
CAPPNews – September 2019

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

Hello and Happy Fall! As summer morphs into Autumn, we prepare for changing leaves, cooler temperatures, and more time spent indoors. I love the change of seasons and the excitement it presents, and I hope you do, too. Fall is a great time for new beginnings!

With this in mind, CAPP is embarking on some new endeavors this fall. For the first time ever, we welcome a Graduate Student Affiliate on the board. Carly Deremo, a fourth-year graduate student at Wright State University School of Professional Psychology, has joined the board as a non-voting student affiliate. Carly is wonderful and has already made great contributions to board discussion during her first board meeting in September. Carly brings a unique perspective as a student who will soon become a psychologist. Carly's clinical interests include trauma, the impact of sexual assault, and sex and relationship therapy. As CAPP would like to attract new early career psychologists, we are very excited to have Carly on board. If you see Carly at a dinner meeting or workshop, please extend her a warm welcome!

Another new initiative that will be rolling out this fall is a private, closed Facebook group for CAPP members only. This idea was developed after a longstanding CAPP member requested a way to know who in our membership is available to accept referrals at any given time. To address this need and other needs for current information, we are developing a secure, closed Facebook group. Rules for posting in the group will be posted and posts that do not adhere to the rules will be deleted by a CAPP board member who serves as group moderator. No identifying information about clients will be permitted. An example of an appropriate post might be "in search of a psychologist, in-network with Anthem, who has current availability and treats trauma in men." Please stay tuned for an email from CAPP outlining this initiative, rules for posting, and how to sign onto the group. We hope this becomes a useful resource for CAPP members.

Lastly, our wonderful Program Chair, Dr. Tom Heitkemper, has lined up some really great speakers for dinner meetings and workshops this fall and winter. Please consider joining us for dinner, socializing, and learning this Fall! We can't wait to see you.

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

CAPP remains on solid financial footing. Our net worth decreased slightly over the summer, which is due to the break in programming events. However, we have an exciting programming season ahead of us. An important goal for this year is to maintain and potentially increase attendance at dinner meetings and workshops. Continuing to add new members will also be important to CAPP's financial stability. Finally, I will continue to look for ways for us to reduce costs and streamline services.

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

This October, we have three campus visits scheduled to provide education about CAPP to the younger members of the Cincinnati psychological community and hopefully recruit some future CAPP members. Our new student representative officially attended our first CAPP board meeting of the year, and we are looking forward to ongoing collaboration.

Please join us in extending a warm welcome to our newest CAPP member:

Chana Crystal, Psy.D.

Dr. Crystal received her Psy.D. from Rutgers University in 2016. She is currently working in a private practice setting. She specializes in providing comprehensive psychological and psychoeducational evaluations for children, adolescents, and young adults. She also provides treatment to youth with anxiety, obsessive compulsive disorder (OCD), attention deficit hyperactivity disorder (ADHD), trichotillomania/skin picking, Tourette syndrome (TS), and behavioral difficulties. Her contact information can be found on the website: www.cappnet.org

Program Chair News: Thomas Heitkemper, Ph.D. , 2019 Chair

We have several programs to present over the next few months. Please join us and get your CEUs for a great price as you have the chance to catch up with your colleagues!

Wednesday Sept. 25, 2019: "The Spectrum of Gender Non-Conformity"

2 CEUs for Licensed Psychologists: \$50 CAPP members, \$55 non-CAPP members, \$25 students (no CEUs for student rate; student ID required); 6:00 pm Social...6:20 pm Dinner...7:00-9:00 pm Program

Speaker: Sarah Painer World MS, MSW, LISW-S

Transgender and gender nonconforming youth are a population with increased risk of mental health, safety and physical health concerns. Clinicians are more and more seeing trans and gender nonconforming youth in their practice and need to be competent in providing quality therapeutic care. Trans and gender nonconforming youth experience high rates of rejection from families, decreased access to care, homelessness, discrimination and abuse and health concerns. Clinicians can offer support and resources to help ensure the wellbeing and safety of this population.

Objectives:

1. This training will explore gender variance, including definitions and learning the "lingo."
2. It will help to prepare clinicians to implement trans competent practice, improve communication and recognize the role of ethics in interacting with patients and families.
3. During this training we will discuss creating a safe environment, including how to create a safe space for patients and families.
4. You will learn how to identify risk factors for youth associated with being transgender, including DSM IV criteria and risk factors.
5. We seek to help clinicians comprehend the importance of family acceptance and their role in working with youth and their families.
6. We will review services provided in transgender clinic, including treatment options, gender affirming care and steps towards transition.

