

# HPS News Update

February 2007

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[www.houstonpsychiatry.org](http://www.houstonpsychiatry.org)

## A Word from the President

*"If I am not for myself, then who will be for me? And if I am only for myself, what am I? And if not now, when?"*

A state legislative session, like the current one, puts a lot at stake for our patients and our profession.

On Wednesday, February 28, the Federation of Texas Psychiatry has organized Capitol Day. You should have already received a letter with details on how you can help by traveling to Austin for the day to meet with legislators.

This year's critical issues? According to John Bush of TSPP:

- Funding for public mental health and residency programs.
- Parity, or equality of coverage under insurance.
- Scope of practice, or attempts by non-physicians to practice beyond their training levels.
- Medicaid reimbursement and access by patients.
- Protecting tort reforms and tax deductions previously approved for physicians and other providers.

As for the wise quotation above?

*"If I am not for myself ..."* means that you need to go to Austin on Capitol Day. Nobody else can do this for you.

*"If I am only for myself ..."* means all of us need to pitch in, for the sake of our patients' care and our own ability to practice the way we enjoy.

*"And if not now, when ..."* means that the day to act is now. RSVP to the Federation and tell them you'll be there on February 28.

**Kenneth S. Arfa, MD**  
**President**

## 2007—2008 HPS Election of Officers

The Nominating Committee, composed of Kenneth S. Arfa, MD, Chairman, R. Andrew Harper, MD, Mae F. McMillan, MD and Joseph C. Scholar present the following slate of candidates for approval:

**President-Elect:** Edythe P. Harvey, MD

**Vice President:** Jacqueline C. McGregor, MD

**New Councilor:** Christopher Martin, MD

**Treasurer:** Dawnelle Schatte, MD

**Secretary:** Britta Ostermeyer, MD

**TSPP Delegate Elect:** Open

In accordance with Chapter IV, Section 1 of the Bylaws, the names of these nominees shall be announced to the General Membership at the February scientific meeting, at which time further nominations may be made from the floor. No further nominations for any office shall be entertained following the adjournment of this meeting. If no nominations are made from the floor, the slate submitted by the Nominating Committee will be considered to be elected by acclamation of those voting members present at the February scientific meeting.

Join the HPS Team  
NAMIWalk  
May 5th

## HPS Mission

We strive to:

Promote and improve patient care.

Educate our colleagues and the public on mental health issues.

Enhance community mental health service delivery.

## Everything Old is New Again: HPS has the Opportunity to “Open a New Clinic Without Walls”

*Jules H. Bohnn, MD*

A situation has developed that gives potential for much upside benefit for our profession, for our city.

In the old days of 1986, the City of Houston and the psychiatric profession were not healthy. There was a major recession and many people were out of work. The Houston Foundation was formed, the first of its kind in the nation. The first project of the Foundation was a “Job Loss Clinic” that provided access to excellent care for free to many people who found themselves suddenly unemployed. This was a heady and worthwhile experiment that over 30 psychiatrists participated in. Much good was done for many people and our profession was seen as a major power in providing mental health care. Good health was not just the absence of serious illness. Reasonably healthy people could benefit from psychiatric help.

Today, the Center for Performing Arts Medicine (CPAM), an important Methodist Hospital program, has as its mission research, education and healthcare for professional performing artists. There are approximately 10,000 living in Houston! While the emphasis of the program is on wellness, it is recognized that healthcare for the artists is often necessary. The exact details of this idealistic program are being written, but the opportunity can be envisioned now.

CPAM is the official healthcare provider for the Houston Ballet. It is the first organization in my awareness as a community psychiatrist of many years, to specifically request help for the mental health of its dancers. They are not interested in just treating the aches and pains and strains that are inherent in this population. While that is there, the dancer’s

mind and the balance of their whole life is being considered. Clearly, of the physicians providing care, the psychiatrist is in a very important place in this mission.

