

Texas Psychiatrist



What's Happening in Austin — and Why It Matters for Psychiatry

Eric Woomeer, Federation of Texas Psychiatry Public Policy Consultant



Eric Woomeer

The 89th Texas Legislature interim period is truly underway. That means committees are holding hearings, studying issues, and laying the groundwork for what gets filed in 2027. For psychiatrists and mental health advocates, this interim is unusually active — there are more charges directly touching our field than we have seen in recent cycles, and the political landscape is shifting in ways that could affect who is making decisions when the 90th Legislature gavels in.

The Political Picture

The SD4 Special Election Result

On May 2nd, Republican Brett Ligon — a former Montgomery County district attorney — won the Senate District 4 special election decisively, defeating Democrat Ron Angeletti 75% to 25%, with just over 34,700 votes cast. Ligon will be sworn in shortly and will serve out the remainder of former Senator Brandon Creighton's term through January 2027, when Creighton left to become Chancellor of the Texas Tech University System.

This was not a surprise — SD4 is deep-red territory, and Trump carried it by 34 points in 2024. What was notable was the margin. Ligon outperformed the district's Republican baseline by nearly 16 points, which matters politically even if it doesn't change the math much. After a jarring loss in Senate District 9 earlier this year, Texas Republicans needed a convincing win to settle nerves among donors and activists. SD4 delivered that.

The Upset That Came Before: Senate District 9

The SD4 election is significant in the context of what happened in January. Democrat Taylor Rehmet — a 33-year-old Air Force veteran and union machinist — flipped Senate District 9, a Fort Worth-area seat that had been Republican since 1991 and that Trump had carried by 17 points in 2024. Rehmet won 57–43% despite being outspent roughly \$2.5 million to \$380,000, with Trump personally endorsing the Republican candidate.

The numbers behind Rehmet's win were

striking: an estimated one in four to one in three Republican voters crossed over, independents broke heavily for Rehmet, and the Hispanic vote swung dramatically compared to 2022. It was the kind of result that makes political operatives pay attention.

Lt. Gov. Dan Patrick publicly worried about it. Speaking at the Texas Public Policy Foundation's conference in April, he told an audience of the state's top conservative donors something candid: "The Democrats are angry. We're going to have a tough time holding the Texas House." He explicitly cited SD9 and warned that Democrats and outside groups would pour hundreds of millions of dollars into Texas races.

What This Sets Up for November 2026 and the 90th Legislature

Both Ligon and Angeletti will be back on the ballot in November for the full four-year SD4 term — though Ligon remains heavily favored given the district's composition.

The more competitive and consequential race to watch is SD9, where Rehmet and Wambsganss will face each other again. Higher overall turnout in a general election could help Republicans, but Rehmet now has incumbency, name recognition, and a demonstrated ability to build cross-party coalitions.

The Texas Senate is almost assuredly to remain in Republican hands for the 90th Legislature. The real battleground is likely to be the Texas House. Republicans currently hold 88 of 150 seats. Democrats need to flip 14 to take the majority — the same number they flipped in the 2018 midterms. Speaker Dustin Burrows has pushed back on the more dire predictions, suggesting Republicans will sustain some losses but hold the chamber. The honest answer is that no one knows for certain yet.

The Interim Charges That Matter Most

Interim charges are the assignments the Speaker and Lt. Governor give to House and Senate committees to study between sessions. The reports and recommendations that result often become the basis for legislation in the next session. Here are the charges we are watching most closely.

Mental Health, Homelessness, and the Criminal Justice System

The House Committee on Intergovernmental Relations has been asked to study the relationship between mental illness, homelessness, and the criminal justice system. The committee will look at the availability of high-acuity psychiatric beds for homeless individuals with severe mental illness, addiction, and complex medical conditions, and will examine pre-arrest diversion programs and alternatives to hospitalization.

This is an area where psychiatrists have firsthand knowledge and credibility. The shortage of appropriate inpatient and step-down beds is not a theoretical problem — it plays out in emergency departments, jails, and on the streets every day.

Crisis Mental Health Services and Civil Commitment

The Senate Health and Human Services Committee has one of the most substantive mental health charges of the interim. It has been asked to evaluate the state's authority and procedures for providing public mental health services at the intersection of homelessness and addiction, assess the effectiveness of competency restoration for individuals charged with crimes and awaiting trial, and review the processes for civil inpatient and outpatient commitments.

If you work in a public sector or forensic setting, this charge is about your day-to-day practice. The competency restoration backlog in Texas has been a serious problem for years — people sit in jail waiting for treatment beds that don't exist, and the system downstream is overwhelmed. This committee will be positioned to make recommendations that could either improve that situation or further complicate it, depending on who shows up to testify.

Violent Offenders Found Not Guilty by Reason of Insanity

The Senate Criminal Justice Committee has been charged with examining how the Health and Human Services Commission handles violent offenders — including those convicted of murder, robbery, and

sexual assault — who were found not guilty by reason of insanity (NGRI) and placed in mental health treatment rather than prison. The Committee held their first hearing on May 5th, and witnesses from the Texas Health and Human Services Commission (HHSC) shared that in FY2025, state hospitals served over 400 NGRI individuals — about 20% of the average daily census. HHSC has a rigorous, multi-step process for evaluating whether an individual can safely transition to outpatient care, including an independent violence risk assessment conducted by a certified forensic evaluator, and that while the population is small, the offenses involved are often among the most serious and violent.

