



## **President's Message: Joanne Gutzwiller, Ph.D., 2019-2020 President**

Hello and Happy New Year! It is truly an honor to serve as President of CAPP on behalf of such a great group of psychologists. I love our CAPP community and I am excited to build on the accomplishments of the last 37 years (wow!).

We have a wonderful Board this year including past board members, Drs. Gary Schneider, Jim Dahmann, Teri Role-Warren, Sarah Greenwell, Tom Heitkemper, Pete Dillon and Rachel Sparn. In addition, we welcome two new board members this year: Dr. Alexis Pittenger and Dr. Julia King. We say goodbye to Drs. Cori Yaeger and Patty Eiler-Sims who have been extremely devoted board members over the past few years. While Dr. Yaeger will remain as a consultant to the board, we will really miss them both! Fortunately, we retain our MVP, Laura Wilson, Executive Coordinator.

I think I speak on behalf of the entire board when I say that we hope to continue the long tradition of CAPP as an organization devoted to advancing the science and profession of Psychology in the Cincinnati area. In the past few years, CAPP has sustained growth by offering some outstanding educational opportunities for members and non-members, supporting and sponsoring mental health efforts in the wider community, and attracting new members. We've been fortunate to be able to do this while retaining financial stability. It is my hope that the new board will continue this pattern of excellence while addressing our biggest challenge: attracting and retaining new members. I am confident that our new Marketing and Public Relations Chairs, Drs. Rachel Sparn and Julia King, will help us meet the challenge.

As always, we love hearing from you about how we can best serve the membership. Please don't hesitate to reach out to me or any board member with any ideas, big or small, that you might have. I look forward to seeing many of you at an upcoming dinner meeting or workshop!

## **Treasurer's Report: Alexis Pittenger, Psy.D., 2019 Treasurer**

Hello! Since this is my first official "Treasurer's Report," I wanted to take the opportunity to introduce myself and say how excited I am to be a part of the CAPP Board! Cori and I met recently, and she brought me up-to-speed on the work of treasurer. I can't thank her enough for her time, detailed records, and willingness to consult during the transition process. Cori, you leave behind big shoes to fill, but I am ready for the challenge!

Financially, CAPP is doing extremely well. This is in large part to excellent programming, including Dr. Chard's CPT two-day workshop last year. High-quality continuing education programs have been a hallmark of CAPP, and this will continue to be an important part of CAPP going forward. Another factor in CAPP's growth will be continuing to network and increase visibility in the community, such as by adding new members and expanding our presence on social media (remember to like us on Facebook!).

Finally, I want to thank the members of the Board for their efforts on behalf of CAPP. Their time and dedication to CAPP have been a big part of CAPP's success. As a recent example, our Webmaster, Pete Dillon, persevered over difficult website issues, which in turn saved money that will be used for other things. I look forward to getting to know everyone at CAPP and helping to continue to grow CAPP as a professional organization.

**RxP: Psychologists' Prescription Privileges** (November 26, 2018) - Presenter: Laura Stith, Ph.D

Dr. Stith earned a post-doctoral degree in Clinical Psychopharmacology from Alliant International University in 2017. She discussed RxP, the professional movement within the field of clinical psychology to provide additional training to psychologists (via a post-doctoral master's degree in clinical psychopharmacology) in an effort to increase psychologists' scope of practice to include prescription writing authority. This movement seeks to improve access to psychotropic care and also enhance the quality of that access by pairing psychological training with additional medical/biological training. Dr. Stith updated us on the current status of the movement within the United States and in Ohio, and shared information about the current status of RxP legislation in Ohio as well as her experience as a student in a post-doctoral master's degree in clinical psychopharmacology program.

She presented a timeline of this movement, which actually started back in the late 1960s, plus the rationale for the movement. A summary of current RxP legislation, HB 326, was detailed, along with information about APA Division 55, the American Society for the Advancement of Psychopharmacology (ASAP). APA's practice guidelines regarding psychologists' involvement in pharmacological issues were also discussed, as was the APA Prescriptive Authority Program designation. Dr. Stith then detailed her experiences and curriculum in the post-doctoral Masters of Science in Clinical Psychopharmacology Degree Program, making it clear that this program is not for the faint of heart! Requirements for supervision and the Psychopharmacology Examination for Psychologists (PEP) were also described. We appreciate her time and expertise in this rapidly evolving area!

