiatry on social media! Follow us on Twitter @FedTXPsych; Facebook, Instagram and LinkedIn



We Still Want You – And Now, Medical Students Too

Phillip Balfanz, MD, MBA, President of the Texas Academy of Psychiatry

In our last newsletter, we issued a call to action: We want you. That call remains just as urgent today, and we're proud to report that we've taken concrete steps to broaden our reach and strengthen our foundation.

We have officially updated the Texas Academy of Psychiatry (TAP) bylaws to include medical students as members. This change reflects our commitment to building a vibrant, multigenerational psychiatric community in Texas—one that values early exposure to advocacy, leadership, and the inner workings of organized medicine.

Medical student members will have opportunities to connect with mentors, attend professional events, and serve as liaisons to TSPP committees, where they can learn firsthand how policy, advocacy, and organized psychiatry intersect. Whether you're just starting medical school or already leaning toward psychiatry, TAP offers a welcoming home for your growth.

Joining has never been easier. We now have an online membership application available at www.txpsych.org. If you are a psychiatrist, trainee, or medical student interested in shaping the future of mental

health in Texas, I encourage you to take a moment and sign up.

We also continue to offer high-quality educational opportunities through our ongoing CME webinar series, available to members across the state. These sessions are designed to be timely, relevant, and accessible, helping you stay current and connected no matter your practice setting. Upcoming and archived webinar information is available at www.txpsych.org/conferences-and-events.

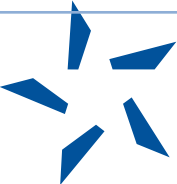
This is the moment to get involved. Help us build a more connected, more empow-



Phillip Balfanz, MD, MBA

ered psychiatric community—one that reflects the depth and diversity of our great state.

We still want you. And we're making room for everyone who's ready to step in. ■



In Times of Crisis, We Show Up – Together

Melissa Stennett Deuter, MD, President, Texas Society of Psychiatric Physicians

The July flooding along the Guadalupe River in the Texas Hill Country left communities across Texas distraught. Dozens of lives were lost—many of them children—and countless families are now facing unimaginable grief. As psychiatrists, we are trained to recognize trauma, but tragedies of this scale hit close to home and affect everyone. They shake us not only as professionals, but as people, neighbors, and members of a shared society.

In the days following the disaster, many of you reached out—to offer support, to connect, to ask what you could do. Professional fellowship isn't just a formal part of TSPP's mission—it's a living, breath-

ing value that we uphold. It means showing up for each other and for the communities we serve, especially when the needs are greatest and the answers are not easy.

Psychiatry plays a vital role in the collective response to disaster. We help stabilize not just individuals, but systems. We support overwhelmed healthcare teams, schools struggling to cope, families facing the long arc of grief. And we do it together—sharing knowledge, leaning on each other's experience for support and guidance, and making space for care that is both clinically informed and deeply human.

In the wake of this tragedy, we are reminded that advocacy is not just about

the policies for which we advocate—it's about people. It's about ensuring that the mental health needs of survivors, responders, and entire communities are not overlooked. It's about building relationships that make us stronger when the next crisis comes. And it's about reminding each other that none of us has to carry this burden alone.

At the Texas Society of Psychiatric Physicians, we are committed to supporting not only the public, but one another. Through education, dialogue, and connection, we strengthen our capacity to serve—and to endure. That's what fellowship means. It means being part of something



Melissa Stennett Deuter, MD

larger than yourself, especially in moments of collective pain.

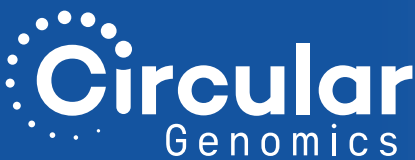
To every psychiatrist who continues to care, comfort, and connect in this difficult time: thank you. You represent the very best of our profession. ■

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For more information contact your local representative:
Katie Porchia
kporchia@circulargenomics.com
(559) 269-5082

Reference:

¹Papageorgiou G, Ibrahim EC, Maxson G, et al. A brain-enriched circRNA blood biomarker can predict response to SSRI antidepressants. [bioRxiv.org. https://www.biorxiv.org/content/10.1101/2024.04.30.591973v1](https://www.biorxiv.org/content/10.1101/2024.04.30.591973v1). Published May 1, 2024



2025 TSCAP Conference Highlights, Looking Forward

Joseph Shotwell, MD, President, Texas Society of Child and Adolescent Psychiatry

The 2025 TSCAP Annual Convention at La Cantera Resort in San Antonio July 18-20 was a great success and delivered a robust CME Program offering 8 *AMA PRA Category 1 Credits™*, focusing on “Innovative Approaches in Psychiatry: Treatment, Technology, and Ethics.”