Witnesses noted that long-acting injectable medications and supervised step-down housing have been key public safety tools, but that funding gaps — particularly the lack of money for electronic monitoring — remain concerns. Witnesses described a largely functional system but flagged that recent changes to state law allow courts to order NGRI individuals to receive services in counties other than where the offense occurred, without the receiving county's consent. This has created two parallel systems of care — a well-coordinated one for in-county cases and a less accountable one for cross-county placements.

Multiple witnesses called for a fuller continuum of mental health care to address the root causes driving individuals into the criminal justice system, and while the legislature has made substantial investments — over \$2.5 billion — primarily in inpatient

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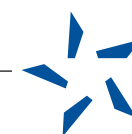


TSCAP Annual Convention and Scientific Program

July 17-19, 2026
Moody Gardens Hotel
Galveston, TX

Register Online

www.txpsych.org/2026-tscap-convention



TSPP 70th Annual Convention and Scientific Program

November 5-8, 2026
Houston, TX

Save the date!



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



TSPP SPRING CONFERENCE HIGHLIGHTS

Members gathered for an engaging and educational program, **“Contemporary Issues and Innovations in Psychiatric Practice,”** in Austin, April 24-26th. The conference featured CME presentations offering 5 AMA PRA Category 1 Credits™, an informative poster session, committee meetings, and networking with colleagues and sponsors.

TSPP appreciates our wonderful speakers for their time and expertise:

Maternal-Fetal Psychiatry: Managing Psychiatric High-Risk Pregnancies
D. Jeffrey Newport, MD, MS, MDiv

Thyroid Disorders – What Every Psychiatrist Should Know
Sowmya Boddhula, MD

Artificial Intelligence in Psychiatry: Foundations for Ethical and Responsible Clinical Practice
Viv Babber, MD

Mindfulness in Practice: Everyday Tools for Healing, Presence and Connection
Manizeh Mirza-Gruber, MD

New Officers Elected

Welcome the newly inducted officers for the 2026–2027 term.

Pictured at right (l to r):

TSPP President:
Derek Neal, MD (Galveston)
Immediate Past President:
Melissa Deuter, MD (San Antonio)
TSPP President-Elect:
Esteban Gonzalez, MD (Mission)
TSPP Secretary/Treasurer:
Susan Wynne, MD (San Antonio)

TAP President:
Mary Zuelzer-Arambula, MD (San Antonio)
TAP President-Elect:
Susan Wynne, MD (San Antonio)
TAP Secretary Treasurer:
Poorvanshi Alag, MD (Lubbock)
TAP Immediate Past President:
Phillip Balfanz, MD, MBA (Kerrville)

Foundation Chair:
Arturo Rios, MD (Houston)
Foundation Vice-Chair:
Andrew Brylowski, MD (Dallas)



A Posthumous **Lifetime Achievement in Psychiatric Leadership Award** was presented to the family of A. David Axelrad, MD during the conference luncheon



APA also presented the **Ronald A. Shellow Award** in honor of Dr. Axelrad during the APA Assembly.

Thank You for the support from our Conference Sponsors & Exhibitors

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- The Menninger Clinic
- UTMB – Correctional Managed Care



The Future is Bright

Derek Neal, MD, President, Texas Society of Psychiatric Physicians

Our recent spring meeting in April was a moment of reflection for me. Like many of you, my path into psychiatry - and into this organization - was shaped by a series of serendipitous opportunities. From my early uncertainty as a third-year medical student, to residency at UTMB, to faculty, and now serving as president of TSPP, I have benefited from the mentorship and support of this community. I am especially grateful to leaders like Dr. Michael Miller and Dr. Tim Wolff, who encouraged my involvement from early on. TSPP has long been a source of both professional growth and personal connection for me. It is an honor to now help lead an organization that has contributed so much to my own development.

This is a moment of opportunity for our field. Interest in psychiatry continues to grow, and Texas has made significant investments in expanding GME positions, in no small part due to the efforts of this organization. However, significant challenges remain such as continued workforce shortages, regulatory pressures, and barriers to access. The work of this organization

remains as important as ever.

As I step into this role, I would like to highlight areas of focus for the next year:

❖ Strengthening advocacy

Psychiatry and mental health have historically been misunderstood, with psychiatrists finding themselves on the periphery of medicine and our patients devalued and relegated to the margins of society. That is changing through sustained advocacy efforts by organizations like TSPP. We have made significant strides towards issues such as scope of practice, access to care, and physician support initiatives. Ongoing policy conversations at both the state and federal levels reveal how necessary it will be to maintain our advocacy efforts for both our profession and for our patients.

❖ Professional Support

Practicing psychiatry in Texas is increasingly complex, with a landscape that is constantly shifting. It can often feel like we work in a system that is dedicated to burning us out. TSPP provides a crucial resource - serving as a vehicle of change while keep-

ing members informed and offering a network of colleagues who understand these pressures and can help navigate them.