**Upcoming dinner meeting programs (see the website for more details or to get registered!):**

**Monday - February 11, 2019 - *"Cognitive Aging: Can we modify risk of cognitive decline in late-life?"* (2 CEUs for Licensed Psychologists) \$55/\$50/\$35 (no CEUs for student rate; student ID required) 6:00 pm Social/6:20 Dinner/7:00-9:00 pm Program**

**Speaker: Michael Keys, MD**

Dr. Keys is a clinical Professor of Psychiatry with the University of Cincinnati College of Medicine Department of Psychiatry and is Director of the Geriatric Psychiatry Fellowship. His clinical interest has been broad within the field ranging from cognitive aging and the neurocognitive disorders to late life depression. He has worked in a variety of settings ranging from community mental health, long-term care, to hospital inpatient settings. The past twenty years he has continued outpatient clinical practice devoted to seniors and their families living in the community with mental health issues associated with aging.

This program will look at what we know in terms of aging, change in our memory and other cognitive abilities, and the underlying brain changes associated with decline. While the number of cases of Alzheimer's disease and related late life dementias is increasing and perhaps the leading public health concern in terms of overall health and economic burden, several epidemiological studies in the last several years have shown that the incidence, i.e., individual risk, as well prevalence of the disease has actually decreased. Dr. Keys will present information about contributory risk factors ranging from genetics to modifiable lifestyle changes, focusing on what we know and don't know about risk and protection in cognitive aging.

**Presentation attendees will achieve:**

- An understanding of the continuum from normal aging and cognitive status to the development of decline in cognitive and functional abilities as seen in late-onset Alzheimer's disease.
- An understanding of what has been learned in terms of incidence and prevalence of dementia in late-life that suggests that risk of developing the illness may be declining in developed nations (including a

discussion of hypothesis of cardiovascular risk factors, education, and other variables of aging and cognitive change).

- An understanding of the complex interplay of what is known about risk and protective factors ranging from family history and genetic associations, to level of education, to health issues such as cardiovascular risk, diabetes, and modifiable life style issues such as diet, exercise, and increased socialization.

***Friday– April 5, 2019 – “Understanding and Treating Personality Disorders: The DSM-V and Beyond” (6-hour Workshop)***

**Speaker: Joseph Shannon, Ph.D.**

Dr. Shannon is a seasoned psychologist, clinician, researcher and teacher. His areas of expertise include personality disorders, dual diagnosis syndromes, anxiety-based disorders, depressive disorders and bipolar spectrum disorders. He develops and implements training programs for medical, allied medical, and mental health professionals around the world. He has appeared on numerous television programs, including the CBS Morning Program and PBS Viewpoint. Over the years, audiences have responded well to his presentations which he tries to make accessible and relatable, often integrating film excerpts or practical examples to help make concepts real and understandable.

Personality-disordered individuals comprise 20 percent of the general population and are seeking or being referred for professional counseling services at an increasing rate each year. And yet there is much confusion and debate over the definition of “personality disorder,” the classification of personality types and the distinction between healthy and disordered personalities.

In this highly practical program, helping professionals will learn how to quickly recognize the signs and symptoms of personality pathology and how to treat personality-disordered patients in an effective and ethical manner. Categories of personality disorders will be discussed in great detail. Film clips from major motion pictures which feature personality-disordered characters or real-life case histories will be used to illuminate the unique aspects of each sub-type of personality disorder. The etiology of personality pathology will be discussed. The latter will lead to a discussion of strategic treatment approaches. Guidelines for assessing in addressing patient resistance will also be discussed throughout the program.

**Presentation attendees will be able to:**

1. Define and describe the parameters of personality pathology;
2. Discuss the prominent theories regarding the causes/evolution of personality pathology;
3. List and describe 10 distinct types of personality disorders as presented in the DSM-V;
4. List and describe sources of resistance commonly seen with personality-disordered patients;
5. Describe a short and long-term treatment model for addressing personality pathology in an efficient, effective and ethical fashion.

