



**2008-2009  
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**A Word from the President....**

I hope everyone had a pleasant holiday season in these trying times. Talk about Axis IV stressors! In less than one year we have seen an energy crisis, a major hurricane and an economic crisis, now recession, that had effects on our entire community. This does not include our personal struggles or those of our patients. We have a new President, we have "parity" coming even though we are not sure what that will look like and healthcare reform is on the way! We are still at war and we have increasing numbers of men and women who are returning with trauma. There is a "Bailout" that no one seems to understand. Healthcare issues and access to healthcare remain critical for many of our patients. All of these issues can create anxiety.

How are we taking care of ourselves so we can best tend to our patients? I have yet to find anything better than

"good ole talking." The more we share and communicate, the better we understand. This tends to have a direct effect on our anxiety levels. I know for me this has been a season of changes. I have been humbled in ways that I have never experienced before like living without power for a week. For a short period of my life, I focused on the value of things like D size batteries and the beauty of cool weather in the middle of September. Immediately after the storm I found myself wondering how long will strangers strike up a conversation while waiting patiently in a long line for a cup of coffee? How long will it take use to forget the "storm"? How long will we be in a recession? When will everyone have access to the healthcare that they need? These are worries that many of us share and we deal with them in a multitude of ways. Many of these issues are out of our control but many of you take an active stance on issues that we do have some (at

least indirect) control over and you are to be commended for this. How do we deal with the other issues? I have found a tremendous amount of solace in my work with patients. Despite the problems and headaches involved with any business, I am always grateful to be able to treat people. Let us not forget our mission. On a lighter note, we have a number of excellent speakers arranged for our winter/spring meetings followed by a social in April at the Tasting Room, Uptown. Please plan on joining us for as many of these events as possible. It's a good time for "good ole talking." As always, please encourage your students and residents to participate.

*Edythe Harvey, MD  
President*



**National Depression Screening Day**

On November 6th, the Society along with Houston Community College Psychologist Becky Hauri hosted free depression screening for the public. We published and broadcasted ads in the local newspapers and HCCTV. Dr. Dawnelle Schatte, our Vice-President represented the Society.

It was a successful screen-

ing that lasted from 9am to 4pm. We screened 67 people, most Houston Community College students but some who saw the ad in the community papers.

We would like to thank the UT-Houston Residents who were very instrumental in the success of the day:

Bobby Nix

Elizabeth Truong  
Marco Chavez  
Diana Isachievici  
Peter Ly  
Justin Parrott  
To two UT-Houston Medical Students:  
Marianne Bergheim  
Kelly Conner  
And to Stefanie Cunanan for administrative help.



# 2009 Meetings

January 14  
Dr. Andrea Stolar (Jt Meeting with Psychologists)  
Executive Board Meeting 6:00  
Briar Club

February 11  
Dr. John Oldham  
Regular Scientific Meeting  
Executive Board Meeting 6:00  
Briar Club

March 11  
Karen Winston, LMSW  
Business Meeting  
Executive Meeting 6:00  
Briar Club

April  
TSPP Committee Meetings & TSPP Executive Council Meeting  
Date and Location TBA

April 1  
Executive Board Meeting 6:00

April 15  
Society Social Event  
Tasting Room Uptown

May 6  
Executive Board Meeting 6:00



## University of Texas-Houston Grand Rounds

Please make note for January Grand Rounds.

Wednesday, January 14  
James Lomax, MD

Wednesday, January 21  
Deborah Pearson, MD

Wednesday, January 28  
Rhoda Seplowitz, MD

We will keep you informed of upcoming dates.

If you have any questions please contact Ms. Janine Galt at [Janine.Galt@uth.tmc.edu](mailto:Janine.Galt@uth.tmc.edu)



We are currently making great strides in keeping all membership informed of all activities. Please keep a look out for the e-newsletters for dates of upcoming meetings. We will now include Grand Round schedules.

The Houston Psychiatric Society website is undergoing a full facelift. We will keep you updated in the upcoming release of the revamped website. If you would like to post ads in our newsletters and website we will gladly take them. For more information please contact

Dr. Edythe Harvey at [eharvey483@aol.com](mailto:eharvey483@aol.com)

[Sandy\\_King@hcms.org](mailto:Sandy_King@hcms.org)

Or

[Stefanie\\_Cunanan@hcms.org](mailto:Stefanie_Cunanan@hcms.org)

Don't forget to pay your dues and update your information if need be.

Thank you,  
HPS Administration

## Baylor Psychiatry Grand Rounds January 2009

Menninger Department of Psychiatry and Behavioral Sciences

Associate Professor  
Baylor College of Medicine  
and Michael E. DeBakey Veterans Medical Center Houston, Texas

contact Linda Pownall at [lpownall@bcm.tmc.edu](mailto:lpownall@bcm.tmc.edu)  
Baylor College of Medicine designates these education activities for a maximum of 1.25 AMA PRA Category 1 credits. Physicians should only claim credit to commensurate with the extent of their participation in these activities.



DeBakey Building-Room M112, 10:30-11:50am  
Broadcast at the Menninger Clinic, Room 101, and the Michael E. DeBakey Veterans Affairs Medical Center Room 6B-184

January 21  
"Gender and Academic Careers"  
Carol C. Nadelson, MD  
Clinical Professor  
Harvard Medical School  
Brigham and Women's Hospital Boston, Massachusetts

January 14  
"Identification and Testing of Novel Medications for Cocaine and Methamphetamine Addiction"

January 28  
TBA

Richard De La Garza, II, PhD

For more information please

*"physicians and attorneys the opportunity to present a unified front"*

### IDEA Program

The Inter-professional Drug Education Alliance Committee began in 1992 as a vehicle for children to talk with physicians and attorneys about the effects of illegal drug use, both medically and legally.



**Building a better tomorrow.**

Since its inception, the IDEA program has impacted over 31,500 students. This program gives physicians and attorneys the opportunity to present a unified front to

the community, while discussing the consequences of illegal drug use.

During the sessions, fifth grade students in Harris County schools learn about the medical ramifications of using illicit drugs. The attorneys provide the

legal implications of illegal substance abuse. These two elements are vital in a truly successful drug awareness program.

In addition, the lawyers and physicians provide youngsters with practical refusal skills to use when being offered drugs. These skills are helpful because they offer them a way to say no, while still maintaining their relationships. If you are interested in participating in the program, please email: Stefanie Cunanan with HPS at [Stefanie\\_Cunanan@hcms.org](mailto:Stefanie_Cunanan@hcms.org)  
Or  
Lucy Fisher with HBA at [lucyf@hba.org](mailto:lucyf@hba.org)



*Just a reminder:*

*Please remember to pay your 2009 dues. This Society has proved to be moving with the times utilizing electronic mail. Please notify the Society of any changes in your contact information and email.*

*Thank you,*

*Administration*

*[Stefanie\\_Cunanan@hcms.org](mailto:Stefanie_Cunanan@hcms.org)*