

HPS News Update

April 2007

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www.houstonpsychiatry.org

A Word from the President

To my great regret our executive director, Natalie Lamont, has resigned effective in June. I found an old reporter's hat and put it on to ask some questions on the occasion of her retirement. She also edits this newsletter so I didn't ask very probing questions, I must say.

Q: Why are you resigning, Natalie? This is all on the record.

A: I am going to have an empty nest with both sons in college. I plan to get a full time job in the oil and gas industry, where I began "before children".

Q: This is a big loss for HPS. How long have you been executive director, and how did you start?

A: January 1999. My friend was a friend of Cindy Gabriel. Cindy was the first executive director. Dr. Mirabi had hired her and she was looking for a replacement. Drs. Hayes, Hooks, and Ruiz interviewed me.

Q: And the most common question from your friends has been...

A: Everybody asks what it's like to work for psychiatrists. It's been great. I have learned a lot.

Q: Uh-huh...tell me more.

A: The hardest part is when someone calls for help. There are so few resources for people who don't have money.

Q: Your proudest moment?

A: Being involved in the initial coordination of volunteers for the emergency shelters for Hurricane Katrina evacuees and seeing the depression exhibit at the Health Museum, which was funded and co-created by the HPS Foundation, become a reality.

Q: What are the challenges HPS faces?

A: As with all professional organizations, getting people to join and become actively involved is the biggest challenge.

Q: Thanks Natalie, we'll miss you. Thank you for your dedication to our patients and our profession over these years.

So in Natalie's future, it's back to the energy business. No doubt, she is hoping to get lots of "overrides", or percentages of oil and gas production, and not need to work for psychiatrists ever again. As for the vacant position of an executive director of HPS, the board begins to review that this month, and we've already scheduled meetings with the county medical society, which provides some of the services we need for other medical societies.

This is my last column as president of HPS. It has been an honor to serve and I look forward to working with incoming president Andy Harper and the board during the transition.

Sincerely,
Kenneth S. Arfa, MD
President

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 Lucy Fisher at 713.759.1133 at the HBA to volunteer.

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.

Join the HPS Team or Sponsor a Walker for NAMIWalk HOUSTON Saturday, May 5 at Sam Houston Park / Team Name: HPSTeam07 7:30 am check-in / 8:30 walk

Would you like to get some exercise, participate in an event to raise community awareness of mental illness and raise money to support NAMI's free education classes and support groups? You can do all of that on Saturday, May 5th at the NAMIWalk. This link takes you directly to our teampage: <http://www.nami.org/template.cfm?section=NAMIWALKS&template=/customsource/namiwalks/teampage.cfm&teamID=5292> where you can join the team, or make a donation. If you would like to sign up as a walker or donate and you do not have internet access, call Natalie Lamont at 713.668.5226 and she'll send you the packet.

Last year the HPS team was classified in the "top five fundraising team" category. This year our goal is to increase the number of team members and the amount raised. If you won't be in town on May 5th, please consider sponsoring one of the walkers on our team.

HPS Calendar of Meetings

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"
at Hilton Post Oak

Grand Rounds Schedules

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

4/4: Dan G. Blazer, II, MD, PhD / "How do you feel
about ...?" Perception of Well-Being and Health and Mental
Health Outcomes in Late Life

4/11: Jennifer Pate, MD / "Thinking Outside the Box: The
Role of the Consultation Psychiatrist"

4/18: Diane R. Brown, PhD / "Psychiatric Epidemiology
Among African American Women: Cultural and Social
Contexts"

4/25: Meera Narasimhan, MD / "Neurobiology of Major
Depressive Disorder and Suicide"

UTMSI Auditorium, 11:00 am-12:00 pm

4/4: David Lachar, PhD & Alex Espadas, PhD, LMSW /
"Inpatient Treatment and Service Utilization: What we have
learned from an HCPC 5 year study"

4/11: Angela Stotts, PhD & Akihiko Masunda, PhD / "New
Trends in Behavior Therapy Research: Acceptance &
Community Therapy"

4/18: Psychiatry Department Faculty Meeting

4/25: Melinda Stanley, PhD & Mark Kunik, MD /
"Developing Intervention for Dementia"

Member News

Ignacio Valdes, MD has opened a solo private practice.

4010 Blue Bonnet, Suite 202, Houston 77025 /

713.249.2874 / www.ignaciovaldes.com

Capacity and guardianship evaluations, psychother-
apy, general adult psychiatry, group therapy, medica-
tion management, Telepsychiatry and Health Informa-
tion Technology consulting. Conveniently located near
Stella Link and Holcombe.

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

A Note from the Executive Director

It has been wonderful working for HPS for 8+ years. The flexibility of working part-time for HPS has allowed me to participate in my sons' school activities and other volunteer opportunities. Thank you for replying to my emails when I needed an answer, for volunteering for events and teaching me about psychiatry. I've come a long way from not knowing the difference between a psychologist and a psychiatrist! I appreciate the many kindnesses that you have shown me over the years and I wish you all the best!

OPPORTUNITIES & EVENTS

Moonlighting Opportunity for Psychiatric

Fellows/Residents. After expense sharing, net hourly income is between \$150 and \$200 per hour. Cash at time of service, private, self-pay, motivated, insightful, high functioning patients, no managed care. Totally flexible hours and days. E mail Margaret Black at drbob5311@yahoo.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(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. Visit us online at www.SeniorPsychiatry.com.

HOUSTON: ADULT PSYCHIATRY: The Mental Health

Mental Retardation Authority of Harris County (MHMRA) is one of the largest mental health centers in the United States. Demands have created the need for additional psychiatrists (part-time or full-time) to work at the Harris County Jail and one FTE Child Psychiatrist to work in a clinic setting. The Jail positions are to provide coverage for 7 days per week; 24-hours per day; day, night time and weekend shifts are available; the clinic position is a regular 8 to 5 PM, Monday through Friday. Salary plus a benefit package is offered. **Texas licensure is required.** These positions will be mostly medication management and psychiatric evaluations. Contact Robert Bennett, HR Generalist at: Robert.Bennett@mhmraharris.tx.org or phone (713) 970-3379. EOE

River Oaks Academy is filling up fast but still accepting enrollment. ROA is a JCAHO accredited, K-12 school for those with problems related to attention, distractibility, impulse control, emotional control, learning differences, and developmental delays. Children and adolescents with ADHD, Bipolar Disorder, Depression and others accepted. Call 713-783-7200 <http://www.riveroaksacademy.com>

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.