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President's Message

Dear Colleagues,

Happy Summer! I hope you are all able to take a small break from the daily stressors of life and relax. I am writing to you from the stunning English country side where I have brought my sons to meet my relatives. This is the ultimate self-care! I plan to use the images of the beauty I am surrounded by as mental breaks when I return to

work and begin to feel stressed. As I write this I am focused on two topics. The first one is the recent high profile suicide attempts that have once again brought to the public's attention the prevalence of suicide. As clinicians we are aware of the prevalence of suicide. However, when high profile individuals such as Kate Spade and Anthony Bourdain take their own life, the public is able to see how suicide reaches all levels of society, even people who appear to "have it all". As you know by now the Board of Psychology will soon be requiring us to take a one time 6 hour training in suicide prevention per AB 89 (Levine). This course will be required after January 2020. For those renewing after this date, the course can be completed in advance. CCPA is planning to offer this course for our members. At this time, we are waiting for the board to publish an outline of their requirements. Please refer to the Board of Psychology for the most up to date information.

On another very serious note, I am shocked to hear about the separation of parents and children held at the border. I am also witnessing people's reaction in Europe. Regardless of political party, they emphasize the humane treatment of immigrants. No one can believe what our government is doing and frankly nor can I. I know I am preaching to the choir but no one can deny the trauma of a young child being separated from his or her parents. One wonders why other options have not been implemented. I hope the public pressure will be enough to have the government reconsider this outrageous treatment of children and families. We have to be better than this. I of course believe in the need for people to follow that law. However, as an immigrant I empathize with the pain of leaving your home country. Leaving one's home country can be an extremely painful choice. It is possible that things were unsafe in one's country that lead to the decision to leave. Hence, once people are at our borders, they should be dealt with in a civilized manner while the officials look into whether they have a valid case for asylum or other forms of entry. Child development and trauma are not partisan issues. There is sufficient scientific evidence that would lead to the understanding that separating a child from his or her parent is wrong and can lead to an array of emotional difficulties. For those of you who are interested, I would recommend reading CPA's Immigration Task force document "Recommendations for Psychological Practice with Undocumented Immigrants in California."

On a different note, I would like to remind everyone that there are several positions available on the board. I am in the latter part of my time as president and have several members who are looking to retire after many years with the board. We are seeking individuals with a few hours to spare each month to be part of a wonderful board of directors, stay up to date with our profession, and plan activities for our members. Please contact one of us to see which position might be most suitable for you. Please join us and make this association even better!

I look forward to seeing you at our upcoming events. Our annual end of Summer BBQ will take place in early September. Following that we will be having our quarterly CE dinner in October. The CE dinner will focus on how to respond to board complaints as well as other ethical issues. Please keep an eye out for invites with event details. The board is always interested to hear about topics you would like for presentations and trainings. Feel free to contact us with your ideas.

Have a great summer!

Hengameh Maroufi, Ph.D.

President



CPA Leadership and Advocacy Conference

**March 19-20, 2018
Sacramento, California
Ellin Sadur, Psy.D.**

On March 19 and 20, 2018, Dr. Ellin Sadur, LAN Representative, CCPA, and Dr. Alissa Scanlin, Past CCPA President, attended the CPA Advocacy and Leadership conference. The purpose of this annual meeting is to gather the CPA Executive Board, County Psychological Association's Presidents and LAN Representatives, and the California Psychological Association for Graduate Students (CPAGS) together to discuss a variety of issues in support of the practice and profession of psychology. It is an intense two-day conference covering a multitude of issues pertinent to our profession. It is also a wonderful time to network with our counterparts from across the state of California and share ideas with which to support our local chapters. The last day of the conference involves going to the Capitol to lobby our elected officials regarding important matters to our profession.

Dr. Jo Linder-Crow, CPA CEO opened the conference with an overview of CPA's status. Our non-partisan professional association is now 70 years old!!! Dr. Linder-Crow stated that our membership numbers are fairly stable, at approximately 4,000, a disappointing number considering that the state of California has approximately 20,000 licensed psychologists. Dr. Linder-Crow postulates that this phenomenon is a "shortcoming of our training" that psychologists are not encouraged in graduate schools to join their professional associations.

Dr. Sheila Morris CPA-PAC (Political Action Committee) Chair, spoke about coordinating fund raising to promote the interests of psychologists by pooling resources to have a larger impact on elections. In 2017, our PAC raised \$51,000 and they were hoping to raise more this year at the CPA Conference. Interestingly, physicians raised \$1.8 million dollars for their PAC last year.