***ALSO COMING UP:***

***In May***, Dr. Billmann will be presenting on sleep disorders and their treatment at our dinner program.

**AND...on April 3, 2020** we are happy to have Dr. Maria Espinola, Chair of OPA's Diversity Committee, present on diversity issues. This will fulfill the MCE ethics/cultural competency requirement. She recently wrote a very thoughtful article for the December 2018 OPA Review, "Until They No Longer Look Like Others." We recommend giving it a read-through!

### **Membership/Marketing News: Rachel Sparn, Psy.D., 2019 Chair**

In my new role as Membership Marketing chair for CAPP, I will be working closely with our Public Relations chair in creating new and exciting strategies to increase and enhance CAPP's membership. In addition to visiting local training programs, we will be working to develop new, fun opportunities for current members to network with each other and engage in the community.

### **Insurance Managed Care Committee: Teri Role-Warren, Ph.D., 2019 Chair**

Major changes in CPT codes for psychological testing went into effect on January 1, 2019. This has caused confusion for psychologists and insurance companies. Reimbursement has been delayed or denied for a variety of reasons: errors in coding, a delay in setting reimbursement rates by the Ohio Medicaid Department of Mental Health and insurance companies not being prepared for processing claims with the new codes. These are likely to be resolved in the coming weeks. For specific information on how to use the new codes for psychological testing, the APA practice page has information regarding psychological testing codes. Jim Broyles' posted this crosswalk on the OPA listserv as well.

Members are encouraged to use the insurance committee's webpage on the OPA website to look for information about insurance-related questions and concerns. Many of the questions that are posted on the listserv are often addressed on the webpage.

UBH no longer requires in network providers to get prior authorization for 90837 CPT codes. However, out of network providers must still obtain authorization for sessions longer than 45 minutes.

Several insurance committee members will be presenters at the OPA convention. The topics will be credentialing, filing complaints, prompt payment, and how to document best practices and medical necessity for insurance companies and audit-proof records. There will also be an opportunity for questions and answers about insurance-related concerns.

### **Board Happening Highlights: James Dahmann, Ph.D., 2019 CAPP Secretary**

The Fall and Winter seasons are always busy ones for your board of trustees, and this year was no exception. First, if you tried to access the board meetings (or anything else) on our website, you may not have been able to get in. Drs. Gutzwiller and Dillon had to deal with a nationwide virus attack that surfaced in August and led them to discover additional problems with our hosting site, plug ins, and other things they know far more about than me. In any case, we now have a new, safer (and more expensive) internet hosting site, Dr. Dillon is updating all plug-ins weekly, and we have added a second layer of security. That is why you must now check the "I Am Not a Robot" box when signing in.

When renewing their professional license, members of the board noted that one was no longer automatically taken to the MCE site to sign up and register one's CE activities. This could result in a major problem come the next renewal if you forget this additional step! The membership was immediately made aware of this problem. Speaking of CEU's, the Kathleen Chard workshop was a huge undertaking for Dr. Heitkemper and Mrs. Wilson--and was a huge success. We drew participants from as far as Hawaii! This

was our first attempt at a two-day workshop. Our dinner meeting lineup has been just as exciting, and Tom has some great stuff planned for this coming year. Remember and plan to attend the dinner meeting with Dr. Michael Keys in February. Mike is a geriatric psychiatrist (and in my personal opinion an excellent one). He has presented to us before and was well received.

Meanwhile, Drs. Role-Warren and Greenwell bravely kept their finger on the pulse of things statewide dealing with insurance and OPA and CPT codes and new laws and all kinds of other nasty stuff. Somehow they have both survived doing this for several years and will continue to do so this year. Dr. Yaeger continued to keep us financially solvent while preparing to turn the reins of treasurer over to Dr. Pittenger, which has turned out to be a huge battle with the bank we were wanting to move our accounts to. (We are not unhappy with our current bank, but wanted something with locations more convenient. That idea has been scrapped.) She also took on the important, but mundane, task of updating the board Roles and Responsibilities Document. It is amazing how many times a group of psychologists can make changes to a simple document as Cori kept issuing revision after revision after revision--but she finally got it finished!