Highlights included Dr. Patrick Butler’s exploration of mental health challenges within the juvenile justice system, Dr. Jeffrey Temple’s insights on adolescent relationships in the digital age, and Dr. Jon Stevens’ update on ADHD management beyond stimulants. Attendees also examined the promise and pitfalls of AI in Psychiatry with Dr. Darlene King and Karin Zaner, JD, and gained practical guidance on screen time and development from Sara Loftin, MS, LPC-S. The event closed with a dynamic Telepsychiatry panel covering clinical best practices and evolving legal standards, presented by Drs. Joseph

Shotwell, Lisa Falls, Alcides Amador, Denise Baughn, and Angeline Trinh. Overall, the convention empowered child and adolescent psychiatrists with timely knowledge, practical tools, and opportunities for professional growth.

With nearly the same number of participants as last year’s record high registration, attendees enjoyed the beautiful hill country venue with serene views, refreshing pools, elegant gathering spaces, and no shortage of entertainment and dining options nearby. We were particularly impressed by the substantial number of psychiatric trainees, including medical students, psychiatry residents, and child and adolescent psychiatry fellows, who attended the event. We appreciate the hard work of the TSCAP Program Committee putting together this dynamic schedule, led by committee chairs Dr. Mohsin Khan and Dr. Mili Khandheria.

The conference also featured the installment of our 2025 elected officers:

President:

Joseph Shotwell, MD

President-Elect:

Lisa Falls, MD

Secretary/Treasurer:

Alcides Amador, MD

Immediate Past President:

Andrew Diederich, MD

Councilor 2025-2028:

Sarah Wakefield, MD

Councilor 2025-2028:

Micah Knobles, MD

AACAP Delegate 2025-2028:

Katherine Kerr, MD

I would like to express my sincere gratitude to Dr. Andrew Diederich for his exemplary leadership as the President of TSCAP during the past year. As we anticipate the year ahead, we recognize



Joseph Shotwell, MD

potential changes in the practice of telepsychiatry. Some pandemic-era prescribing flexibility may be phased out, and we anticipate an increase in regulatory oversight regarding our ability to prescribe controlled substances to virtual patients. It is imperative that you closely monitor communications from TSCAP and AACAP to ensure compliance with any regulatory adjustments in our field.

Save the date for next year’s TSCAP Annual Convention at Moody Gardens Hotel in Galveston, July 17-19, 2026! ■



TSCAP Annual Convention and Scientific Program

July 18-20, 2025 • La Cantera Resort & Spa • San Antonio, Texas

CONVENTION HIGHLIGHTS



Thank you to our Exhibitors:

American Professional Agency

Brentcare Behavioral Health

Charlie Health

Kendra Scott

MagVenture

PRMS

Supernus Pharmaceuticals

Texas Foundation for Psychiatric Education and Research

The Menninger Clinic

UTMB – CMC

Vertical Pharmaceuticals





In Support of Psychiatric Education and Research

Melissa Eshelman, MD, Chair, Texas Foundation for Psychiatric Education and Research

The Texas Foundation for Psychiatric Education and Research was incorporated in Texas as a non-profit corporation on December 10, 1991. The Foundation's purposes include educating the public about psychiatry, psychiatric illnesses and treatments; increasing public awareness of mental illness and availability of treatment; enhancing the quality of assistance to the psychiatric patient; removing any stigma of mental illness; and supporting research to improve care for the psychiatric patient.

The Foundation maintains a position of readiness to provide financial support for educational, advocacy and research activities of the member organizations of the Federation of Texas Psychiatry. These

organizations include the Texas Society of Psychiatric Physicians (TSPP) and Chapters, the Texas Academy of Psychiatry, and the Texas Society of Child and Adolescent Psychiatry. The Foundation. Through a combination of donations and investment income, the Foundation maintains a healthy financial balance for supporting activities in the future.