Our CPA Lobbyist, Amanda Levy, reviewed the current political climate in the Capitol. Currently, Democrats have a supermajority in

and Appropriations Committees. The Senate and Assembly promise opposition to the Trump Administration and plan to oppose the Presidents' bills related to immigration, tax reform, climate change, civil rights, and health care.

Ms. Levy also listed the CPA Legislative priority areas:

- 1) Licensing and Regulation of our profession, including Board of Psychology related legislation and mandated continuing education
- 2) Psychologists/MH provider's scope of practice and prescriptive authority in California
- 3) Insurance coverage and access to managed care
- 4) Psychologists in public mental health areas, especially safety, procedures, funding, and organization
- 5) Diversion/consideration of mental illness in jails and prisons
- 6) Psychologists in the courts (family, civil, etc.)
- 7) Patients' rights/confidentiality and reporting

The week prior to our Leadership meeting in Sacramento, the CPA Executive Board attended the APA Leadership conference in Washington, D.C. At that meeting, APA made a decision to publish a public statement regarding

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their position against firearms. The Executive Committees determined that the multitude of incidents of gun violence had become a public health crisis. From that statement, the Executive committee of CPA rewrote their own position/statement, which they forwarded to all CPA members. This is unprecedented for CPA to make such a definitive statement in writing to its members but it was a unanimous agreement among the Board to do so. A number of psychologists present at our meeting had attended a Memorial Service the previous night to honor the psy-

chologists and mental health staff that had been shot at the Yountville Veterans Home on March 12th. The immediate need for better gun control was on everyone's minds in light of all the recent shootings.

The next day, Tuesday, March 12, we went to lobby our Legislators connected with our county. This year, we had a small team (no students this time) comprised of Dr. Doug Haldeman, Dr. Alissa Scanlin, and myself, Dr. Ellin Sadur. We visited Senator Steve Glazer, Assembly member Timothy Grayson, and Assembly member Catharine Baker. After introducing ourselves and explaining the role of CPA and psychologists, we began our conversation with each legislator and their staff by sharing CPA's statement about our position on firearm violence. We explained that the staff could follow up with links to APA and their resources to prevent gun violence. All three of the legislators gave us positive feedback regarding our public statement and appreciated our commitment to contribute our expertise to the violent epidemic in our country.

At this point in our meetings, we presented the packets describing Distressed Constituents' Guides which is a booklet and training program designed to help legislators and their staff (both at the Capitol and at their local offices) deal with various types of constituents. The book gives suggestions on dealing with individuals who are verbally aggressive, violent, in poor contact with reality, suspicious, anxious, and/or demanding. In all of my years attending Lobby Day (10 now!), the legislators and staff are always very interested and appreciative of this booklet and often schedule a training at their district office.

We discussed two Bills with the legislators, both of which we are supporting. The first one is SB 968 (Richard Pan, Democrat, Sacramento and Yolo) regarding school counselors. SB 968 will require California State Universities

(CSU) and the California Community Colleges (CCC) to hire one full time equivalent licensed mental health counselor per 1,000 students. The bill encourages the University of California to meet the same ratio. There are 23 CSUs with nearly 500K students and there are 114 community colleges with over 2 million students. There are 9 UCs with nearly 250K students. As we know, many college students experience a wide range of mental health issues, sometimes for the first time in their lives. Having better access to mental health professionals is essential to their emotional and physical well-being.

The Pan Bill (SB 968) further states that mental health counselors should reflect the diverse identities of the student population and be hired in accordance with additional needs identified on a campus. Current estimates show the ratios for SSI campuses closer to one mental health counselor for every 2,000 students, so this bill would double the access to mental health for students. In addition, this bill will require reports to the legislature to include data collection and evaluation of the campus mental health programs. Again, CPA supports this bill and all three legislators indicated they would support the bill as well.

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The second bill we discussed with the legislators was SB 1125, (Toni Atkins, Democrat, San Diego) Same-Day Billing. This bill would require the Medi-Cal program to reimburse Federally Qualified Health Centers (FQHCs) and Rural Health Clinics (RHCs) for two visits by a Medi-Cal beneficiary when the patient has a medical visit and another health visit with either a mental health provider or dental provider on the same day. CPA supports this bill because the current practice of only allowing billing for one visit is problematic for individuals who come to an FQHC or RHC with both a physical health care issue and a mental health care issue on the same day. Clearly, an untreated mental health issue could escalate and exacerbate before the individual has an opportunity to return to this clinic, especially those patients in rural communities. Additionally, many mentally ill patients will not return at all, further endangering themselves and those around them. CPA supports full access to critical mental health services and this bill will accomplish that goal. Again, all three legislators stated they would support this bill when it comes to a vote.

