



NewsCAPP – May, 2018

President's Message

What a pleasure and a privilege it is to be affiliated with CAPP's membership and the CAPP Board! To see the organization grow from a group of nine psychologists in 1981, who had a vision of a strong and vibrant professional association of psychologists to today's one hundred and thirty psychologists, at various stages of their careers, who are trying to adapt to new challenges, to survive, and to develop new opportunities. Some of these new opportunities involve creating new models of services and blazing new paths.

All of the very capable board members have returned for 2018: Jim Dahmann, Patricia Eiler-Sims, Sarah Greenwell, Joanne Gutzwiller, Tom Heitkemper, Mary Kelley, Teri Role-Warren, and Cori Yaeger. They have been joined by two members with "new blood" (an important ingredient for sustainable organizations). The two new members are: Pete Dillon, who has taken over the role of caretaker of the website, assisted by CAPP's President-Elect, Joanne Gutzwiller, and Rachel Sparr, who has taken over the coordinator of Social activities guided by musical maestro, Tom Heitkemper. Please see the rest of the articles in the Newsletter for updates of the various activities of CAPP. One very new and exciting event is a two-day workshop, focused on providing Cognitive Processing Therapy for PTSD, conducted by Dr. Kate Chard, who has presented previously at a very-well received dinner meeting. As far as anyone can remember, this is the first time a two-day event (October 4, and 5, 2018) has been offered by CAPP!

Of course, the biggest kudos go to Laura Wilson, CAPP's Executive Coordinator, without whom...I would not even want to think of that possibility. Just Laura's putting up with my ridiculously early emails (in large numbers) and my technological deficits should earn a medal for her, not to mention the other 125 job functions that she manages so efficiently. "Thank you Laura" and please stay with CAPP as long as you can.

One of the very important missions this year is to follow up on the results of the survey sent to all CAPP members last year, a project spearheaded by Jim Dahmann, 2017 CAPP President (his second term served as President). This survey focused on obtaining information from members on what CAPP does well and how CAPP could improve. The plan is to focus on these areas in future Board meetings.

Finally – you, CAPP's members, its lifeline. Obviously, without you, CAPP could not exist. Thank you for your ideas, suggestions, critical comments, and your ability "to think outside the box." Please continue to give input to your board. The board needs it! And, as I have indicated before, recruiting new members for the board will be starting earlier than you think. Please remember, you can call any board member who will be glad to "show you the ropes" in what is involved in being on the CAPP Board or update you on any changes in the Board's functioning if you have previously served on the Board.

Treasurer's Report

CAPP continues to have a solid financial footing. Through great fiscal management by the board, we've been able to replenish our bank accounts to levels close to where they were before the recession affected us ten years ago. Especially notable are the streamlined processes offered by our website, and PayPal, and the amazingly affordable services provided by our website manager, Kristen Kirby with Websites By Kristen

Our financial standing has allowed the board to make more generous decisions in supporting community organizations and events – such as NAMI, the OPA science fair, and the Women’s City Club. Increased attendance at our Continuing Education workshops and Dinner Meetings has combined with decreased expenses for the venue to make these events more profitable for CAPP.

Website News:

Please remember to check your listing on the CAPP website. As you know, members now edit their own listings. This helps you stay current and up to date without having to wait on us to make changes! If you need an edit and are having trouble, please let us know and we can help. I’m available at dillonpa@uc.edu

Program Chair News:

Techniques for your Clinical Toolbox (February 5, 2018) - Presenters: James Dahmann, Ph.D.; Gary Schneider, Ph.D.; Cori Yaeger, Ph.D.; Thomas Heitkemper Ph.D.; Jack Niehaus, LISW, IMFT and Jason Thompson, LISW, LICDC-CS.

Six veteran clinicians combined for a panel presentation on “tried and true” techniques used in various settings, based on both research and years of experience in their respective fields. (This “panel” approach was a new format for our dinner meeting.) After a brief discussion of empirically-supported treatments and the limits of applying these in a “cookbook” manner to those we treat, specific interventions were presented.

Jim Dahmann described the “Crisis De-Escalation” approach in which he trains family members and police officers in Northern Kentucky. He provided information about its development and how he is able to enlist police departments and family members in learning this crisis intervention approach, which involves the “LEAP Method” (listen, empathize, agree, partner).

Jason Thompson presented several practical interventions useful when assessing for substance abuse. He emphasized that one should not directly ask the person if there is a problem with substance abuse. He provided information on a substance abuse inventory and how to do a good intake/assessment in this population.