For example, Foundation grants were allocated to TSPP to provide high quality continuing medical education programs in order to help Texas psychiatrists who participate to improve and maintain competence and performance which leads to improvement in care to patients. The resources of the Foundation also help to provide education

for the general public. Every year the Foundation provides grants to Chapters for



their activities during Mental Illness Awareness Week, this year on October 5-11. We encourage each Chapter to send in an application to the Foundation for consideration. Applications are judged based on inno-



Melissa Eshelman, MD

vation, partnership with other organizations, and community impact. This offers a great opportunity to educate the public about mental illness and available treatment.

We welcome your contributions in order to allow the Foundation to continue to fund these important activities. To make a charitable contribution to the Foundation visit www.txpsych.org/foundation or scan the QR code in this article. ■

Apply Now: APAF's PASS Program Offers Free Registration & Lodging for the 2026 APA Annual Meeting

The APA Foundation's (APAF) Psychiatry Ambassadors and Student Scholarships (PASS) Program provides TSPP/APA medical student and resident-fellow members with the opportunity to attend the 2026 APA Annual Meeting in San Francisco with complimentary meeting registration and up to three nights of hotel lodging included. There are three ways to qualify for PASS funding:

APAF/APAF Fellowship Program

Resident-Fellow Members who are selected

for an APA/APAF Fellowship are eligible for complimentary registration. If also accepted into the Ambassador or Scholars Program, they may qualify for hotel lodging through PASS. The deadline to apply for the 2025-2026 PASS Ambassador program is December 1, 2025.

APAF Ambassador Program

Open to both medical students and residents, this program recognizes early-career leadership and advocacy. Those who apply

between July 1 and December 1, 2025, and complete the program requirements by December 15, 2025, may receive funding for both registration and lodging. Learn more at <https://www.apaf.org/our-programs/grants-and-awards/awards/ambassadors-program/>.

APA Scholars Program

Designed for those attending the in-person Annual Meeting, the Scholars Program opens in early 2026.

Participants must register for the meeting, attend assigned sessions, and submit report cards to receive reimbursement for meeting costs. Learn more at <https://www.psychiatry.org/psychiatrists/meetings/annual-meeting/learning-opportunities/apa-scholars-program>.

Don't miss this chance to engage in world-class psychiatric education and networking—at no cost to you.

Apply today at

<https://www.psychiatry.org/pass>



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TSPP 69th Annual Convention and Scientific Program

November 6-9, 2025 • The Westin Irving at Las Colinas • Irving, Texas

“Enhancing Psychiatric Practice: Evidence-Based Tools for Metabolic, Behavioral, and Sleep Health”



HOTEL RESERVATIONS

TSPP has secured a discounted room rate of \$199 plus taxes and fees at The Westin Irving at Las Colinas, for registered conference attendees and sponsors. [Click here for the TSPP booking link](#) and reserve the reduced rate through October 21st or upon sell-out, whichever occurs first.

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. Please help us help you by booking your room at the hotel hosting the meeting and within the TSPP room block.

MEETING LOCATION: The 69th Annual Convention and Scientific Program will take place at the The Westin Irving at Las Colinas, located at 400 W Las Colinas Blvd, Irving, TX 75039 and just 8 miles from DFW airport. Enjoy this full-service hotel near the Irving Convention Center and unwind at The Westin Vibe Pool Bar, take a dip in the heated outdoor pool and whirlpool, or squeeze in a workout in the 24-hour Fitness Studio. Explore local entertainment and take a gondola ride along Mandalay Canal Walk, see a show at the Toyota Music Factory entertainment complex, movie at Alamo Drafthouse, or take a short drive to Medieval Times or Cidercade. Grab a margarita with colleagues at Gloria's Latin Cuisine nearby, or at The Westin's onsite restaurant Mesa Mescal. Dine offsite at Yard House, Pacific Table, Cork & Pig Tavern, Kitchen 101, or Brasao Brazilian Steakhouse. Explore the charm of Las Colinas, where there's no shortage of [things to do!](#)

THURSDAY – RESIDENT FELLOW MIXER
Open to all Resident Fellow members registered for the conference.
Please RSVP separately at <https://forms.gle/MURK5rG8qcRroKUH7>.

