



January 2017 -  
NewsCAPP

**President's Message:** Jim Dahmann, Ph.D., CAPP President

As I begin the year serving as your president, I am reassured by the experienced board I have backing me: Dr. Patricia Eiler-Sims, Dr. Sarah Greenwell, Dr. Joanne Gutzwiller, Dr. Tom Heitkemper (Secretary), Dr. Mary Kelley, Dr. Teri Role-Warren (past president), Dr. Gary Schneider (president-elect), Mrs. Laura Wilson (Administrative Assistant) and Dr. Cori Yaeger (Treasurer). If these names seem familiar, it is because this is the same group of people who were the 2016 Board. Only some of the roles played have changed.

This is both a blessing and a problem. A blessing in that there is a wealth of experience to draw on, and we have already hit the ground running. However, an organization and its board needs new blood occasionally if it is going to grow and thrive. Otherwise stagnation is inevitable. We have the same Board because the search committee was unable to find anyone new willing to serve. That cannot continue. Therefore, one of the first tasks we will be dealing with this year is a review of our nomination and election process to see what changes we need to make so this situation does not happen again. Closely aligned with this task is the task of getting newer and younger psychologists to join the organization and then get involved. Otherwise we will be an organization of octogenarians sooner rather than later!

Sometime during this coming year we hope to be contacting you, as well as non-members, to learn how we are and are not meeting your needs, and what we need to do to remain relevant. What kinds of topics do you want covered in workshops and dinner meetings? What kinds of activities should CAPP be engaged in? How can we attract and retain new members?

The board will also be working on ways to make us more efficient, and to enhance our bottom line. Right now we are operating on a very slim margin for an organization of our size and budget. It is fine to be non-profit (which we are VERY good at!) but not so fine to operate at a loss year after year. We have a cushion of safety for years where there is a loss, but need to increase the size of that--its getting pretty thin. One change being implemented with this newsletter is to publish it electronically, rather than in print form. This saves us paper, copying, envelope, and postage expenses. It also allows us now to include **THE WONDERFUL WORLD OF COLOR!**

In the meantime, we will continue to offer you educational opportunities that we hope are relevant, exciting, and useful, as well as some strictly social opportunities. So, please stay with us. It's going to be an exciting ride!

**Treasurer's Report:** Cori Yaeger, Ph.D.

Because CAPP made some major changes in 2016, CAPP's finances are in good shape. By choosing to shift from hard-copy snail mailings to online notifications and registration for our events, we have been able to maximize Laura's time as we encourage members to use our website and online payment options more often. Our upgraded website is user friendly and allows members to edit their own listings if changes need to be made. 2016 was the last year that our directories will be printed and mailed, so that we will be able to save even more in 2018 when the next directories are published (online!) Watch for some anticipated future changes that will help CAPP stay financially robust and increase our ability to do

outreach into the community in addition to providing great networking and educational opportunities to our membership. If you have colleagues who are not members, please encourage them to join!

### Venue change

You may have noticed more of our events being held at Receptions in Loveland. Why? They have been wonderful in working with us as a non-profit partner. We had tried the Eastgate location of Receptions but we heard from many of you who thought it was too far East. We are hoping the Loveland location is more central. The staff is warm, welcoming and accommodating. In addition, when leaving an event, you don't have to walk around a dark hotel parking lot to find your car. There is plenty of parking right out the front door and the venue is easily accessible off I-275. Please see the *Save the Date* section for our upcoming events and we hope to see your smiling faces soon!

### Website News: Joanne Gutzwiller, Ph.D.

Why PayPal? Several members have asked about our use of PayPal on the website to manage ticket sales. Although we would love to use another vendor, the cost of doing so would be prohibitive for a non-profit like CAPP. PayPal offers us the least expensive option to offer online ticket sales. If you haven't set up a PayPal account yet, it's very easy to do and it offers a safe and easy way to make online payments. Once you've created an account, you can link it up to a credit card and payments will go directly to your credit card. If you have any questions or concerns, please feel free to let us know at [capp@cappnet.org](mailto:capp@cappnet.org).

### Public Relations: Joanne Gutzwiller, Ph.D.

Please remember to follow us on twitter (@CAPPNews) and like us on FaceBook ([www.facebook.com/CAPPNews](http://www.facebook.com/CAPPNews)) to stay up to date on the latest CAPP news.