For now, CPAM would like to recruit a few additional psychiatrists for its providers list who are able, preferably, to admit to Methodist Hospital should the need arise. The Houston Psychiatric Society Executive Board and Membership needs to decide whether or not it is to their benefit to develop a new “Clinic Without Walls” concept. It seems to me this

could be of mutual benefit and has to be seriously considered. The Houston Ballet is just the beginning of what will be a major

health initiative to keep the professional performing artists healthy. Physicians currently on the CPAM roster consider their efforts with artists a major contribution to the health of our city. Clearly the potential for arts medicine research is present and the potential of sharing the findings with arts groups around the country and around the world is exciting. A chance for psychiatry to be a center piece in the medical team that services these people strikes me as an important opportunity that our Society needs to consider.

While this is different than finding the traditional referral of an individual here and there, which has served us well in the past, the future may be different. The time restraints on each provider changes at different times in our career. We can treat somebody this year, but not next.

*A chance for psychiatry to be a center piece in the medical team that services these people strikes me as an important opportunity that our Society needs to be part of.*

And yet, if HPS has a “Clinic Without Walls,” there is somebody behind us who can pick up the new referrals in each subgroup. While the patient numbers are uncertain, this is basically a highly functional population with much strength. There will be a few people at any given time in need, but these few people are key to their arts organization. We can help meet that need by providing care within 48 hours of request and be willing to file insurance or work with the patient to help them file their own insurance. We can demonstrate the vital role that psychiatry can provide to the health of highly functional human beings. This, of course, will be visible to the Board of Houston Ballet, the Hospital and CPAM, as well as families and the audiences who watch these artists and who will come to know that their functioning is often improved by the help of timely and talented physicians who are working to keep the artist on the stage.

Participation will not require a deep sacrifice of any one psychiatrist. We will be paid through the insurance plan that Houston Ballet has provided each of its dancers. At the moment, we need a few qualified volunteers to work with the ballet population as CPAM volunteer physicians. There are some benefits to this for the people who are interested in working with the small CPAM medical team whose task it is to keep the dancers dancing.

If you have an interest or questions, please contact me at 713-522-3133. Our work now should give real time and experiences which can provide HPS with information it needs to decide the bigger question of reopening the “Clinic Without Walls.”

**Federation of Texas Psychiatry / Capitol Day—February 28**

**10 am—5 pm / TMA Building, 401 West 15th, Austin**

**\$10 registration fee for Physicians—no charge for resident physicians  
Seating is limited, so register early! / [www.txpsych.org](http://www.txpsych.org) / 512/478-0605**

## Grand Rounds Schedules

Baylor / DeBakey Building, Room M112, 10:30—11:50 am

Feb. 7: Alfredo Bellon, MD / *“Neurobiology of Schizophrenia: Beyond Neurotransmitters”*

Feb. 14: Carl E. Schneider, JD / *“Informed Consent: The God that Failed”* - to be held in Kleberg Auditorium

Feb. 21: Leng Bang, MD & Marisa Suppatkul, MD / *“Video Game Violence and Children”*

Feb. 28: Faculty meeting

UT/MSI Auditorium, 11:00 am-12:00 pm

Feb. 7: Adel Wassef, MD / *“Valproic Acid Serum Concentrations in the Treatment of Schizophrenia”*

Feb. 14: Kathy Scott-Gurnell, MD / *“Unveiling Bipolar Disorder in Children and Adolescents (A Retrospective Study)”*

Feb. 21: George Uhl, MD, PhD / *“Genetics of Human Vulnerability to Addictions: Current Status”*

Feb. 28: Sharon Morgan, PhD / *“Community-based Psychosocial Intervention with Children: Trials and Triumphs”*

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## News from NAMI Metropolitan Houston

NAMI Metropolitan Houston, a grassroots organization with a solid volunteer base, will add their first professional consultants. Leslie Gerber will offer expertise in program administration as managing director. Ashley Montondon will serve in the capacity of program coordination, where he will manage the new Peer-to-Peer program and coordinate educational activities, including Family to Family and visions for Tomorrow classes.