FRIDAY – WELCOME RECEPTION –
Kick off the conference alongside colleagues and friends at the Friday evening Welcome Reception, from 6:30-8:30pm in the Exhibit Hall. We have several Sponsors/ Exhibitors that will be in attendance, as well as Poster Presenters.
Start your holiday shopping early with

the Kendra Scott Trunk Show, benefiting the Texas Foundation for Psychiatric Education and Research. 20% of all onsite sales will be donated to the Foundation!

FRIDAY – TEXAS ACADEMY OF PSYCHIATRY PROGRAM – OPEN TO ALL ATTENDEES
Sponsored by Teva Medical

Not a member of TAP? If you are already a member of TSPP or TSCAP you can join the Texas Academy of Psychiatry as a Member for only \$50 (apply online at www.txpsych.org/texas-academy-of-psychiatry)

AWARDS RECEPTION/BANQUET:
Saturday evening festivities begin with a complimentary wine and cheese reception for registrants attending the Awards Banquet honoring the 2025 TSPP Award Recipients for their outstanding contributions to Psychiatry. Register early to reserve a table for your group at this memorable evening!

TSPP 2025 POSTER PRESENTATIONS
Medical Students, Residents and Fellows in Training who are members of TSPP, TSCAP, or TAP will present/display posters at the TSPP 69th Annual Convention and Scientific Program during the Friday Evening Welcome Reception and Saturday Continental Breakfast and refreshment breaks, November 7-8, at the The Westin Irving at Las Colinas.

Submission Deadline: October 1st
Submit an abstract online:
<https://forms.gle/3R56Rqo8UM3JLNr5A>

Daily Schedule

Thursday, November 6

5:00 pm – 8:30 pm	Registration
6:00 pm – 8:00 pm	TSCAP Executive Committee
7:00 pm– 8:00 pm	Chapter Leadership Forum Meeting
7:00 pm – 8:30 pm	Resident Fellow Mixer
8:00 pm – 9:30 pm	Federation Delegate Assembly Meeting

Friday, November 7

7:30 am – 8:30 pm	Registration
8:00 am – 9:00 am	Foundation Board of Directors Breakfast Meeting
8:30 am – 5:00 pm	Committee Refreshments
9:00 am – 10:30 am	COUNCIL ON LEADERSHIP MEETINGS <ul style="list-style-type: none">• Ethics Committee• Distinguished Fellowship Committee• Finance Committee
10:45 am – 12:15 pm	COUNCIL ON SERVICE MEETINGS <ul style="list-style-type: none">• Academic Psychiatry Committee• Children & Adolescents Committee• Forensic Psychiatry Committee• Public Mental Health Services Committee
12:30 pm – 1:30 pm	Committee Members' Luncheon
12:30 pm – 1:30 pm	TSPP Officer Orientation
1:30 pm – 2:30 pm	Texas Academy of Psychiatry Board of Trustees Meeting
1:30 pm – 2:30 pm	Resident-Fellow Section Committee Meeting
2:00 pm – 5:30 pm	Exhibits AND Poster Presenters Session Set Up
2:00 pm – 3:30 pm	COUNCIL ON EDUCATION MEETINGS <ul style="list-style-type: none">• Continuing Medical Education Committee• Professional Practice Management Committee
2:30 pm – 3:30 pm	Resident Fellow Member Section Program
2:30 pm – 3:30 pm	Texas Academy of Psychiatry Program
3:45 pm – 5:00 pm	COUNCIL ON ADVOCACY MEETING <ul style="list-style-type: none">• Government Affairs Committee
5:00 pm – 6:30 pm	Executive Council Meeting
6:30 pm – 8:30 pm	Welcome Reception with Exhibitors AND Poster Session for Meeting Registrants and Paid Guests