❖ Champion member engagement

We need to creatively explore ways to engage our current members and to reach out to potential members and show our worth to them. Our meetings offer high quality CME programs, as well as opportunities for collaboration across a range of practice settings and experience. Our committees remain active, but continued progress needs to be made towards engaging wider involvement from our members in this important work.

I would like to thank Dr. Melissa Deuter for her steadfast leadership over the past year. Although it will be challenging to build upon the work of so many effective leaders that have come before me, I know that I will have the support of this organization to continue to benefit the psychiatrists and the people of this great state.

Looking Ahead

Save the date for our next meeting:



Derek Neal, MD

TSPP 70th Annual Convention and Scientific Program

November 5-8, 2026
JW Marriott Houston by the Galleria
Registration opens in July 2026

I encourage you to attend, not just for the educational content but for the opportunity to engage with colleagues and contribute to the direction of our organization. There is no shortage of issues in today's world which threaten to promote distress or even hopelessness in us. If you have been looking for ways to get more involved, now is the time.

I welcome your feedback and ideas moving forward. Please feel free to reach out to me at dwneal@utmb.edu. I look forward to working with you all. ■

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care, outpatient treatment and crisis services remain critically underfunded.

Court-Ordered Mental Health Services for Children

The House Committee on Judiciary and Civil Jurisprudence has been asked to review court-ordered mental health services for children and families, including reunification therapies. The committee will look at the availability of providers, the financial burden on families, and — notably — whether these mandated services infringe on parental rights.

This charge is worth watching carefully. It sits at the intersection of child and adolescent psychiatry, family court practice, and an increasingly prominent legislative interest in parental rights. If the committee's final recommendations move toward restricting court-ordered mental health services in the name of parental autonomy, the consequences for vulnerable children could be significant.

Telehealth and the Behavioral Health Workforce

Two House Public Health charges address issues that are foundational to how psychiatry gets delivered in Texas. The first asks the committee to evaluate telehealth and virtual care models and recommend opportunities to modernize health care technology. The second directs the committee to review current and projected health care workforce shortages and make recommendations to reduce the impact on access to care.

Telehealth has transformed psychiatric practice since 2020, and the policy framework around it — including reimbursement parity, prescribing rules, and cross-state practice — is still catching up. The workforce charge is equally critical: Texas has a serious and growing shortage of psychia-

trists, particularly in rural areas and the public mental health system.

AI in Health Care

The House Public Health Committee has been asked to study the use of artificial intelligence in health care, including its potential risks to patient safety, privacy, and access. This is an emerging issue that will only grow in importance. AI tools are already being deployed in prior authorization, clinical decision support, and documentation — and the psychiatric context raises particular questions about bias, diagnostic accuracy, and the limits of algorithmic assessment of mental state.

Everything Else Worth Knowing

Beyond the charges covered above, there are several monitoring assignments worth staying aware of. The Senate HHS Committee is monitoring the Texas Child Mental Health Care Consortium, which funds school-based mental health programs and telepsychiatry services across the state. Both chambers are tracking HB 6, which expanded telehealth mental health services in public schools. The Senate Business and Commerce Committee is monitoring SB 815, which governs the use of automated systems in insurance claims processing — relevant for any psychiatrist who has dealt with AI-driven prior authorization denials. And both chambers have charges focused on supporting and expanding rural health care, which includes behavioral health access.

We will continue to send updates as hearing dates are announced. In the meantime, if you have questions about any of these charges or want to get more involved in the Federation's advocacy work, please reach out to the Federation offices. Thank you for letting us be your voice at the state capitol! ■

Strong TSPP Presence at the APA Assembly Meeting in San Francisco!





Federation of Texas Psychiatry Update

Michael Arambula, M.D., Pharm.D., Chair, Federation of Texas Psychiatry



Michael Arambula, M.D., Pharm.D.

I recently returned home from trial and met with our Forensic Psychiatry Fellow in supervision to review the case I was in. We discussed pertinent issues of mental illness and law, and I remarked this was the 1st time in my career that I heard someone beating his victim to death. Yes...I listened to the audiotope of Athena Strand's last few minutes of her life in that delivery truck and it was horrific. Dr. Jimenez spontaneously asked me how I dealt with this case, and other cases involving horrible things that had been done to another human being. He caught me by surprise. I did not expect his inquiry. I had to think about it. I went on to explain that I routinely shared a nice meal with my wife and

discussed what had happened in trial with her...akin to a catharsis...absent any yelling or screaming. Well, you get the idea. Driving home after supervision that afternoon, I counted my blessings and realized that dinners with my wife after any trial, particularly this one, had been therapeutically beneficial for me.

Dr. Jimenez' inquiry also fueled my memories of how things used to be for psychiatrists. A long time ago, I recall going to dinner presentations sponsored by one pharmaceutical company or another. Then, I recall (everyone) talking about recent challenges with our patients before we listened to the speaker, after which we resumed talking about challenges in our

practice with each other. Looking back, I can see that our discussions were informative and similarly cathartic. However, someone somewhere decided that pharmaceutical sponsored dinner presentations brainwashed us, and they essentially stopped. I never perceived myself as 'brainwashable'. Are you brainwashable? I think not. In one perspective, I believe the dramatic decline in these meetings fostered the emergence of professional isolation. I pray this iatrogenic professional isolation will never open the door to professional burnout in any of us.