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## 10 Volunteers Needed for IDEA Program / May 8

The “spring session” of presentations to fifth graders will be Tuesday, May 8, 2007 from 8:30 am to 11:00 am. 10 doctors are needed to pair with 10 attorneys. Please contact Natalie Lamont at 713.668.5226 or Lucy Fisher at 713.759.1133 at the HBA.

Houston Psychiatric Society gratefully acknowledges the contributions of the following companies for providing educational grants for the 2006-2007 meetings:

AstraZeneca  
Forest Pharmaceuticals  
JDS Pharmaceuticals  
Wyeth Pharmaceuticals  
Cyberonics, Inc.

and to the following companies for providing support for the informal events:

UCB Pharma  
Ortho-McNeil  
Pharmaceuticals  
Novartis

## Become Part of the Solution — The Provider Health Network

The uninsured population is growing. Gateway to Care Provider Health Network (PHN) is a physician-led, proactive initiative to address the problem of uninsured people in the Greater Houston Area. It combines donated physician care, hospital services, medication and transportation assistance, ancillary services, and care coordination. The intent is to improve patient outcome by providing needed care in an expedited fashion. This model is successfully used in over 50 other cities nationwide. PHN is endorsed by the Harris County Medical Society.

PHN was started in Houston in November 2005. It is growing as more physician specialties join in this concerted effort. Currently, Psychiatrists are needed to volunteer their services.

### PHN is structured in the following way:

1. You decide on the number of PHN patients you are willing to see annually.
2. You may leave the program at any time.
3. You receive a record of your contributions for the year.
4. Patients can be seen in your office or in a community clinic.
5. Transportation and pharmacy assistance will be provided when needed.
6. When you encounter an uninsured patient, you can refer the patient to the PHN. PHN will screen the patient to ensure the need is legitimate, and will then route the patient to the appropriate health care provider (many specialties are involved in this effort).
7. PHN will coordinate referrals, appointments, labs, medications, imaging, and transportation.
8. When PHN patients need additional referrals, Gateway to Care —not your office— will do this.
9. Patients will be provided with a primary care medical home who can continue their care.

You may recall that the Texas Medical Association negotiated exemptions for physicians in the new business tax. One of those exemptions was documented charity care. If this appears in the new rules, the PHN will be a perfect way to document your charity care.

Please consider joining the Provider Health Network. You may volunteer or obtain additional information by contacting PHN Manager, Tan Kaleemullah at (713) 783-4616 ext. 231 / Email: tkaleemullah@gatewaytocare.org.

## HPS Calendar of Meetings

March 21: F. Gerard Moeller, MD  
 "Serotonin, Impulsivity, and Cocaine  
 Dependence Treatment"  
*Noon Meeting* at Trevisio

April 18: Rabbi Segal  
 "Attitude & Prayer: Two Techniques to Achieve Healing"  
 at Bo's Place

May 9: Joint Meeting with Family Physicians  
 Britta Ostermeyer, MD, John W. Burruss, MD,  
 Jose Bayona, MD, Thomas Gavagan, MD  
 & Carlos Vallbona, MD

"Integrated Behavioral Care: Meet The New Primary  
 Care Interdisciplinary Team"  
 Hilton Houston Post Oak

**Our Houston STRIDES ACT** (assertive community treatment) Services Program is currently seeking a part-time Psychiatrist (3-4 hours per week to start) to provide intensive support services to adults with Axis I diagnosis. Join a Fresh Approach in Mental Health Services and Assist Individuals to make Powerful Choices toward Real-Life Goals. For consideration, please send resume to: [asimberg@telecarecorp.com](mailto:asimberg@telecarecorp.com) or contact Alan Simberg, Ph.D., LMFT, LCDC Program Administrator at (713) 706-6180.