### Social Committee News: Thomas Heitkemper, Ph.D.

One of the many benefits of your CAPP membership is the opportunity to get to know others in the Greater Cincinnati psychology community in more relaxed settings. To that end, we're planning "Coffee with CAPP" on Friday, April 7th from 7 to 9 AM. The location is the Sleepy Bee Cafe in Blue Ash (9514 Kenwood Road, just south of Cooper Road). We have reserved a room so stop by anytime between 7 and 9 that morning, grab a cup or two of coffee (and some breakfast if you'd like) and get the day started with some of your psychology friends and acquaintances. Let us know if you're planning to attend so we can give Sleepy Bee some idea of how large a crowd to expect. Hope to see you there!

And save the date: We're scheduling another CAPP Picnic, location still TBD, on Sunday afternoon, June 11. We'll have more information on that later. Those of us who made last year's picnic had a blast. And yes, outdoor Jenga will make a return!

### Insurance & Managed Care News: Teri Role-Warren, Ph.D.

The insurance committee has been addressing concerns about Medicare, Medicaid and Medical Mutual, as well as working on a tool kit to prepare psychologists for insurance company audits.

- Medicare: the insurance committee discovered that is a Medicare requirement to keep records of billing and progress notes for 10 (not 7) years.
- Medicare PQRS - Some members believed they were inaccurately penalized and did getting full reimbursement in 2016 because of PQRS denials. Some insurance committee members suggested that there may be an insurance glitch that is inaccurately making this occur. If any psychologist believes this may have has occurred, they are advised to check their PQRS performance review scores. If their scores indicate that they passed the PQRS requirement, psychologists could then contact CMS about the error.

Committee chair Jim Broyles will be contacting APA so that their lawyers understand the problems. It is believed that PQRS measures are no longer required in 2017.

- Medical Mutual recently sent letters to psychologists saying that Medical Mutual has the right to revise contracts. Insurance committee members speculate that Medical Mutual is covering itself for any changes that might arise in these uncertain times for insurers.
- Jim Broyles, committee chair, will reach out to Medicaid to get more information about how to find out if a patient is on Medicaid. Currently, psychologists must be Medicaid providers to look up if a patient is enrolled. Since some patients do not know if their insurance through the healthcare exchange is Medicaid, some psychologists who are not Medicaid providers do not find out that they will not be reimbursed until they have provided multiple treatment sessions.
- Audit toolkit update: This toolkit is being designed to help psychologists have documentation forms they can use routinely to be prepared for potential audits. The insurance committee is considering an abbreviated version of Aetna's model as a template. The committee's intent is to make the toolkit very practical and usable, while fulfilling the requirements of all insurance companies, including Medicare and Medicaid. Since the purpose of most audits is to ensure medical necessity for treatment, psychologists should only provide minimal information, so as to not violate HIPAA privacy guidelines. Psychotherapy notes should be kept separate, and not be released in these audits to preserve patient confidentiality. The insurance committee's consensus is that for an audit, recordkeeping should document only start/stop times, diagnosis, treatment plan, symptoms, functional status, medication, and frequency of visits. Further study will continue to properly prepare the toolkit.

### **Membership News: Patricia Eiler-Sims, Psy.D.**

Welcome new member Rachel Sparn, Psy.D. Dr. Sparn graduated from Spalding University in 2015. She specializes in the treatment of adults. Her specialty areas include addictions, anger management, anxiety disorder, cognitive behavioral therapy, dialectical behavioral therapy, depression/mood disorder, mindfulness, PTSD/Trauma, and stress management.

### **OPA News: Sarah Greenwell, Psy.D.**

OPA said goodbye to a long-standing key staff member at the end of last year, Bobbie Celeste, PhD., who retired after working for OPA for almost 20 years. Bobbie was the Director of Professional Affairs and was key to legislative and insurance advocacy for psychologists in Ohio. She will be greatly missed. To honor her and thank her for her service OPA created **The Bobbie Celeste Fund** through the **Foundation for Psychology in Ohio**. This fund will help increase and expand our support for students and early career psychologists. If you would like to make a donation to help build a significant scholarship and leadership development fund in Dr. Celeste's honor, go to the website at [www.opa.org](http://www.opa.org). Following in her shoes in the role of DPA is Jim Broyles, PhD. Jim has been the past president of OPA, finance chair, and marketing chair, so he brings with him a wealth of knowledge and experience.