I miss those dinner meetings. Still, there remains a light amidst the dusk of our newfound professional isolation, and that is

and has always been the opportunity to join us at our meetings. Whether you are a member of TSPP, TAP or TSCAP, we do more of the same...akin to what happened during dinner presentations once upon a time. Come join us. We are an active, talented bunch of psychiatrists, willing to discuss anything under the sun. We also have your back. ■

Support the Texas Foundation for Psychiatric Education and Research Apply for a Grant Today

The Texas Foundation for Psychiatric Education and Research (TFPER) has been a cornerstone of psychiatric advocacy, education, and innovation in our state for decades. From funding community mental health initiatives to fighting stigma and improving access to quality psychiatric care, the Foundation's work touches the lives of Texans across every corner of the state.

We are pleased to announce that the 2026 grant cycle is now open. Members of TSPP, TSCAP, and TAP who are current in

their dues are eligible to apply — whether as individuals, groups, or organizations. Grants have supported a wide range of initiatives, from public mental health awareness campaigns and community outreach events to research projects and training programs. If you have an idea that aligns with the Foundation's mission, we want to hear from you.

Applications are reviewed and approved by the Foundation's Board of Directors. Most awards are capped at \$2,000 per project, and award amounts are determined

based on available funds and project need. The application asks for a project description, implementation plan, outcomes and evaluation strategy, and a line-item budget. Full details and the application form are available at txpsych.org/foundation.

The Foundation depends on the generosity of psychiatrists, mental health professionals, and community supporters like you. Scan the QR code below to make a tax-deductible donation and invest directly in the future of psychiatric medicine in Texas. ■

Scan to donate to TFPER

Questions about membership eligibility or the grant application? Contact us at txpsychiatry@txpsych.org or (512) 222-6865.



APA Assembly May 2026 Meeting Report

The 137th Meeting of the APA Assembly convened in San Francisco with a full agenda spanning governance modernization, financial reporting, position statement approvals, and officer elections. Below is a summary of key business conducted.

Welcome and Opening Remarks

Speaker A. Evan Eyler, MD, MPH opened the meeting by reflecting on the Assembly's role as the deliberative voice of APA membership — an "early warning system" for developments in day-to-day practice and emerging trends at the state and national level. Dr. Eyler called for a moment of silence to honor Assembly members lost in the past year, including David Axelrad of TSPP.

Governance Modernization

APA President Theresa M. Miskimen-Rivera, MD and President-elect Mark H. Rapaport, MD delivered a joint presentation on modernizing the APA's governance model. The effort, rooted in the APA's 2030 Strategy, aims to make the organization more agile while continuing to deliver value to members and patients. Dr. Rapaport noted the initiative will span multiple years and is being guided by McKinley consultants using Kotter's change management framework, with continuous member input throughout.

CEO Report: Strategy, Advocacy, and the DSM

CEO and Medical Director Marketa M. Wills, MD, MBA outlined the Psychiatry 2030 Strategy, organized around three pillars: Medical Leadership, Member Success, and Organizational Strength. She also addressed the future of the DSM, noting a transition from a statistically-oriented classification manual to one grounded in scientific and evidence-based frameworks — a shift supported by eight newly formed subcommittees.

On advocacy, Dr. Wills discussed the May 4 HHS Summit (referred to internally as "MAHA Monday"), cautioning against partisan positioning and emphasizing the importance of keeping psychiatry consistently at the table on policy discussions. She identified scope-of-practice challenges and workforce/access barriers as members' top advocacy concerns, and urged leaders to encourage participation in APA Action Alerts. The 2026 Federal Advocacy Conference is scheduled for November 15-16 in Washington, D.C.

Financial Report

Treasurer Steve Koh, MD, MPH, MBA reported solid 2025 financials. Total revenue reached \$59.3M, exceeding the \$58.2M budget target. Net income of \$0.3M

represented a significant turnaround from a projected loss of \$3.7M. Investment returns came in at 15%, above benchmark, with the total portfolio value at \$201M — near the 2021 all-time high. The liquidity ratio stands at 2.05 with unrestricted net assets of \$95M. Dr. Koh noted the organization remains on its multi-year path to financial sustainability, reducing reliance on reserve draws.

APA Foundation Update

Monica Taylor-Desir, MD, MPH highlighted the Foundation's national mental health campaign, Mental Health Care Works, which has now surpassed 1.5 billion impressions across more than 100,000 public service announcements since its 2023 launch. More information is available at MentalHealthcareWorks.org.