In other changes, Dr. Eiler-Sims (Membership) is leaving the board, and Dr. Sparn (Social Committee) is developing both positions into one Membership/Marketing position. New board member, Dr. Julia King, will take on the role of Public Relations/Social Media. We will have more information on this evolution as the year goes on, but Drs. Sparn and King have some interesting ideas and will be working together to grow CAPP's membership.

In December, Dr. Schneider, CAPP's first president, completed his second term as president and turned things over to Dr. Gutzwiller, who will be our first two-year president in CAPP history. Dr. Schneider remains on the board for another year as past president.

And riding herd on this menagerie? Laura Wilson, steady as ever, somehow tolerating and managing and organizing sense out of this chaos. Thank you, Laura!

Remember, the board minutes are posted on the website. Also, board meetings are open to all of our membership. Contact us for details if you wish to attend since our "regular" meeting time tends to be somewhat irregular but we do try to stick to the second Thursday of each month or thereabouts.

### **Webmaster News: Pete Dillon, Ph.D., 2019 Webmaster**

The New Year is a great time to review your listing on the CAPP website. Take a moment to refresh your listing! Tip to make the most of your listing: post a picture and link your profile to your own webpage where you can describe your practice in as much detail as you would like.

Feel free to edit your listing from the Member page at any point. Under "Member Tools," just click "Edit Public Profile" to get started. This is a great resource in marketing your practice!

### **Social Media/Public Relations: Julia King, Psy.D., 2019 Chair**

As Public Relations chair for CAPP, I intend to use social media as an important tool to communicate with you, our membership, and also to recruit new members. If you haven't already, please follow our [Facebook page](#), 'Cincinnati Academy of Professional Psychology (CAPP),' or follow us on [Twitter at 'CAPPNews.'](#) There you'll find information about upcoming events, opportunities for networking, engagement, and social connection, and updates regarding news in our everchanging industry. Not only do you have the opportunity to find information on these pages, but we welcome your posts as well!

### **News from the Ohio Psychological Association (OPA): Sarah Greenwell, Psy.D., 2019 Chair**

Hello 2019! There are changes on the horizon for OPA. Penny Tipps, OPA's lobbyist, has decided to retire after this year. The staff at OPA are currently interviewing new candidates and have had several great proposals. Michael Ranney has also announced his retirement, but not for two more years. The 2021 OPA board will be tasked with interviewing a new executive director. OPA was somewhat disheartened that HB 326 (authorizes psychologists to prescribe psychotropic medication) did not make it out of the House Health Committee to a floor vote before the end of the year. However, this bill saw a lot of movement in the last 4 months, and the OPA Advocacy Committee believes the bill is in a great position for the start of the year.

If you are thinking about New Year's resolutions, consider becoming involved in OPA at the committee level. The following OPA Committees are looking for Chairs or Coordinators: Political Action Committee, Public Education Coordinator, Disaster Response Coordinator, and Ohio Psychologist Editor. Finally, the OPA board approved an Early Career Psychologist Award that focuses on service and excellence in work in the field of Psychology. Stay tuned for more information.

Save the Date:

- OPA Conference April 24-26, 2019 in Columbus, OH
- OPA Legislative Day is May 15, 2019 at the Ohio Statehouse

Please feel free to contact your OPA representative at [sarah.greenwell@cchmc.org](mailto:sarah.greenwell@cchmc.org) with any further questions about OPA.

### **CLASSIFIEDS:**

*Office Rental or Purchase Opportunity:* Rent space (full time or shared) or purchase ownership in an established professional building. Terrific Kenwood location that is close to I-71 and the Kenwood Towne Centre. Collegial atmosphere, excellent potential for referrals, secretarial services available. **Contact: Gary Schneider, Ph.D., Tom Kalin, Ph.D., Leslie Swift, Ph.D. (513) 791-8849.**

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