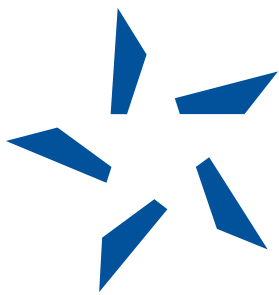
Saturday, November 8

7:30 am – 7:00 pm	Registration
7:30 am – 4:30 pm	Exhibits Open and Poster Session
7:30 am – 8:15 am	Complimentary Continental Breakfast in Exhibit Hall for Meeting Registrants and Paid Guests
8:15 am – 5:30 pm	SCIENTIFIC PROGRAM “Enhancing Psychiatric Practice: Evidence-Based Tools for Metabolic, Behavioral, and Sleep Health”
10:30 am – 10:50 am	Refreshment Break and Door Prize Drawings with Exhibitors and Poster Session
11:50 am – 12:10 pm	Refreshment Break with Door Prize Drawings with Exhibitors and Poster Session
12:10 pm – 1:30 pm	Annual Joint Business Meeting Lunch
2:30 pm – 2:50 pm	Refreshment Break and Door Prize Drawings with Exhibitors and Poster Session
5:30 pm	Exhibits and Poster Session Closes
7:00 pm – 7:30 pm	Reception for Awards Banquet Registrants Pre-Function
7:30 pm – 9:30 pm	Awards Banquet

Sunday, November 9

7:30 am – 11:30 am	Registration
7:30 am – 9:00 am	Complimentary Continental Breakfast for Meeting Registrants and Paid Guests
8:15 am – 11:30 am	SCIENTIFIC PROGRAM “Enhancing Psychiatric Practice: Evidence-Based Tools for Metabolic, Behavioral, and Sleep Health”
10:00 am – 10:20 am	Refreshment Break

Schedule and times are subject to change



TSPP 69th Annual Convention and Scientific Program

November 6-9, 2025 • The Westin Irving at Las Colinas • Irving, Texas

“Enhancing Psychiatric Practice: Evidence-Based Tools for Metabolic, Behavioral, and Sleep Health”

Nine (9) AMA PRA Category 1 Credits™,
with 2.5 of the Hours Designated for Medical Ethics/Professional Responsibility

SCIENTIFIC PROGRAM SCHEDULE

Saturday November 8, 2025

8:15 am – 8:30 am	Opening Remarks
8:30 am – 9:30 am	GLP-1 Receptor Agonists in Psychiatry – Poorvanshi Alag, MD, DABOM Objectives: The learning objectives for this activity have been designed to address clinician competence. Upon conclusion of the activity participants should be able to: <ul style="list-style-type: none">Describe the pharmacological mechanisms and current indications of GLP-1 receptor agonists relevant to psychiatric practice.Evaluate the risks, benefits, and clinical considerations of prescribing GLP-1 receptor agonists in patients with co-occurring psychiatric and metabolic conditions.Formulate practical strategies for incorporating GLP-1 receptor agonists into individualized psychiatric treatment plans, including when to refer or collaborate with other specialties.
9:30 am – 9:50 am	Refreshment Break with Exhibitors and Poster Session
9:50 am – 11:50 am	Sleep Medicine: Disorders, Diagnostic Tests, and Treatments – Abha Patel, 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: <ul style="list-style-type: none">Be familiar with the range of possible sleep disorders.Know when to refer to a sleep specialist.Be confident treating some sleep disorders, like insomnia, without specialist referral.Understand which sleep studies to order and how to interpret them.Select appropriate medications and non-pharmacological options (e.g., CPAP, dental devices).
11:50 am – 12:10 pm	Refreshment Break with Door Prize Drawings, Exhibitors and Poster Session
12:10 pm – 1:30 pm	Federation Annual Business Meeting Lunch
1:30 pm – 3:00 pm	Understanding the Morbidity and Mortality of Eating Disorders – Susan Mengden, PhD Objectives: The learning objectives for this activity have been designed to address clinician competence. Upon conclusion of the activity participants should be able to: <ul style="list-style-type: none">Better identify eating disordersUnderstand treatments available for Eating Disorders, to include intensive outpatient treatment, residential treatment, inpatient hospitalization, medical hospitalization.
3:00 pm – 3:15 pm	Refreshment Break with Door Prize Drawings with Exhibitors and Poster Session
3:15 pm – 4:15 pm	Cognitive-Behavioral Therapy for Insomnia – Jessica Klement, PhD Objectives: The learning objectives for this activity have been designed to address clinician competence. Upon conclusion of the activity participants should be able to: <ul style="list-style-type: none">Identify key evidence-based components of CBT-I and their role in improving sleep and psychiatric symptoms.Determine which patients are appropriate candidates and when CBT-I may need modification or is contraindicated.Describe strategies to build motivation for behavioral treatment in patients accustomed to medication treatment only.Refer patients to qualified CBT-I providers and resources, including telehealth options.
4:15 pm – 4:25 pm	Break
4:25 pm – 5:25 pm	Nutrition and Mental Health – Jaclyn Albin, MD, CCMS, DipABLM Objectives: The learning objectives for this activity have been designed to address clinician competence. Upon conclusion of the activity participants should be able to: <ul style="list-style-type: none">Recognize the role of nutrition in mental health.Name the evidence-based diets/dietary patternsList supplements used in psychiatric illness.Apply assessment of a patient’s diet quality and address barriers to making changes.
5:25 pm – 5:35 pm	Closing Remarks