Position Statements Approved

The Assembly approved a number of revised and proposed position statements, including:

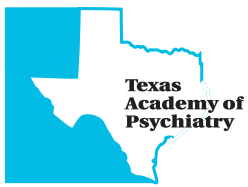
- Substance Use Disorders
- Tobacco Treatment and Recovery
- Nicotine Vaping/Electronic Cigarettes
- Medicaid IMD Exemption
- Medicare Psychiatric Hospitalization Limit
- Integrated Care

- Pharmacy Benefit Management
- Cultural Psychiatry
- Plastics
- Use of the Term "Excited Delirium"
- HIV Risk Reduction and Co-occurring Substance Use/Psychiatric Disorders
- Artificial Intelligence for Mental Health Services and Treatment
- Antipsychotics for Behavioral and Psychological Symptoms of Dementia
- Role of Psychiatrists in Treating Behavioral and Psychological Symptoms of Dementia
- Kratom and Derivative Products

Area 5 Leadership Opportunities Spread the Word

Area 5 will be electing a new Early Career Deputy Representative and a new Resident Fellow Member Deputy Representative at the next live national meeting. Both are two-year commitments, serving first as Deputy Rep then advancing to Rep for a final year.

Interested members should contact TSPP@txpsych.org to learn about local nomination procedures. Those considering a candidacy should prepare a CV and statement of interest. Nominations will be discussed at the fall virtual meeting ahead of the live election.



What Starts Here Changes Texas!

Mary Zuelzer-Arambula, MD, President of the Texas Academy of Psychiatry



Mary Zuelzer-Arambula, MD

The Spring TSPP meeting was last month and as usual I found it to be a welcome chance to connect with colleagues, make new friends, honor old ones, earn needed CME of important professional topics, learn about new drugs on the horizon, hear about past and upcoming legislative mental health issues, discuss posters with enthusiastic young professionals ... you get the idea.

If you have not attended due to membership concerns, I encourage you to consider becoming a member of the Texas Academy of Psychiatry (TAP). TAP falls under the umbrella of the Federation of Texas Psychiatry (along with two other organizations: Texas Society of Psychiatric

Physicians (TSPP) and the Texas Society of Child and Adolescent Psychiatry (TSCAP)). TAP was formed to be a Texas focused psychiatric organization that does not require you to join any other organization(s). There are several member classes, to encourage membership at all levels of career, ranging from \$0 dues for Medical Students and Residents in Training, \$225 for your first year in practice, \$150 when you cross the finish line into retirement, with a high of \$450 for General Membership. That's it. No other dues with tremendous benefits.

TAP focuses on all things Texas. We do not answer to national mandates. You will find opportunities for mentorship, advocacy, leadership and networking. You will

have a voice to address issues you are concerned about in your local and/or regional area. TAP is a mechanism to identify and target mental health issues across our state. You can attend open committees at the biannual meetings in November and April, providing relevant input on the topic at hand. If you find this is your cup of tea you can become an officer of TAP and extend your contribution. Your attendance and perspectives can make a difference.

TAP promotes excellence in patient care by offering quarterly CME Webinars on a wide range of timely practice topics. This year we will have a few of our own members presenting on their outstanding professional expertise. You can join TAP

just to attend CMEs.

Following the stellar leadership of Dr. Phillip Balfanz as President of TAP, I am honored to take the helm. We will move forward with the progress TAP has made. We welcome you onboard to join us, however best suits your current circumstances.

Visit www.txpsych.org/academy to learn more, And yes, I did go to UT Austin... ■



Unity Through TSCAP

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

Texas, like many other states in the United States, grapples with a critical shortage of child and adolescent psychiatrists (CAPs). Most counties in Texas lack a CAP, and the counties with a CAP tend to be concentrated in urban areas or regions with academic health science centers. This situation can lead to a sense of isolation among private practice CAPs. In this context, the Texas Society of Child and Adolescent Psychiatry (TSCAP) assumes a crucial role.

As a reminder, the primary objective of the TSCAP organization is to cultivate a dynamic and supportive professional community. This objective is achieved through several key initiatives: promoting knowledge exchange, advancing the field of CAP, supporting our allied professionals who work with youth, and advocating for children's mental health.

As members of the TSCAP organization, I strongly encourage you to establish a solid connection with your TSCAP leadership to

maximize the benefits of your membership. One of the most effective ways to connect with our organization is through our TSCAP committees: the Program Committee (PC), the Government Affairs Committee (GAC), and the Disaster and Trauma Committee (DTC).

The Program Committee is responsible for developing the Scientific Program for the TSCAP annual meeting and ensuring that the program aligns with the Texas Medical Association's CME guidelines. This year, the PC's focus is on providing resources to community clinicians. Special attention will be given to CAP systems of care across the state, as well as reviews of emerging therapies in CAP. If you have any suggestions for future educational topics to be covered in our annual meeting, please contact the PC at txpsychiatry@txpsych.org.

The Government Affairs Committee monitors current and proposed legislation and regulation at all government levels that

could impact services to CAP patients.

When appropriate, the GAC collaborates with the TSCAP public policy consultant for lobbying efforts. If there are legal or regulatory issues impacting your daily practice, I encourage you to inform our GAC at txpsychiatry@txpsych.org. When applicable, our GAC can bring items to the attention of our TSCAP delegates to The Assembly of Regional Organizations of Child and Adolescent Psychiatry for national advocacy efforts.