We will keep you posted as to the journey of these two bills as they make their way through the various committees. It was an invigorating experience to represent both CPA and our local chapter, CCPA, in lobbying our legislators. It was also encouraging to gather with our psychologist counterparts across California and pool our resources to promote our profession. We all appreciate the expertise of our lobbyist, Amanda Levy, and look forward to coordinating efforts with her throughout the coming year.





DISASTER RESPONSE UPDATE

Terry Schuman, PhD, Disaster Response Chair, CCP

Migrant Families at the Border: Recently, The American Red Cross (ARC) has been receiving questions and concerns about their role in assisting with the growing situation impacting families and unaccompanied children at our borders. The CEO of the American Red Cross, Gail McGovern, issued a statement of concern about these families and has offered assistance to the Federal agencies responsible for border control and immigration. Although the ARC is standing ready to help, without authorization, they do not have access to places of detention for migrants. The ARC is an impartial, neutral, and independent entity that does not take a political stand but offers help to those in need regardless of status or country. Should the situation change due to their continuing efforts, they will provide updates and information regarding volunteer opportunities.

I became a volunteer through the American Red Cross via the website www.redcross.org by clicking on the tab that says "Volunteer."

Hurricane Harvey Response: At the beginning of the year, the CPA Disaster Response Network (DRN) had a webinar presentation of **Lessons Learned from Hurricane Harvey** from the point of view of members of the Texas Psychological Association (TPA) who responded to the disaster on the Gulf Coast. When the storm was downgraded to a Tropical Wave, those in the area were not fully prepared for the turn of events. The hurricane dropped up to 52 inches of rain that affected 71 counties on the Gulf Coast.

Several organizations including the American Red Cross (ARC), the American Psychological Association (APA), and the Texas Psychological association (TPA) in addition to multiple Federal agencies were eventually involved. As often is the case, when disaster strikes, the human response is to reach out and offer help; however, more often than not, potential volunteers have not been identified or trained pre-disaster, making it difficult to mobilize those volunteers when they appear at the disaster site. With the focus being on protection of life and limb, the mental health side of disaster response was not given as much media focus as the APA and the TPA would have liked. It was determined that 34,500 people statewide were in shelters and 10,000 people were in one mega shelter. Coordination of agencies was problematic in that often it was unclear who among the various people were in charge at the shelters.

The TPA created a Harvey Doc Find and asked psychologists to volunteer up to 3 hours pro bono to respond to those affected by the disaster. They could respond either by phone, in person, or electronic means. It was reported that 160 psychologists responded. They were not required

to have disaster response training. Although some clinicians were not accustomed to doing brief interventions, the effort worked. Because the ARC is the main vehicle for deployment of clinicians at disaster sites, the Harvey Doc Find gave individuals a different opportunity where they could volunteer on the spot or in the weeks after the rain stopped when disaster victims were struggling to reconstruct their lives.

Future Trends: Some potential volunteers are discouraged by the amount of training that the Red Cross requires (although speaking personally, I do not find that it is excessive). CPA is working on a template that will be sent to the DRN chairs to enlist potential volunteers to respond to disasters separately from work with the American Red Cross. The Disaster Healthcare Volunteers of California www.healthcarevolunteers.ca.gov is another way to volunteer that does not involve the Red Cross. I have recently been made aware of it and do not yet have details about how it works. If you are interested, please check out the link provided.

I became a volunteer through the American Red Cross via the website www.redcross.org by clicking on the tab that says "Volunteer." It was relatively easy to apply, read/sign the agreements, fill out the Health Status Record, and complete a background check. I was able to do the orientation online. I went to the office once for a brief interview and to take a picture for my badge. There are three courses that are required. I did two of them online. I am waiting for a date to take the third course which is in-person, and given periodically. Through the Contra Costa Red Cross Disaster Mental Health Team there are opportunities to deploy to Hawaii for the volcano eruptions, New Mexico for the school shooting, etc., but also for 2-3 day on call opportunities when smaller crises occur in the County. Psychologist Lance Friis is the contact person for the team. If you are interested, contact me through the CCPA or Lance at lancefriis@gmail.com.



Hey, Hey CCPA – Program Chair Checking in for the Summer!