Sarah World is a full-time social worker with the Division of Adolescent and Transition Medicine at Cincinnati Children's Hospital Medical Center (CCHMC) since 2008. She has a master's degree in social work from the University of Kentucky and a Master's degree in Community Health Education from the University of Cincinnati. Sarah has been the clinical social worker for the Transgender Health Program at CCHMC since its inception in 2013 and has been instrumental in helping develop the program. As an independently licensed social worker, Sarah has trained social work students, residents and medical students in providing trans-competent care. Sarah's areas of professional focus are on gender non-conforming and transgender youth and mental health.

Sarah has published articles in Cincinnati Parent Magazine, blogs with Cincinnati Children's Hospital on gender variance and develops/facilitates trainings on transgender health locally and nationally. Some of these presentations include: GLSEN Youth Summit, Ohio Psychological Association, Society for Adolescent Medicine Health Annual conference, P&G, Human Rights Campaign, and community mental health agencies, as well as internal CCHMC staff training. Sarah has run a monthly support group for youth and their caregivers since August 2015, as well as an online parent support page since 2014. Sarah has organized and led CCHMC employees and transgender program patients/families in Cincinnati Pride Parade for the past 4 years. Sarah additionally partners with many community agencies, such as, Living with Change, Artworks, Camp Kern, Cincinnati Opera, College Hill, Yoga, etc. to offer opportunities and engagement activities for trans youth.

Friday Oct. 25, 2019 (half-day workshop): "Age-Related Neurocognitive Disorders"

4 CEUs for Licensed Psychologists: \$100 for CAPP members; \$125 for non-CAPP members; \$30 students (no CEUs for student rate; student ID required); 8:00 am Registration...8:30 am Workshop Begins...12:45 pm Workshop Concludes. Beverages/snacks provided!

Speaker: Wes S. Houston, Ph.D.

Please join us for a half day workshop with Dr. Houston for a Dementia review for mental health providers. This workshop will provide both assessment and clinical characterizations of age-related neurocognitive disorders.

Objectives:

As a result of attending this program, participants will be able to:

- Identify normal aging/age related cognitive decline
- Differentiate among the various dementias
- Assess cognitive functions in older adults, including delirium vs. depression
- Conduct mental status testing/cognitive screening
- Review decision-making capacity
- Learn about non-pharmacological/compensatory strategies

Dr. Wes Houston is currently the Director of the Neuropsychology program and clinics at the Cincinnati VAMC. He received his Ph.D. in Clinical Psychology from University of Cincinnati and completed clinical internship at the VA San Diego Healthcare System/University of California, San Diego. His postdoctoral training in clinical neuropsychology was also at the San Diego VAMC. He also completed formal research training in structural and functional neuroimaging of normal and cognitively impaired older adults. Currently, in addition to his clinical responsibilities at the Cincinnati VAMC, he oversees the clinical training of neuropsychology graduate students, psychology interns and postdoctoral fellows. Outside of the VA, he has a clinical practice at Riverhills Neuroscience, Inc. and is co-director, with Dr. Tom Sullivan, for the Neuropsychology section of the concussion management program with the Cincinnati Bengals.

Monday Dec. 9, 2019: "Social Media: Adolescents and Their New Digital Reality"

2 CEUs for Licensed Psychologists: \$50 CAPP members, \$55 non-CAPP members, \$25 students (no CEUs for student rate; student ID required); 6:00 pm Social...6:20 pm Dinner...7:00-9:00 pm Program

Speaker: Stephen Smith M.Ed.

The impact of social media on our culture and especially on adolescents and their mental health has been widely discussed. From bullying and teen suicide to concerns about privacy issues and risky online behaviors, the lives of our patients, whether adolescents or adults (especially those with children) has been significantly changed by the explosion of social media. As psychologists, we often find it difficult to keep up with the latest trends and technology. With his strong background in education and technology, Steve Smith has the IT savvy and communication skills to bring us up to date on the current status of online tech and its impact on adolescents and their families.