The Disaster and Trauma Committee monitors and informs the TSCAP membership on disaster and trauma issues impacting our state. They also collaborate with state leadership regarding disaster response. This past year, our DTC hosted a virtual Psychological First Aid training for our TSCAP membership. If your community is impacted by disaster or trauma and you require assistance, I encourage you to contact our DTC at



Joseph Shotwell, MD

txpsychiatry@txpsych.org for support.

In summary, the most effective way to foster unity among your fellow CAPs across the state is to maintain active membership with the TSCAP organization. I encourage everyone to engage with our TSCAP committees. I would also like to express my gratitude to the TSCAP organization for entrusting me with the role of TSCAP President for the 2025-2026 term. I look forward to seeing everyone at our July 17-19 meeting at Moody Gardens in Galveston, TX. Meeting details can be found at www.txpsych.org/2026-tscap-convention. ■

TSCAP 2026 Leadership Nominations Cast Your Vote

The TSCAP Nominating Committee is pleased to announce the following slate of nominees for the 2026 election. Voting will be conducted electronically — scan the QR code on the right or follow the link in your ballot email to submit your vote.

AACAP Delegate (3 openings)

- Alcides Amador, MD
- Taiwo Babatope, MD
- Michelle Durham, MD
- Jason James, MD
- Mohsin Khan, MD
- Muruga Loganathan, MD
- Sohail Nibras, MD
- Vandana S. Rao, MD
- Alyssa Shaffner, MD

Secretary/Treasurer (1 opening)

- Kaylee Davis-Bordovsky, MD
- Steven Pliszka, MD

TSCAP 2026 Leadership Election

Cast your vote for the following positions:

AACAP Delegate • 3 Openings
Secretary / Treasurer • 1 Opening

Texas Society of Child and Adolescent Psychiatry





Texas Society of Child & Adolescent Psychiatry Annual Convention and Scientific Program

**“Advances in Child and Adolescent Psychiatry:
Evidence-Based Treatment, Emerging Therapies, and Systems of Care”**

July 17-19, 2026 • Moody Gardens Hotel • Galveston, Texas

REGISTER ONLINE!

www.txpsych.org/2026-tscap-convention

MEETING LOCATION

Join us for the 2026 TSCAP Annual Convention! Set on Galveston Island at the **Moody Gardens Hotel, Spa and Convention Center**. Whether you plan to travel alone or with your family, there’s fun for everyone at Moody Gardens, located at 7 Hope Blvd, Galveston, TX 77554. **Register online at** www.txpsych.org/2026-tscap-convention.

OPENING WELCOME RECEPTION FRIDAY

Make plans to attend the complimentary festive Welcome Reception with Exhibitors on Friday evening, 6:30pm – 8:00pm. Enjoy a fun-filled atmosphere as you visit with friends, colleagues, and exhibitors

throughout the evening — and don't forget to complete your entry for the special door prize drawings to be awarded on Saturday!

SATURDAY – POSTER SESSION

Medical Students, Residents and Fellows in Training who are *members* of AACAP/TSCAP, APA/TSPP or TAP will present/display posters at the conference throughout the day on Saturday, July 18th. Please make time to visit with our presenters!

CME SCIENTIFIC PROGRAM

The CME Scientific Program will be held on Saturday and Sunday, for a total of 8.0 *AMA PRA Category 1 Credits™*.

HOTEL RESERVATIONS

TSCAP has negotiated a discounted rate for conference attendees and sponsors, available until June 25th. Visit www.txpsych.org/2026-tscap-convention for the group booking link.

IMPORTANT NOTICE:

You **MUST** be registered for the TSCAP conference to qualify for the discounted TSCAP hotel rate. Guests with reservations within the TSCAP group block who are not conference attendees will be notified of their reservation cancellation. TSCAP negotiates these discounted rates as a benefit to conference attendees, to ensure all attendees have accommodations. Please do not share the group link with family/friends who are not attending the CME Scientific Program.

EXHIBIT HALL

TSCAP’s Welcome Reception, Breaks, Meals and Door Prize Drawings will be held in the Exhibit Hall. Exhibits will be open during the Welcome Reception Friday, and throughout the day Saturday, and will provide you with information designed to enhance your practice and improve the optimal delivery of medical care to your patients.

To Sponsor, please visit: www.txpsych.org/tscap2026-sponsors-exhibitors.

ANNUAL MEETING BREAKFAST

The Annual TSCAP Business Meeting and Breakfast will be held Sunday, 8:00 am – 9:00 am. Register to attend for an annual review from TSCAP, and to help plan for the year ahead!