Gary Schneider discussed useful questions to ask in couples therapy. The first question is asking what changes do you think the other person needs to make to improve the relationship (usually the easiest question because this is usually where their focus is). The second question is asking what is his/her best guess about what the other person thinks he or she needs to change, whether they are in agreement or not. The third question is asking each person what he/she thinks they need to change, or consider changing, about himself or herself. Another important line of questioning is to find out what each thinks are strengths of their relationship. The data provided by these questions reminds the couple of their strengths, assesses how accurately each is perceiving the views of each other, and incorporates individual goals, discussed by each person in his/her response to the third question.

Cori Yaeger showed us how to do a “quick and easy” relationship and attachment assessment. This involves family members listing words which describe how they perceive other family members and each member’s relationship with that person. This quickly gets information which can guide the therapy process.

Jack Niehaus described how to deal with couples’ shared resistances. He presented simple questions to assess relationship and resistance types. How each partner’s interpersonal style affects the relationship and ways to work through resistance was also explained.

Tom Heitkemper presented ways to quickly assess psychological risk factors for surgical procedures. Ways to establish credibility with surgical candidates was discussed. The need to explain the pre-surgical psychological screening process to both patients and referral sources was emphasized. Overall, this panel presentation described ways to quickly obtain useful information and to intervene across several settings. These assessment and intervention techniques illustrated ways that we as clinicians can apply our skills and experience while delivering empirically supported treatments.

Ethics and the Law in Clinical Settings (April 13, 2018) - Presenters: Richard Ashbrook, Ph.D., and Debjani Sinha, Ph.D.

Dr. Ashbrook began with information on how to think ethically, including recognizing ethical and legal dimensions of the situation. He then discussed the functions of the OPA Ethics Committee, membership requirements, and the consultation process. Limiting considerations were also emphasized, including that the comments of the Ethics Committee are not intended to represent legal advice.

He then detailed types of complaints resulting in License Action and malpractice allegations. The concept of a “reasonable, prudent practitioner” was explained, as was the concept of “negligence.” Ways to “steer clear of trouble” were also presented. He described the interaction of practice standards, APA’s ethics code, Ohio psychology law and related statutes, and governing federal law.

Specific ethical standards in various situations were presented and discussed, including “Avoiding Harm” and actions on ethics in the context of interrogation and national security. 2010 changes in the 2002 code were also explained, including supervision rule changes.

Dr. Ashbrook then focused on the Ohio Administrative Code as it applies to several areas of practice. These included retired psychology, sexual harassment, records access and retention, custody disputes, unforeseen multiple relationships, and how to document having a third party present in a session. The Ohio Revised Code was discussed as it applies to involuntary outpatient treatment and duty to protect. Ways to discharge that duty were clearly explained. Emergency hospitalization and criteria for this were also discussed.

Dr. Ashbrook presented a very interesting and complex vignette which generated much discussion. He then presented on roles for correctional psychologists including both general and specialized competencies in these positions. Finally, he spent some unanticipated time on the issue of mass incarceration. Additional information on this can be found at PrisonPolicy.org.

Dr. Sinha then wrapped up the workshop with a few highly-anticipated rounds of “Ethics Jeopardy.” This re-examined some of the issues covered by Dr. Ashbrook as well as other areas of interest. By bringing these issues down to a practical level Dr. Sinha was able to clearly detail some of the specific guidelines and, at times, misconceptions which arise and apply as we grapple with such situations.

Telepsychology: Legal and Ethical Considerations (May 7, 2018) - Presenter: Kenneth Drude, Ph.D.

Dr. Drude introduced us to issues in the use of telepsychology including a historical context, current status, and concerns. He described benefits and advantages of telecommunication including access, convenience, and cost savings to clients. He also addressed risks and disadvantages including misdirected messages (e.g., emails sent to the wrong address or inadvertently copied to the wrong recipient), having a “transcript” of any such communications, potential for misinterpretation of information, crossing therapeutic boundaries, client expectations, and lack of insurance reimbursement.

Issues related to telepsychology were detailed, including informed consent, applicable laws and rules, competency, assessment of appropriateness of using telepsychology services with a given client, safety issues, documentation, and knowledge of technology. The need to be aware of the client’s location and others who may be present during any telepsychology session was emphasized. He noted the need for competence in the use of Apps and social media including cautions about using Facebook and Twitter.

Ethics and guidelines were presented including reference to APA Telepsychology Guidelines and OPA Telepsychology Guidelines. The American Telemedicine Association Practice Guidelines for Video-Based Online Mental Health Services were also referenced. Specific HIPAA guidelines were also presented, including Privacy Rule requirements regarding emails with clients. Dr. Drude provided sample electronic communications policies, along with sample telepsychology informed consent forms.