Tom Swales, OPA president, and the OPA Board have been working on a statement to the legislature regarding the use of Medical Marijuana for the treatment of PTSD and TBI, which is now allowed under Ohio's new law. Consensus was reached by the Board that there is concern by psychologists in Ohio for legislators passing laws without full consultation with the scientific literature. Psychologists can be a resource for legislators and OPA urges them to reach out and consult when specifying treatment parameters for specific mental health conditions.

A huge thank you to all members who reached out to legislators in late 2016 to stop the passing of Senate Bill 366. SB 366 would have eliminated the Ohio Board of Psychology and consolidated it with other mental health boards, named the Behavioral Health Professionals Board. OPA strongly opposed this bill due to the far reaching ramifications on the field of psychology in Ohio this type of change would have made. OPA believes that this bill will likely present itself again, so be on the lookout for more advocacy alerts. You can read more about this bill and Michael Ranney's letter to the editor of *The Columbus*

*Dispatch* on OPA's website.

- Here is a list of other exciting news at OPA. Please feel free to contact your OPA representative by email: [sarah.greenwell@cchmc.org](mailto:sarah.greenwell@cchmc.org) with any questions about OPA.
- Save the Date: Legislative Day May 17<sup>th</sup>, 2017.
- It's that time of year again! The OPA Spring Conference: *The Strength to Lead, Connect, and Heal* is April 26-28<sup>th</sup>. Look for more information and the Convention bulletin online at [www.opa.org](http://www.opa.org).

### **Membership Marketing: Mary L. Kelley, Ph.D.**

As we look to grow our membership, we've noticed a trend within CAPP with newly-licensed, younger psychologists leaving after a year or two of membership. We are trying to learn more about why this happens and attempt to turn this trend around. CAPP's Membership Marketing chair is reaching out personally to see why they no longer wish to be a member of CAPP. Sometimes it is they already feel established, are no longer in need of networking, or referrals but many times it is their professional development dollars only go so far. Just one referral from the CAPP line or through networking more than pays for your CAPP membership!

We also reach out to newly licensed psychologists in our target zip codes every year as part of a new member drive. These newly licensed folks are invited to attend our September dinner meeting as our guest. When they arrive, they are matched up with a host for the evening and given a "welcome packet" which has contained a directory, business cards, latest newsletter, any upcoming program announcements, etc.

***Please continue to refer psychologists (established or newly licensed) who aren't a member of CAPP to check us out! If they join CAPP, your next dinner meeting is on us!***

### **Program News: Gary A. Schneider, Ph.D.**

**CAN YOU HELP?** We are looking for a licensed marriage and family therapist (MFT) and a licensed social worker (LSW or LISW) to assist in the application process to obtain provider status with the Ohio Counselor Social Worker Marriage and Family Therapist Board (CSWMFT). We already have a licensed counselor (Dr. Yaeger). This is in an effort to provide more quality programs to a wider range of mental health professionals, without having to apply to the board separately for each program we offer. If you can help, please let Laura know at 513.779.2181 or email: [capp@cappnet.org](mailto:capp@cappnet.org). Thank you in advance!

### **December 5 Dinner Meeting Review – SHE'S CRAZY: Mental Health and Other Myths**

Written and performed by Cathy Springfield, Sherry McCamley, and Erin McCamley

**How Could They...**take such a complicated, stigmatized topic and turn it into a joyful celebration?

**How Could They...**share such personalized secrets and do it in such an open and respectful manner?

**How Could They...**know so much about a topic out of their chosen occupation (all teachers) and present it so thoroughly?

The brochure described the above dinner meeting as: "An interactive, entertaining musical that educates, uplifts, and inspires audiences to reduce the stigma surrounding mental illness." I am not sure how the speakers/performers were able to accomplish all the above but they did so and more in a ninety minute cabaret style/theatrical performance, judging from the evaluation summaries of this program. They blended a presentation of the most up-to-date statistics and data about mental health and myths, with personal and emotional stories and original music, creativity and witty humor. As far as anyone can remember, this program was the first time that the general public, along with mental health professionals, attended a CAPP program. Some of the catchier titles of their tunes were – "Come Out of the Closet" – "I

Don't Want To Try Anymore," "Fact Versus Fiction" - and "I'm Buying Mine At The CVS." Kudos to Cori Yaeger, Ph.D. for finding, arranging and scheduling the program and for introducing and coordinating the night. Thank you Cori! 2 CEUs were offered to professionals who attended the program in its entirety.