Daily Schedule

Friday, July 17

4:30 pm – 8:30 pm
4:30 pm – 6:00 pm
5:00 pm – 6:30 pm
6:30 pm – 8:00 pm

Registration
Exhibitor set-up
TSCAP Executive Committee Meeting
Welcome Reception with Exhibitors

Saturday, July 18

7:00 am – 3:00 pm
7:30 am – 8:15 am
7:00 am – 5:00 pm
8:15 am – 4:30 pm
9:15 am – 9:35 am
10:35 am – 10:55 am
12:00 pm – 1:00 pm
2:00 pm – 2:20 pm
2:30 pm – 3:00 pm

Six (6) *AMA PRA Category 1 Credits™*
Registration
Continental Breakfast in the Exhibit Hall
Exhibits & Posters
SCIENTIFIC PROGRAM: **“Advances in Child and Adolescent Psychiatry”**
Break with Exhibitors and Poster Session
Refreshment Break with Door Prize Drawings, Exhibitors, and Poster Session
Legislative Luncheon Program
Refreshment Break with Door Prize Drawings, Exhibitors and Poster Session
Exhibits & Posters Teardown / Depart

Sunday, July 19

8:00 am – 1:00 pm
8:00 am – 9:00 am

9:00 am – 11:30 am

Two (2) *AMA PRA Category 1 Credits™*
Registration
TSCAP Annual Business Meeting Breakfast
Open to All Registered Attendees. See Registration Form for Payment Information.
SCIENTIFIC PROGRAM: **“Advances in Child and Adolescent Psychiatry”**

Thanks to Our Current Exhibitors:
American Professional Agency
Kendra Scott
Texas A&M Dept. of Psychiatry
Texas Foundation for
Psychiatric Education
and Research

“Advances in Child and Adolescent Psychiatry: Evidence-Based Treatment, Emerging Therapies, and Systems of Care”

8 AMA PRA Category 1 Credits™

with 4 of the Hours designated for Medical Ethics/Professional Responsibility

SCIENTIFIC PROGRAM SCHEDULE

Saturday July 18, 2026

8:05 am – 8:15 am Opening Remarks

8:15 am – 9:15 am **Transdiagnostic Psychopharmacology: Managing Multiple Comorbidities**
Steven Pliszka, MD

- Objectives:** The learning objectives for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:
- Identify common patterns of psychiatric comorbidity in children and adolescents that complicate medication selection and sequencing.
 - Prioritize treatment targets when managing co-occurring ADHD, mood, anxiety, and behavioral disorders.
 - Apply transdiagnostic principles to medication selection and sequencing in complex clinical presentations.
 - Evaluate the risks and benefits of polypharmacy when managing youth with multiple psychiatric diagnoses. Refreshment Break with Door Prize Drawings, Exhibitors, and Poster Session

9:15 am – 9:35 am **Refreshment Break with Door Prize Drawings, Exhibitors, and Poster Session**

9:35 am – 10:35 am **Clinical and Neurobiological Advances in Ketamine and ECT**
Joao Luciano de Quevedo, MD, PhD

- Objectives:** The learning objectives for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:
- Apply current evidence and consensus guidelines for the use of ketamine and ECT in children and adolescents with severe, treatment-resistant psychiatric disorders.
 - Incorporate developmental and family-centered considerations into shared decision-making for somatic treatments in pediatric populations.
 - Compare ketamine and ECT in pediatric practice with respect to speed of response, durability, safety, and clinical appropriateness.
 - Discuss emerging research, regulatory considerations, and future directions in somatic treatments for pediatric psychiatry.

10:35 am – 10:55 am **Refreshment Break with Door Prize Drawings, Exhibitors, and Poster Session**

10:55 am – 11:55 am **Emerging Evidence and Clinical Translation in Transcranial Magnetic Stimulation**
Emine Rabia Ayvaci, MD

- Objectives:** The learning objectives for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:
- Apply current evidence and clinical guidance to the appropriate use of transcranial magnetic stimulation (TMS) in children and adolescents with psychiatric disorders.
 - Implement age-appropriate TMS protocols, dosing parameters, safety monitoring, and outcome evaluation in pediatric populations.
 - Evaluate safety and tolerability considerations, including consent/assent and family-centered care.
 - Recognize evolving research, regulatory considerations, and future directions impacting the use of TMS in child and adolescent psychiatry.

12:00 pm – 1:00 pm **Legislative Luncheon**

1:00 pm – 2:00 pm **Psychopharmacology Updates in Autism Spectrum Disorder**
Alice Mao, MD

- Objectives:** The learning objectives for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:
- Identify first-line medications for managing behavioral symptoms in autism.
 - Discuss emerging or evidence-supported pharmacologic agents for autism-related symptoms.
 - Differentiate treatment strategies for ASD with co-morbid ADHD, anxiety, or mood disorders.
 - Assess risks and benefits of off-label prescribing and complementary agents.
 - Apply case-based medication decision-making to complex autism presentations.

2:00 pm – 2:20 pm **Refreshment Break with Door Prize Drawings, Exhibitors, and Poster Session**

2:20 pm – 4:20 pm **Ethics Panel: Advancing Child and Adolescent Mental Health Care Through Collaboration with Texas Local Mental Health Authorities**
Tiffany Douglas, LMSW; Carol Nati, MD, MS, DLFAPA; Amber Pastusek, MD

- Objectives:** The learning objectives for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:
- Describe the role of Texas LMHAs/LBHAs in the public behavioral health system for children, adolescents, and transition-age youth, including state-mandated services and levels of care.
 - Identify LMHA-provided resources for youth and families, including outpatient services, crisis services, mobile crisis teams, intensive community-based programs, and wraparound supports.
 - Navigate access to LMHA services in Texas, including eligibility criteria, intake and referral pathways, and coordination with Medicaid, schools, child welfare, and juvenile justice systems.
 - Collaborate effectively as community providers with LMHAs/LBHAs to expedite referrals, ensure continuity of care, and address high-risk clinical situations.
 - Recognize ethical, legal, and systems-based challenges unique to publicly funded child and adolescent mental health care, including consent/assent, confidentiality, and care transitions.