Objectives :

This program will:

- Review teen apps while defining how we have become a distracted society over the last 10 years due to the design of each application.
- Discuss the future impact of sending inappropriate images and words via technology.
- Examine how the lack of online privacy impacts the lives of teens.
- Illustrate how teen mental health can be impacted by the overuse/misuse of social media.

Stephen Smith started his career as a high school teacher and coach. In 1981, he changed professions and started a new career at NCR Corporation in Dayton, Ohio as writer and director of video-based and interactive programs related to computer technology. Leveraging this knowledge -- he joined the video and film production business at Multimedia Entertainment/Broadcasting and later as a partner in the Paradigm Communication Group before joining the IT Consulting business in 1999. Following a 17-year career at Cincinnati Bell Technology Solutions, Steve retired and started A WIRED FAMILY, LLC with his wife, Mary Beth, a former teacher, to help educate communities on the impact of technology and social media on teens and tweens. Today, Steve has spoken to over 340,000 people; including students, health care professionals, businesspeople and others on the growth of mobile computing and the potential impact on teen mental health. Steve also completed a book on the topic titled: SOCIAL MEDIA: YOUR CHILD'S DIGITAL TATTOO. A 2018 updated version will be available in the spring of 2018.

Steve has a Bachelor of Fine Arts Degree from the University of Cincinnati's Design, Art, Architecture & Planning program; a master's degree in Education & Communication from Xavier University; Executive Certification in Leadership & Management from The University of Notre Dame and a master's certificate in Internet Marketing from the University of San Francisco. Steve is currently President and Managing Partner of A Wired Family, LLC.

COMING FRIDAY APRIL 3, 2020:

Dr. Maria Espinola (Chair, OPA's Diversity Committee) will present a 4-hour workshop on diversity issues that will fulfill the ethics requirement. More information to come!

We continue to look for speakers who can present on topics which are of broad interest to our membership and to all psychologists throughout the area. Contact us if you know of (or are!) an engaging speaker who would be willing to present for CAPP!

Board Happening Highlights: James Dahmann, 2019 CAPP Secretary

The last meeting of the CAPP Board was September 12. The Board discussed: having a referral list that shows which members are accepting new patients and if so, do they accept most major insurance plans. An email was sent to the membership asking if they'd like to be included; implementing the backup system selected for CAPP's electronic files; feedback received regarding the closed Facebook group; the 2020 Board; and we welcomed our new student representative, Carly Deremo; the low balance in checking due to no program events over the Summer; OPA happenings, some recurring website issues that continue to plague us, upcoming programs and efforts in Membership/Marketing to grow our member base.

If you are interested in more details, please see full transcript of the Minutes on the website.

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

Market Your Practice on the Web: I am sure we are all in the habit of using the CAPP website directory when looking for specialist and general referrals. Keep in mind that the directory listings provide the opportunity to link to the web sites of each member. There are at least fifty different local practice websites linked to member directory listings. It is worth taking some time to look around and see the many ways members are marketing their practices on the internet. There are many very well-designed sites with links to helpful information and resources. It can be educational and thought-provoking to consider the perspective of the patients who are seeking help through the internet. The next time you find yourself with time on your hands waiting for a late or no-showing patient, go to www.cappnet.org and click around the directory listing links. It will be web-surfing time well spent! If you wish to update your listing with either a photo or a link to your website, send us the information at capp@cappnet.org.

Social Media/Public Relations:

If you haven't already, please like us on Facebook: "Cincinnati Academy of Professional Psychology" (CAPP) to find information about upcoming events, networking, engagement, and social connection, and updates regarding news in our everchanging industry. Please remember we welcome your posts when you have psychology news to share or you've read an article worth sharing!

We will be adding a private, closed group for CAPP members on Facebook. This group would not be visible to the public and could serve as an avenue to provide referrals (e.g., in search of a therapist specializing in the treatment of OCD who is accepting new referrals), inquiries regarding who accepts specific insurances in the context of providing referrals, and a place to market your groups and other offerings to CAPP members. Clear rules would be specified regarding appropriate content and the group would be moderated by CAPP Board members to ensure compliance. Thank you to those CAPP members who provided input on adding this feature.

Remember to take a moment and follow us on social media—stay up to date on the latest news!