### Job Description Part-Time Psychiatrist

A position is available with Healthcare for the Homeless—Houston for a psychiatrist who will:

- ✦ Provide routine and emergent psychiatric services for homeless adults in an interdisciplinary model of care.
- ✦ Develop and implement a behavioral health treatment plan that integrates psychiatric services into the overall interdisciplinary treatment planning for clients.
- ✦ Provide relevant documentation, including documentation for benefits, such as SSI benefits.

Report directly to the Medical Director of Healthcare for the Homeless—Houston and work closely with counseling, primary care, nursing, and administrative staff. The setting for this position is an outpatient community clinic. Many of the clients have dual diagnosis of mental illness and substance abuse. Approximately 30% of clients are diagnosed with a serious mental illness, with another 30% diagnosed with other, less serious mental health conditions.

The position is for 8 -- 12 hours per week, with no call duty, and will come through Baylor College of Medicine. Applicants must be licensed to practice by the State of Texas. At least one year of working with the medically underserved is preferred. Salary will be commensurate with experience. Interested parties should contact Frances Isbell at Healthcare for the Homeless—Houston, at 713-276-3056.

## OPPORTUNITIES

**The NeuroPsychiatric Center** is seeking psychiatrists for evening, overnight and weekend shifts for our Psychiatric Emergency Services, Crisis Stabilization Unit, Mobile Crisis Outreach Team and Crisis Respite House. Generous shift differential included up to \$30. Applicants please contact Dr. Dr. Knox at 713 970 4625 or email [Daryl.Knox@mhmraharris.org](mailto:Daryl.Knox@mhmraharris.org).

**Psychiatrist(s) needed**, Full Time – up to \$200K, or Part Time \$800/day (great for semi-retirement) for geriatric practice. Positions open in multiple areas of town. Fax CV and availability to: Dr. Borrell @ 713-627-2536, or email to [lborrellvc@hotmail.com](mailto:lborrellvc@hotmail.com). Visit us online at [www.SeniorPsychiatry.com](http://www.SeniorPsychiatry.com).

**The Mental Health Care Line at the Michael E. DeBakey VA Medical Center** is seeking academic psychiatrists to fill a number of positions in the areas of telepsychiatry, emergency psychiatry, trauma recovery, and substance dependence. We also wish to recruit a psychiatrist for our new community clinic in Conroe. Please contact Kimberly A. Arlinghaus, MD, at 713-794-7561 for further information.

### **Psychiatrist Wanted-Full or Part-time Hours.**

Days or Evenings. Multi-Disciplinary Private Practice Setting in Bellaire. No Managed Care. Private Pay Only. Will consider Fellows and last year Residents. After expense sharing, net hourly fees will be between \$150 and \$180 per hour. Please e-mail Margaret Black for more information at [weinbergerblack@yahoo.com](mailto:weinbergerblack@yahoo.com) or call her at 713-839-9500.

**HOUSTON: PSYCHIATRY: The Mental Health Mental Retardation Authority of Harris County (MHMRA)**, a progressive community mental health center, is looking for Adult and Child Psychiatrists. Shifts are available in our outpatient clinics, with no night, weekend, or on call responsibilities. Full and half-time positions are currently available. Shifts are also available in our Psychiatric Emergency Service with flexible hours, compressed shifts, and generous shift differentials. Texas licensures are required. Please visit our website at [www.mhmraofharriscounty.org](http://www.mhmraofharriscounty.org) to complete an online application and attach a CV. Also, you may email a CV to [Robert.bennett@mhmraoharris.org](mailto:Robert.bennett@mhmraoharris.org) or call 713-970-3379.

## JOIN THE HPS TEAM / MAY 5 / NAMIWALK

*HPS News Update is published for the benefit of Houston Psychiatric Society members. Please send articles, ads, comments, letters and suggestions regarding the newsletter to Natalie Lamont, HPS Executive Director, P.O. Box 295, Bellaire, TX 77402-0295 or via e-mail: [bnlamont@earthlink.net](mailto:bnlamont@earthlink.net) or FAX 713.666.6138.*