By Alissa Scanlin, PsyD

On Wednesday April 18th, Dr. Kavitha Rao gave an excellent and informative presentation on **Adult ADHA and What to do About It**. As a psychiatrist at Kaiser Antioch, Dr. Rao has been able to work with many cases of Adult ADHD, and her talk gave those of us who attended additional insight about the disorder and how it often shows up in the lives of adults. For the May First Friday, CCPA and Deer Hill Vineyards teamed up for a 'Meet and Greet' designed to connect local psychiatrists and members of our Association. While only a few psychiatrists were able to attend, the evening was a great opportunity for CCPA members to talk more personally with those psychiatrists and to connect with each other.



Over the summer, we will continue meeting at Scott's in Walnut Creek, 1333 N California Blvd, 94596 for First Friday @5:30-8pm: August 3 and September 7. First Friday in June was beautiful, and 9 of us enjoyed a chance to relax and chat with some tasty appetizers, provided by CCPA, and tasty happy

hour beverages! Please join us!

Also **Save the Date**, and as it gets closer be on the lookout for an invite to our Annual Summer BBQ on September 16th. The BBQ will again be catered by Bonehead's in Lafayette because it was so well received last year. We are also planning ahead for a dinner meeting at the Lafayette Park Hotel on October 11th. More details will follow soon. We will have very well-known presenter Steve Frankel, PhD, JD, ABPP, presenting on the topic of "Board Complaints in a Litigious Culture".



NEW MEMBER HIGHLIGHT

Hello CCPA!

My name is Leryn Messori. I am a new member of CCPA, a recently registered psychological assistant, and a Bay Area transplant. My husband and I moved to the Bay Area in 2015 for my pre-doctoral internship with Girls Inc. of Alameda

County and so he could be a part of the technology tribe out here. I graduated with my PsyD from Antioch University, Santa Barbara in 2016 while 8 months pregnant. I have taken the past year and a half off to be home with my child, while working as an adjunct faculty member at JFKU's undergraduate psychology department and helping my former predoctoral placement with administrative organization and development for their CAPIC and BAPIC match process.

Throughout my tenure as a graduate student, I worked as a residential counselor and a co-occurring disorders adult therapist, performed assessments with the Department of Rehabilitation, and worked for two years as a substance abuse counselor for adolescents on probation in Santa Barbara. I specialize in working with people experiencing transition in their lives – whether it is a teenager leaving home for college, the twenty-something

trying to find their identity between teenager and adult, or an adult facing a change in their job, relationship, or social situation. I believe in using mindfulness to increase awareness of one's own feelings and working both in session and out to increase healthy coping skills so that the tide of change does not take one out to the sea of dysregulation.

My own professional journey has recently taken me to the team at The Wise Mind Institute where I am a psychological assistant under the supervision of Dr. Alison Alderdice and Dr. Wes Pederson. The Wise Mind Institute (WMI) is a training and treatment center that specializes in comprehensive DBT for both adults and adolescents as well as RO-DBT. We have offices in Redwood City and the East Bay and are currently expanding our East Bay services to include comprehensive DBT. Although we have a specialization, WMI clinicians also strive to support clients where they are at, through their own clinical modalities, offering existential humanistic and other depth therapy approaches for less acute clients. It is here that I strive to learn and use evidence-based practices to better help those experiencing distress and emotional dysregulation from transition in their lives. For more information

please visit www.thewisemindinstitute.com

I am so very excited to be a part of the CCPA community and cannot express the warmth I felt at my first Drinks with Shrinks event at the lovely home of Dr. Alissa Scanlin. I feel that CCPA has welcomed me with open arms, and I am excited to help give back through working with Dr. Alexis Smith-Baumann on CCPA outreach this summer.



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Are You Looking for a Way to Become Involved with CCPA?

If so, please consider becoming the new Website Chair. You do *not* need to be a tech wizard to be the Website Chair. Our administrative assistant and our vendor's technical support do all the heavy lifting. The main thing you need is an interest in working with great colleagues on the Board and wanting the public and our members to find the website inviting and intuitive. The Website Chair participates in monthly Board meetings (September through June) and may serve on the Executive Committee of the Board. Besides serving on the CCPA Board, the Website Chair coordinates with our vendor and our administrative assistant to update website content, add events to website calendar, and upload documents as needed (e.g. quarterly newsletters and monthly board meeting minutes). For more information, please contact the current Website Chair, Romi Mann (romi@drromimann.com).