Cincinnati Academy of Professional Psychology (CAPP)



@CAPPNews

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

The following is a summary from issues recently discussed with the Committee:

- Neuropsychology Evaluation billing issues – providers having difficulty with testing codes paid because of the discrepancy of who pays medical vs. behavioral health side. Suspected dementia rejected due to diagnosis code being Medical, but provider is not on panel w/ Medical side. List of acceptable codes for UBH was shared on the listserv. Please let Jim Broyles know when denied.
- 90791 Billing for more than one session - Leslie will respond to listserv w/ “verify the benefit” as each insurance company is different, but some do pay for second service date with 90791.
- Payment for Psych Post-doctoral Residents: Committee wants to be able to respond to members with direct answers. What happens when the post doc gets licensed? Some insurance companies allow single case agreement until credentialed.
- BWC Clients – not always reimbursed at the workers’ comp rate and some are reimbursed at contracted rates. If the provider is on contract with the panel, this is legal.
- Blue Cross/Blue Shield – providers are reporting that they are receiving letters retracting payments after reviewing claims. Insurance companies are hiring audit companies to comb through claims and look further at claims paid in error (usually because coverage wasn’t active). Contact Jim Broyles if within 2 year limit and send him a copy of the EOB and he will make contact. If there was no insurance coverage, can bill the client.
- Definition of “medically necessary” is too narrow – The APA does not have a definition. Does Ohio want to propose a new definition? This is being used as an excuse for non-payment and is related to a class action lawsuit in CA against UHC (interfering with treatment).

Please feel free to contact CAPP’s chair, Teri Role-Warren with any questions. Contact info found on our website. www.cappnet.org

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

OPA Legislative Day was September 18th. OPA had 43 legislators registered. Amber Hewitt, PhD from Nemours Children’s Health System was the guest speaker. She is a child health care lobbyist with experience working on Capitol Hill. She spoke on the importance of advocacy and public engagement as a core part of a psychologist’s identity and introduced strategies for communicating with policy makers about psychological science.

OPA welcomes Dr. Jennifer Laskey as the Rural Health Coordinator. One project they are working on is ethics issues relating to rural communities. This position is a liaison to the APA Rural Health Committee, which informs the state psychological associations of rural health issues across the nation, publishes articles, and encourage people to become rural psychologists.

OPA has been selected by APA to join a pilot for testing a pain management training program for Ohio psychologists. APA would like to roll out the program in mid-January, so stay tuned for more details.

Did you know that OPA CEO Michael Ranney posts a Broad View Blog each month? In it he posts OPA scholarship opportunities, advocacy work, and important information and work of the Board. The Blog appears each month in the OPA e-newsletter and on the website (www.ohpsych.org).

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

Save the Date: Union of Psychology and Spirituality Retreat is Oct. 18-19, 2019 at Mohican Lodge & Conference Center in Perrysville, Ohio.

MEMBER'S CORNER:

SOLID, PRACTICAL, SUPPORTIVE PEER CONSULTATION. Our peer consultation group meets once each month 12:00-1:00 in the North College Hill, Cincinnati area. The cases we share are interesting, the spirit caring and collaborative. We would like to find another psychologist to join us, as a current member is retiring. For more information, contact: Marjorie Isaacs, mmisaacs@zoomtown.com, 513.631.1221

CLASSIFIEDS:

POSITION AVAILABLE: Psychologist Supervisor/Clinical Services Director needed. Summit Behavioral Healthcare, the State of Ohio's largest Regional Psychiatric hospital, is seeking a Psychologist Supervisor/Clinical Services Director. This position administers the comprehensive clinical programs & recommends methods for more efficient & effective operations, supervises Psychology, Social Services, Adjunctive Therapy, Occupational Therapy, and Recovery Mall supervisory staff, and directly supervises Psychologists.

Enjoy recovery-centered patient care in a setting that supports your professional needs and provides medical staff colleagues. Summit is committed to promoting recovery values, including excellence in patient care, advocacy for public awareness of mental health issues.

Competitive salary, Monday to Friday work week, comprehensive benefits, and a generous retirement plan with the State of Ohio.

If you are interested in working in a dynamic work environment, please submit your on-line application at: <https://careers.ohio.gov/wps/portal/gov/careers>, type Hamilton County in the location box and click on the job title for complete position description details and benefits. Contact info: Bobbie Carrelli (513) 948-3913; bobbie.carrelli@mha.ohio.gov. *We are an Equal Opportunity Employer - www.mha.ohio.gov*

OFFICE SPACE AVAILABLE: *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.**

Please remember to visit www.cappnet.org for updates/events, etc.!