4:20 pm - 4:30 pm **Closing Remarks**

Sunday July 19, 2026

9:00 am – 9:15 am **Opening Remarks**

9:15 am – 11:15 am **Ethics: Developmentally Informed Advocacy and Accommodations Across Childhood and Adolescence**
Seema Jacob; Myesha Morgan; Joseph Guillory, MD

- Objectives:** The learning objectives for this activity has been designed to address clinician competence. Upon conclusion of the activity participants should be able to:
- Describe the role of Early Childhood Intervention (ECI) and related early support systems in addressing developmental, behavioral, and mental health needs in preschool-age children.
 - Recognize ethical considerations unique to early childhood, including developmental vulnerability, parental decision-making, and best-interest standards.
 - Differentiate educational accommodation mechanisms, including Section 504 plans and Individualized Education Programs (IEPs), as they relate to psychiatric diagnoses and functional impairment.
 - Discuss psychiatric considerations in homebound instruction, school reintegration planning, and manifestation determinations.
 - Address ethical and clinical considerations in shared decision-making, guardianship, and capacity assessment for transition-age youth.
 - Recognize population-specific considerations, including autism spectrum disorder and other neurodevelopmental conditions, during the transition to adulthood.

11:15 am – 11:30 am **Closing Remarks**

CME PROGRAM OBJECTIVES / TARGET AUDIENCE This live activity has been designed with didactic lectures supplemented with panel discussion, clinical vignettes, audiovisual presentations, case presentation and discussion in multiple educational sessions. The program is designed to provide its target audience of Child and Adolescent Psychiatrists, Adult Psychiatrists, Pediatricians and Primary Care Physicians with clinically relevant information to advance the physicians' competence so that they may develop strategies to apply the knowledge, skills and judgement from the educational activity into their practice. Physicians often encounter patients that have both psychiatric and neurologic symptoms related to a single etiology. These conditions are inherently complex and often require additional considerations and collaboration between specialties. The objectives of this program aim to equip the attendees with the ability to better assess and care for patients with a variety of diagnoses, treatment options, and special needs.

IDENTIFIED PRACTICE GAPS / NEEDS ASSESSMENT TSCAP has incorporated into this CME activity the relevant

educational needs concerning competence that underline the professional practice gaps of our participants.

ACCREDITATION STATEMENT This activity has been planned and implemented in accordance with the Essential Areas accreditation requirements and policies of the Texas Medical Association (TMA) through the Joint Providership of the Texas Society of Psychiatric Physicians and the Texas Society of Child and Adolescent Psychiatry. TSPP is accredited by the TMA to provide continuing education for physicians.

CREDIT STATEMENT The Texas Society of Psychiatric Physicians designates this Live Activity for a maximum of eight (8) *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in this activity.

MEDICAL ETHICS and/or PROFESSIONAL RESPONSIBILITY STATEMENT The Ethics Presentation: “Advancing Child and Adolescent Mental Health Care Through Collaboration with Texas Local Mental Health Authorities” has been designated by the Texas Society of Psychiatric Physicians for a total of

two (2) credits of education in medical ethics and/or professional responsibility. The Ethics Presentation: “Developmentally Informed Advocacy and Accommodations Across Childhood and Adolescence” has been designated by the Texas Society of Psychiatric Physicians for a total of two (2) credits of education in medical ethics and/or professional responsibility.

FACULTY AND PLANNERS DISCLOSURE POLICY In compliance with the ACCME/TMA Standards for Commercial Support of CME, to assure balance, independence, objectivity and scientific rigor in all of its CME activities, prior to the education activity being delivered to the learners, the Texas Society of Psychiatric Physicians implemented a mechanism to identify and resolve personal conflicts of interest from everyone who was in a position to control the content of the education activity. TSPP will disclose to learners the existence (or non-existence) of all relevant financial relationship(s) that the faculty and planners did (or did not) have with any ineligible companies concerned with the content of the educational presentation. Disclosure will occur prior to the presentation through written communication.

SAVE THE DATE

70th

ANNUAL MEETING & SCIENTIFIC PROGRAM



Texas Society of Psychiatric Physicians

NOV 5-8

2026

- Gala & Awards Banquet
- Two-Day CME Program
- Resident-Fellow & Medical Student Poster Presentations
- Government Affairs Update – Eric Woomer
- Committee Meetings & Welcome Reception
- Reconnect with Colleagues from Across Texas

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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

JULY

17-19 TSCAP Annual Convention
Moody Gardens Hotel, Galveston
Register Online:
www.txpsych.org/2026-tscap-convention



OCTOBER

26-31 AACAP Annual Meeting
Atlanta, GA
<https://www.aacap.org/AnnualMeeting-2026>

NOVEMBER

5-8 TSPP 70th Annual Convention
JW Marriott by the Galleria, Houston
Save the date!

18-21 ACLP
San Diego, CA
<https://www.clpsychiatry.org/annual-meetings/>