### **Save these Dates!**

Please mark your calendars and plan on joining us at our upcoming events! Remember to invite colleagues in your office – new faces are always welcome!

- **March 31, 2017:** Full Day Workshop – 6 CEUs for licensed psychologists and mental health professionals. ***“Eating Disorders: Types, Treatments, and Neurobiological Advances”*** (Speakers: Ashley Solomon, PsyD, CEDS, Anna Guerdijokova, PhD, LISW, CCRC, and Ann Kearney-Cooke, PhD.) Thank you to our sponsor, Wagner & Bloch, in helping us bring this wonderful workshop to our members:



- **May 3, 2017:** Dinner Meeting – 2 CEUs. ***“When Clients Get Stuck: Incorporating Acceptance and Commitment Therapy (ACT)”*** (Speaker: Richard Sears, PsyD, MBA, ABPP)
- **September 11, 2017** – Dinner Meeting – 2 CEUs. ***“Who’s Under the Transgender Umbrella?”*** Speaker: Cori Yaeger, Ph.D.
- **October 13, 2017** – Workshop – 6 CEUs ***“Cognitive Behavioral Treatment of Hoarding Disorder and OCD”*** (Speaker: Renae Reinardy, Psy.D.) Dr. Reinardy has agreed to return for a full-day workshop as requested after her extremely well received dinner meeting in February of last year.

***Please watch for emails from CAPP containing registration information for the above events and/or our website in the “Events” tab.***

### **CLASSIFIEDS:**

**Office Rental Space:** Prefer full-time rental. A large office is available in a beautiful, newer medical building in Anderson Township. The office is thoughtfully constructed for practice and offers sound-proofing, a restroom for practitioner, and shared use for psychological and educational tests. This is a well-established, office of experienced independent practitioners, including psychologists, educational psychologists, social workers and psychiatrists. Please contact Cheryl Beach @ cmbeach3001.us or (513) 961-8484.

**Office space:** Beautiful Victorian building – 48 E. Hollister, furnished office to sublet. Compatible Colleagues with Opportunities for Referrals. **Please contact Jan Brinn at (513) 929-0935 for more information.**

**Office Rental Available – Part time or Full time.** Opportunity to join a well-established multidisciplinary practice on a full or part time basis. The Hollister Center is a group of independent psychologists, psychiatrists, social workers and educational diagnosticians who maintain a close collaborative relationship. **Please call: Fred Melowsky or Tina Kaminsky for more information (513) 621-5001.**

***DID YOU KNOW NEWSLETTER ADS ARE FREE FOR CAPP MEMBERS? Just one of your many benefits . . .***

***Benefits? Why yes . . . thank you for asking!***

- Subscription to NewsCAPP, our newsletter filled with timely information on dealing with insurance companies, billing information, educational opportunities, OPA news, available therapy and educational groups.
- Information about you and your practice listed in the CAPP Directory, and on our website. The Director is sent to 1900+ local referral sources (hospitals, physicians, attorneys, etc.). This is also a good resource for tracking down fellow psychologists. Members are listed alphabetically/geographically.
- Information about you and your practice listed on CAPP's web site: [www.cappnet.org](http://www.cappnet.org). The website has a search feature where you can find a psychologist by specialty area and geographic area. Feel free to include a professional photograph and a short bio.
- Opportunity for referrals through the CAPP Referral Service, at no charge.
- Opportunities for continuing education--with OPA-MCE credits offered--on a regular basis and at a discounted price via an annual workshop and frequent dinner meetings.
- Opportunities to informally interact and network with fellow practicing psychologists who share in your concerns at dinner meetings and workshops.
- Opportunities to present at a dinner meeting to present on your specialty expertise and practice.
- Opportunity for newly licensed psychologists to be paired with a mentor to help with the complexities of establishing a professional practice.
- Advancement of the practice of psychology through the Marketing and Public Relations fund-- helping to get important information about psychology and therapy to the public and to benefits decision makers, and advocating on behalf of psychologists with various managed care entities.
- Close contact with other regional, state, and national associations to exchange information relevant to the enhancement and protection of psychology.
- The opportunity to gain more public exposure and provide a community service by being listed in CAPP Speaker's Bureau, and/or participating in CAPP-sponsored activities.
- CAPP serves as an advocacy and support system for all its members to ensure an accurate and fair portrayal in the media, to guard against unethical or false practitioners, and to support all its members in attaining fair treatment by third party payors.

***Remember to encourage your peers and colleagues to check CAPP out!***

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