Sunday November 9, 2025

8:15 am – 8:30 am	Opening Remarks
8:30 am – 10:00 am	Ethics: Law Enforcement and Psychiatry: Controlled Substance Prescribing – Melita Grimes, DEA Representative Objectives: The learning objectives for this activity have been designed to address clinician competence. Upon conclusion of the activity participants should be able to: <ul style="list-style-type: none">Have full knowledge of prescribing rules and limitations for controlled substances.Gain understanding and implementation of Take Back programs for medications that patients no longer need.Have knowledge on application of Ryan Haight Act in prescribing of controlled substances.
10:00 am – 10:20 am	Refreshment Break
10:20 am – 11:20 am	Ethics: Integrating the Safety – A Suicide Assessment Program into Clinical Practice Enhancing Risk Formulation and Intervention – Colleen Neal, PMHNP-BC Objectives: The learning objectives for this activity have been designed to address clinician competence. Upon conclusion of the activity participants should be able to: <ul style="list-style-type: none">Explain the theoretical foundation and clinical rationale behind the Safety-A Suicide Assessment Program, including its relevance to clinical care.Integrate the Safety-A protocol into clinical evaluations to support structured, evidence-informed suicide risk assessments.Utilize the Safety-A framework to guide collaborative safety planning, documentation, and appropriate levels of care across diverse practice settings.
11:20 am – 11:30 am	Closing Remarks

Schedule and times are subject to change

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 specialties 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

TSPP has incorporated into this CME activity the relevant educational needs concerning competence that underline 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 nine (9) *AMA PRA Category I Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in this activity.

ETHICS DESIGNATION STATEMENT

The presentation entitled “Law Enforcement and Psychiatry: Controlled Substance Prescribing” has been designated by the Texas Society of Psychiatric Physicians for one and half (1.5) hours of education in medical ethics and/or professional responsibility. The presentation entitled “Integrating the Safety – A Suicide Assessment Program into Clinical Practice Enhancing Risk Formulation and Intervention” has been designated by the Texas Society of Psychiatric Physicians for one (1) hour of education in medical ethics and/or professional responsibility.

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, TSPP staff and 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.

TSPP 69th Annual Convention and Scientific Program


November 6-9, 2025 • The Westin Irving at Las Colinas • Irving, Texas

“Enhancing Psychiatric Practice:
Evidence-Based Tools for Metabolic, Behavioral, and Sleep Health”