Dr. Drude presented a vignette which elicited a discussion of these issues and the need for careful assessment of the appropriateness of using a telepsychology with clients. Best practices were also detailed, including maintaining copies of emails and texts, an honest appraisal of the clinician's own ability to use these technologies, and the need to maintain a "professional tone" in any communications. Finally, Dr. Drude presented additional training and education opportunities to be pursued to develop competency in the practice of telepsychology.

In a question and answer session at the end of his presentation, Dr. Drude described some programs and Apps available from both the Telebehavioral Health Institute and the Department of Defense (noting that the VA was a leader in the area of telehealth). He also focused on the Psychology Interjurisdictional Compact (PSYPACT) and detailed its current status, as well as issues relating to Ohio's participation in this, with its usefulness in promoting the practice of telepsychology.

Insurance Managed Care

Insurance Committee representatives Jim Broyles and Virginia Clark met with Arthur Evans, Ph.D. the new CEO of APA. Dr. Evans emphasized that psychologists must continue to transform their practices and practice at the "top" of their licenses. He suggested that psychologists market themselves in new ways to differentiate our doctoral level training and emphasize our unique skills.

Successful billing for testing still is not very clear in many ways. The insurance committee is seeking more information about difficulties psychologists are having.

The insurance committee is also exploring the use of add on codes, such as crisis code 99039, after hour/weekend code 99051 and emergency code 99050. It is unclear which insurance companies would reimburse for these add on codes. If an insurance company does not reimburse, it is unclear whether the client can be billed. Insurance contracts may have specific requirements about informing clients about these add on codes before being able to charge the patient for them. The committee is looking into these requirements to provide more direction.

Regarding insurance payment for supervised individuals: The insurance committee received written confirmation that the following insurance companies allow psychologists to supervise unlicensed therapists, under the provisions of state and legal requirements: Aetna, Anthem, Caresource, Cleveland Clinic (Mutual Health, Tier 1 supervisor), MMO, Medicare, Paramount, Summacare, Tricare/Humana. The following insurance companies do not allow supervision: Cenpatico, Beacon, Cigna, Molina. The committee is still identifying what is meant by the state and legal requirements and the definition of unlicensed therapists.

1 in 5

1N5, a nonprofit aptly named from the statistic that one in five individuals suffers from an undiagnosed mental health condition, is driven by a mission to STOP the STIGMA and START the CONVERSATION regarding mental health and suicide prevention in order to raise awareness and bring meaningful, evidence-based educational programming to Greater Cincinnati schools.

You can learn more about 1N5's efforts and initiatives at 1N5.org, as well as find mental health and suicide prevention resources for students, teens, teachers and parents. If you'd like to become an active supporter of 1N5, there are several ways to get involved including participating in the following events:

The 2018 Youth Mental Health Challenge, spearheaded by 1N5, is a two-day event for eleventh and twelfth graders, that will bring together approximately 100 area youth with the aim of deepening participants' understanding of the mental health challenges that affect their population while developing youth-led innovative initiatives to tackle these issues. This workshop would be modeled after Stanford University's success with the Palo Alto and San Mateo school systems and would result in the top five groups receiving funds to implement their innovative concepts in solving the youth mental health crisis. 1N5 is currently seeking professional mentors for this event. Mentor applications, along with more information, can be found at <https://1n5.org/innovationchallenge>.

The 10th Annual Warrior Run 5K & 1-Mile Walk, an evening race for life, will be held on Saturday, October 6, in the heart of Mariemont. This race brings together thousands of people in the community passionate about bringing change to the state of mental health in our area. Proceeds from the race go to funding the Cincinnati Children's Hospital "Surviving the Teens" program, as well as funding quality, customized, evidence-based mental health programming in local schools. Race registration includes lots of free food and the best family-oriented after party around! <http://cincywarriorrun.org/>

Best
Nancy

Social Committee

Our first ever CAPP Happy Hour event took place on April 20th. We enjoyed bountiful delicious appetizers and shared laughs, conversation, and a great start to the weekend.

Our next CAPP social event will take place later this summer. We have some fun activities in mind but we are open to any thoughts or ideas from CAPP members! Please feel free to reach out to any CAPP Board Member to share your suggestions!"

Save the Date:

Monday - August 27, 2018 – “Child and Adolescent Suicide Prevention” 2 CEUs, (Jennifer Wright-Berryman, Ph.D.)

Dr. Jennifer Wright-Berryman is a suicidologist and an assistant professor of social work at the University of Cincinnati, with over 20 years of clinical experience, community-based activism, and research in mental health and suicide. Dr. Wright-Berryman is the lead researcher for Hope Squad, a nationally implemented, peer-to-peer, school-based, suicide prevention program, and is a member of the Cincinnati team with Grant Us Hope that is rolling out Hope Squads in over 20 schools. Dr. Wright-Berryman is also currently developing a conceptual framework and writing a book about addressing emotional pain as suicide prevention from a community action approach.

