

# Your Guide to Joining APA, its State District Branches, and TSPP Chapters

## What it is, why it's important, and how to join

### So... What is the APA?

**Short answer:** The American Psychiatric Association (National Organization)

**Longer answer:**

- APA is the largest professional psychiatry organization in the world, consisting of students, residents, and physicians from many countries around the world.
- The American Psychiatric Association is an organization of psychiatrists working together to ensure humane care and effective treatment for all persons with mental illness, including substance use disorders. It is the voice and conscience of modern psychiatry.
- Its vision is a society that has available, accessible quality psychiatric diagnosis and treatment.

### Why do I want to join?

**Short answer:** Because it's important (and fun)!

**Longer answer:**

- APA often represents the face of psychiatry to the public (including legislators), whether we are members or not.
- You want to have a say in APA's policy positions and advocacy efforts!
- Leadership, Fellowship, Research, and Travel Scholarship opportunities
- Free subscriptions to *American Journal of Psychiatry (AJP)* and *Psychiatric News* (\$318 value)
- Free online subscription to *Psychiatric Services*, APA's monthly journal focusing on delivery of MH services in organized systems (\$105 value)
- Opportunities to join the Editorial Board of AJP-Resident's Journal
- Supplemental Education and Training (SET) program, which is a course database that can help you prepare for the business side of medicine (>\$500 value)
- Discounts on registration for the APA Annual Meeting and Fall Institute on Psychiatric Services Conference
- Mentoring networks, career development, and strong advocacy at all levels

### So, how do I join?

**Short answer:** Go to <https://www.psychiatry.org/join-apa/residents-and-fellows> and follow the instructions!

**Longer answer:**

- Go to <https://www.psychiatry.org/join-apa/residents-and-fellows>
- Then, click "Join Now" to fill out the application online, or download the application to complete it
- Scan/email completed application
- Once APA receives your application, they will forward it to the Texas Society of Psychiatric Physicians (TSPP) for review. Applications must be approved by the local district branch where you practice or reside.

- Once TSPP approves your application, they will email you notifying that you are approved by TSPP and provide an invoice for your state membership fee (\$50/year).
- Once you pay your state invoice, TSPP will notify APA to complete processing of your national application.

### **How much does it cost?**

- First Year APA dues are waived for Resident/ Fellow Members.
- After that, annual dues are \$107!
- Refundable by UTSW through personal Book Fund.

### **Does the APA host any conferences?**

**Short answer:** Yes!

**Longer answer:** The Annual APA Meeting is in May every year.

### **What if I have want to know more information or have questions about joining?**

You can contact [membership@psych.org](mailto:membership@psych.org) or 703-907-7300

### **So... What is TSPP?**

**Short answer:** Texas Society of Psychiatric Physicians, which is the Texas District Branch Association of the American Psychiatric Association.

**Longer Answer:**

- Established in 1956 as the Texas District Branch Association of the American Psychiatric Association.
- Dedicated to developing the highest quality of comprehensive psychiatric care for patients, families, and communities.
- TSPPs objectives are to function in cooperation with, and as a component part of, the American Psychiatric Association:
  - to promote the best interests of patients and those actively or potentially making use of mental health services
  - to advance the standards of all psychiatric services and facilities
  - to foster the cooperation of all who are concerned with the medical, psychological, social, and legal aspects of mental health and illness
  - to make psychiatric knowledge available to other practitioners of medicine, to scientists in other fields of knowledge, and to the public
  - to assist the American Psychiatric Association in the promotion of its aims and objectives.