Register Online: www.txpsych.org/tsppannualconvention2025

Registration Item	REGISTRATION FEES	
	Early Bird through September 30th	Pricing as of October 1st
Committee Lunch (Friday)	\$40	\$50
Welcome Reception Guest (Friday)	\$50	\$55
Annual Meeting Lunch (Saturday)		
TSPP/TSCAP/TAP Member	\$40	\$45
Non-Member Physician	\$50	\$55
TSPP/TSCAP/TAP Trainee/Student	\$25	\$30
Non-Member Trainee/Student	\$35	\$40
Guest	\$45	\$50
Awards Banquet Reception/Dinner (Saturday)		
Former TSPP Award Recipient	–	–
TSPP/TSCAP/TAP Member	\$55	\$65
Non-Member/Spouse/Guest	\$65	\$75
Reserved Table for 8	\$400	\$500
CME Scientific Program		
<i>Includes online program syllabus, complimentary continental breakfast, and AM/PM refreshment breaks</i>		
TSPP/TSCAP/TAP Member	\$275	\$295
Non-Member Physician	\$325	\$345
TSPP/TSCAP/TAP Trainee/RFM	\$35	\$45
<i>If your training director or APD registers for the scientific program, your scientific program fee is waived.</i>		
Non-Member Trainee/RFM	\$50	60
TSPP/TSCAP/TAP Medical Student	\$25	\$30
Non-Member Medical Student	\$30	\$35
Allied Health Professional	\$180	\$195
Spouse/Guest (No CME Credit)	\$145	\$165
Poster Presenter	–	–
<i>If you're approved to present a poster, your registration fee for the Scientific Program is waived.</i>		
CME Printed Syllabus Order		
Black/White	\$125	\$165
Color	\$155	\$195

*Please note, we do not have permission to print the “Controlled Substances and Rules” presentation by the DEA Representative, or to share it online for download by attendees.

 If you require any special assistance to fully participate in this conference, please contact TSPP at (512) 222-6865 by October 15th.

CANCELLATION POLICY: In the event of cancellation, a full refund will be made if written notice is received in the TSPP office by October 15, 2025, less a 25% processing charge. NO REFUNDS will be given after October 15, 2025.

Creating a Home for Trainees in TSCAP

Jasmine Liu-Zarzuela, MD, MPH, Chair, TSCAP RFM Committee

As a trainee pursuing child and adolescent psychiatry, I have always looked forward to attending the annual conferences hosted by the Texas Society of Child and Adolescent Psychiatry. Over the years, I have noticed a growing presence and enthusiasm among fellow trainees (including medical students), particularly with the addition of poster sessions at the annual meetings. However, I felt that there lacked a dedicated space and group specifically for trainees to connect, collaborate, and have a voice within the organization.

To address this gap, I proposed the creation of a Resident and Fellow Member (RFM) Committee within TSCAP. The vision behind this initiative is to foster long-term engagement with organized psychiatry and to empower the next generation of child and adolescent psychiatrists in Texas. The RFM Committee is grounded in three main goals:

1. Identify and address the needs of trainee members
2. Promote trainee involvement within TSCAP
3. Provide a forum for mutual sharing and support.

Our first in-person RFM Committee

meeting took place during the 2025 TSCAP Annual Meeting in San Antonio. During the session, participating members elected the inaugural leadership team, selecting individuals to represent each level of training (various Texas medical schools, residency programs, and CAP fellowship programs), as well as several key committees. We also brainstormed ways to expand trainee engagement at future TSPP/TSCAP events. Suggestions included a dedicated poster

session time slot, poster awards, and a trainee-specific programming block. We also discussed the importance of expanding representation from more medical schools, residency programs, and fellowship sites.

We hope that this committee helps build a strong, inclusive community that supports trainees throughout their career. Our next committee meeting will be held virtually in November 2025. If you are interested in joining or becoming a representative for your



Jasmine Liu-Zarzuela, MD, MPH

program, we encourage you to sign up here: <https://forms.gle/dNRsbTurgzCbmZAB8>. ■





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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 txpsych.org/careers. The Federation's JOB BANK
could be just what you have been looking for.

CALENDAR OF MEETINGS

Visit www.txpsych.org/conferences-and-events for up-to-date information on
upcoming events and CME webinars for TSPP, TSCAP and TAP

OCTOBER

- 6-7 APA Federal Advocacy Conference**
Washington, D.C.
For more information, visit:
<https://www.psychiatry.org/psychiatrists/advocacy/federal-affairs/federal-advocacy-conference>
- 20-25 AACAP Annual Meeting**
Hyatt Regency Chicago and Swissôtel Chicago
www.aacap.org/AACAP/CME_and_Meetings/Upcoming_Meetings.aspx



NOVEMBER 6-9

TSPP Annual Convention

The Westin Irving at Las Colinas, Irving TX

Register Online: www.txpsych.org/tsppannualconvention2025

MAY 2026

- 16-20 APA Annual Meeting**
San Francisco, CA

JULY 2026

- 17-19 TSCAP Annual Convention**
Moody Gardens Hotel, Galveston TX **Save the Date!**