Thursday & Friday - October 4-5, 2018 – “Cognitive Processing Therapy for PTSD” 12 CEUs, (Kathleen M. Chard, Ph.D.)

Dr. Chard will be presenting a two-day workshop on Cognitive Processing Therapy (CPT), a cognitive-behavioral treatment for Posttraumatic Stress Disorder (PTSD). CPT was developed in the late 1980s and has been shown to be effective in reducing PTSD symptoms related to a variety of traumatic events including child abuse, combat, rape and natural disasters. CPT is endorsed by the U.S. Departments of Veterans Affairs and Defense, as well as the International Society of Traumatic Stress Studies, as a best practice for the treatment of PTSD. This two-day workshop will include information on the background

and research on CPT. This workshop is a prerequisite to becoming a CPT Provider. For more information on becoming a CPT Provider, please visit the website: www.CPTforPTSD.com

Monday – November 26, 2018 – “Psychopharmacology” (Laura Stith, Ph.D.)

Dr. Stith is Chief Clinical Officer at Child Focus, Inc. She is completing the Alliant Psychopharmacology program and will be presenting information about the practice of psychopharmacology among psychologists. More information to come!

Monday - February 11, 2019 - “Geriatric Psychiatry” (Michael Keys, M.D.)

Dr. Keys will be addressing issues related to cognitive aging and prevention strategies and will touch on assessment and medication issues as well.

Member's Corner

THE SCHIZOPHRENIA ORAL HISTORY PROJECT

Some of our members may remember a year or two ago when member (and past president) Tracy McDonough, Ph.D., from Mt. St. Joseph University, spoke to us about her schizophrenia oral history project. Dr. McDonough has patients tell their stories of living with, and sometimes dying from, these serious mental illnesses. The project brings these stories to life and in the process debunks common myths about the illnesses and those who have them. It is hoped that by sharing these stories, it will not only help those with these conditions but also allow the public to appreciate the resilience of these extraordinary people in the face of the enormous challenges they face. Remarkably, it is the only archive of its kind in the whole country!

Well, the project has now gotten national attention. Dr. McDonough's project was prominently featured in the February issue of Monitor on Psychology, which goes to every member of the American Psychological Association. That's 117,500 people!

Our congratulations to Dr. McDonough and to all those brave people with schizophrenia who share their stories.

If you have a patient who would like to participate in this project, you can reach Dr. McDonough at tracy@schizophreniaoralhistories.com

DeAngelis, T (2018). Sharing the reality of schizophrenia. Monitor on Psychology, 2018, 49 (2), 22-23.

News from the Ohio Psychological Association (OPA):

The Ohio Attorney General has established a "Parity Task Force" made up of insurers to address growing concerns that the mental health and addiction parity act is not being accurately enforced in Ohio. OPA joined the *Parity at 10* coalition made up of Ohio stakeholders and advocates who are working hard to ensure that the OH Department of Insurance places more emphasis on educating consumers and less on complaints. The Akron Beacon Journal had a strong editorial about parity enforcement if you would like more information: <https://www.ohio.com/akron/editorial/editorials/beaton-journal-ohio-com-editorial-board-parity-was-the-promise-for-mental-illness-and-addictions-keep-it>.

OPA Legislative Day is on the horizon, May 16, 2018. There is a good chance that the Prescription Privileges HB 326 will have opponent testimony on the morning of Legislative Day, which would be a wonderful experience if you have not had the opportunity before. Legislative Day is both for the novice and the psychologist who has participated in legislative efforts previously. Legislative Day is held at the Ohio Statehouse. The day aims to educate psychologists and graduate students about advocacy and how to form relationships with legislators, while gaining legislative support for issues pertinent to psychologists and consumers of psychological services. OPA is still taking donations to sponsor a scholarship for a graduate student to attend Legislative Day. Scholarship donations are \$50 each and checks can be sent to OPA.

Please feel free to contact your OPA representative at sarah.greenwell@cchmc.org with any further questions about OPA.

Classified

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Office Rental or Purchase Opportunity: Rent space (full time or shared) or purchase ownership in an established professional building. Terrific Kenwood location. Close to I-71 and Kenwood Towne Centre. Collegial atmosphere. Excellent potential for referrals. Secretarial services available. **Contact:** Gary A. Schneider, PH.D., Tom Kalin, Ph.D., Leslie Swift, Ph.D. (513) 791.8849