### **Why do I want to join?**

**Short answer:** Because it's important (and fun)!

**Longer answer:**

- Great way to stay informed about current events affecting the practice of medicine, and more specifically psychiatry, across our state.
- Advocacy opportunities, as legislators often turn to organizations like TSPP for opinions on proposed legislation

- Many of the leaders of TSPP are also leaders in other organized medicine groups, such as the Texas Medical Association.
- Fantastic way to meet and network with providers and residents/fellows from different regions and practice settings across the state.
- Fun conferences that have events specifically for resident/fellow members

### **So how to join?**

**Short answer:** Follow the instructions for joining APA.

**Longer answer:**

- Fill out your resident/fellow membership application for the American Psychiatric Association. Go to <https://www.psychiatry.org/join-apa/residents-and-fellows> and either click "Join Now" to fill out the application online, or download the application to complete it and scan/email it back in
- Once APA receives your application, they will forward it to the Texas Society of Psychiatric Physicians for review. Applications must be approved by the local district branch where you practice or reside.
- Once TSPP approves your application, they will email you notifying that you are approved by TSPP and provide an invoice for your state membership fee (\$50/year).

### **How much does it cost?**

**Short answer:** \$50/year. Refundable by UTSW through personal Book Fund

### **Does TSPP host any conferences?**

**Short answer:** Yes!

**Longer answer:**

- Two conferences each year, usually in April and November
- Conferences occur in fun cities across the state!
- If one of the Program Directors or Assistant Program Directors is registered for the conference, the residents who are members of TSPP may attend the conference for free.
- Continuing Medical Education (CME) credits available through attending the Scientific Program.
- There are also poster presentation opportunities at the conference for residents/fellows and medical students.
- Resident- Fellow Section meetings occur at the conferences, as well as a Resident-Fellow Mixer
- Other committees also meet during the conferences, and residents are welcome to sit in those meetings.
  - Academic Psychiatry
  - Child and Adolescents
  - Public Mental Health Services
  - Forensic Psychiatry
  - Government Affairs
  - And More!

### **What if I have want to know more information or have questions about joining?**

Please contact [tsppofc@aol.com](mailto:tsppofc@aol.com), phone (512) 478-0605, fax (512) 478-5223

## **So... What is NTSP?**

**Short answer:** North Texas Society of Psychiatric Physicians, the local chapter of TSPP.

**Longer Answer:**

- A group of North Texas psychiatrists, psychiatry residents, and medical students
- Goal of advancing and representing the psychiatry profession, advocating for the community, providing lifelong professional learning, and promoting psychiatric education and research.

### **Why do I want to join?**

**Short answer:** It's fun (and important)!

**Longer Answer:**

- Good way of networking with psychiatrists practicing outside of UTSW/Academics
- Advocacy opportunities
- Free/discounted educational dinners
- Potential for mentorship/leadership opportunities outside of UTSW.

### **So, how do I join?**

Go to <http://ntspp.org/membership/> and scroll to the bottom of the page to complete the form.

### **How much does it cost?**

- Dues are \$15 for residents who are also members or APA/TSPP
- Otherwise, you may end up having to pay full dues (\$150).
- Refundable by UTSW through personal Book Fund.

### **When are the NTSP Meetings?**

- Dinner programs, usually on the 4th Thursday of each month
- 6:30pm to 8:45pm
- No meetings in November or May
- Resident physicians that are members typically get sponsored for their dinner

### **What if I want more information or have additional questions?**

Email [NTSPaa@gmail.com](mailto:NTSPaa@gmail.com) for any additional questions and to be placed on the e-mail list to receive information about monthly meetings.

## **So... What is DAWP?**

**Short Answer:** Dallas Area Women Psychiatrists (**for local female psychiatrists only**)

### **Why do I want to join?**

**Short answer:** It's fun (and important)!

**Longer Answer:**

- Good way of networking with female psychiatrists practicing outside of UTSW/Academics
- Free/discounted educational brunch
- Potential for mentorship/leadership opportunities outside of UTSW.

**When does DAWP host meetings?**

- 2nd Saturday of month
- ~10:00am to 12:00pm) September through November and January through May.
- 10AM: Confidential fellowship, business, and brunch.
- 11AM: Speaker and program.

**How much does it cost?**

There are no additional dues!

**What if I have more questions or want more information?**

Email [DAWPnews@gmail.com](mailto:DAWPnews@gmail.com)