

CNYPA SCOPE

Volume 35, Issue 1

March 2015

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President's Message

Greetings fellow CNYPAns,

I want to take this opportunity to introduce myself and my goals for my tenure as President of this great organization.

If you don't know me, you may be curious about who this "Deb Pollack" person is, so a little about me: I received my Ph.D. in Clinical psychology from Duquesne University in Pittsburgh. I came to Syracuse in 2005 for my internship at SUNY Upstate Medical University, and my husband and I loved the weather so much we decided to stay. Over the past 10 years living in Syracuse, I have worked as a visiting professor in the Psychology department at Syracuse University and as a psychologist in the Rehabilitation and Outpatient Psychiatry departments at SUNY Upstate. I started my own private practice in early 2011, and in 2012 I transitioned over to make this my primary workplace. I currently split my time between my practice in Dewitt, teaching and supervising at SU and SUNY Upstate, and taking care of my two little boys who are 4 and 6. In my clinical practice, I specialize in health psychological assessments and individual adult psychotherapy using a short-term dynamic/experiential approach.

In 2006, once my husband and I knew that we were going to stay in Syracuse (which, was not in fact for the weather), we purchased a house in the Meadowbrook neighborhood. That spring, CNYPA sponsored a fantastic workshop by ACT guru Kelly Wilson that my fellow interns and I attended. Afterwards, we were invited to hang out with Kelly at former CNYPA member and SUNY Upstate psychologist Anna Remen's house. Once I arrived at Anna's house, I was pleasantly surprised to discover that my new home was right next door. After I moved in, Anna proceeded to harass me about getting involved with CNYPA. As a brand-new psychologist who knew very little about this community, I was unsure and intimidated, so I would hem and haw and put off her requests, until one summer evening she quite literally forced me into her car and told me she was taking me to a program committee meeting. A couple weeks later, I found myself at my desk working on various tasks for the

next program, and I have been involved with CNYPA ever since.

Which brings to me to my primary goal as president. As some of you may have noticed, in recent years CNYPA seems to have suffered from dwindling participation from our community of psychologists. At board meetings, we have discussed reasons for this, including that institutional and financial pressures for productivity have made it difficult for psychologists to engage in activities outside of work. While this is a legitimate concern for all in our field, there also seemed to be a particular lack of involvement on the part of early career psychologists. This is especially concerning because we will need the "next generation" to sustain (and hopefully grow) the organization as older generations step down.

The best way I can help CNYPA thrive during my presidency is to focus on increasing the involvement of this next generation. I believe we can do this through a few different avenues. The first is by working on improving the most "visible" parts of CNYPA, which are our programs and our social media and web presence. I don't

think it is a coincidence that interest in participation in CNYPA seemed to dwindle around that same time that we lost momentum with our programs (in fact, we have not been able to offer a large-scale, full-day workshop for several years). Fortunately, our program committee has recently been re-vitalized with an influx of new psychologists (many of them new to the community as well). That energy, combined with a healthy treasury, points to the possibility that we may be able to bring back bigger programs. We have also added a website/social media/newsletter chair position to the board (replacing the former Corresponding Secretary position) in order to have one point person maintain and improve our electronic communications.

Secondly, I have had the pleasure of getting to know NYSPA's new Executive Director, Tom Cote, who has made getting young psychologists involved in the NYSPA organization one of his primary objectives. I plan to work with Tom on developing more strategies for recruiting early career members. Reaching this new generation and conveying the importance of getting involved with one's local and state professional organizations is vital. We need to unite and advocate for legislative issues that will affect our practice.

Finally, I am calling on all current CNYPA members to reach out to any non-members (early career or otherwise) with whom you may be in contact and encourage them to become active in our organization. This may take some strong-armed persuasion to help overcome their anxiety about "the unknown." Indeed, although it was intimidating at the time, I am so glad that Anna "kidnapped" me that summer night to take me to a program committee meeting. In fact, I may not be writing this now if she hadn't! So, while I am not advocating that you kidnap your colleagues, I am urging you to talk to them about how getting actively involved will increase their social circle and is an essential part of their professional development. We need to recognize and protect the unique and highly skilled service that psychologists have offered our larger community for decades and to make sure that we can continue to offer that service for decades to come.

CNYPA owes a special thanks to....

Dr. Charles (Chad) Bradshaw for taking on the role of President of CNYPA for two years in a row! During his two-year presidency Chad made sure to keep our programs going, even when the program committee was non-existent. He also took the lead in having the board oppose the closing of Children and Youth Services at Hutchings via a letter sent to various stake-holders and the Post-Standard, and he has been actively involved in speaking to our local legislators on this and other issues. The board of directors is sincerely grateful for your expertise, service and energy!

2015 CNYPA Election Results:

President Elect :(Vacant)

Recording Secretary: Tammy Bartoszek, PhD

Treasurer: Brian Rieger PhD

Board Members:

- **Lauren Warren-Faricy PhD**
- **Ron Saletsky PhD**
- **Brian Thompson PhD**

Congratulations to our new officers and board members and thanks to everyone who took time to vote!

New Roles in CNYPA

Welcome & thanks to our new committee chairs!!!

Dr. Afton Kapuscinski, Academic Liaison

Dr. Theresa Covington, SCOPE & website chair

**Drs. Nina Stoekel & Jessica Costosa-Umina, Program Committee
Chairs**



CNYPA 2015 Awards

Lifetime Achievement Award

Paula Trief, PhD



Paula Trief, PhD is a native of New York City who came to Syracuse more than 40 years ago and has gone on to establish herself locally, nationally, and internationally as an eminent psychologist. She received a doctoral degree in clinical psychology from Syracuse University and completed the APA Accredited Internship at SUNY Upstate. After directing the student counseling service at Lemoyne College and then directing the Behavioral Medicine and Back Rehabilitation programs at St. Camillus, she joined the Psychiatry Department faculty at Upstate where she has risen to rank of Professor with tenure. She began as the only female faculty in the department of Psychiatry. She has served as a role model for many female faculty who later joined the department, as well for female interns in training.

Paula's multiple talents in teaching, research; administration and clinical work have been widely recognized by such honors as joint appointments as Professor in the Upstate Departments of Medicine and Orthopedics as well as an appointment as Senior Associate Dean for Faculty Affairs and Faculty Development at Upstate. This role allows her to utilize her skills and abilities as a psychologist to address issues such as diversity, gender equality, fostering leadership, and faculty development. She started the Academy of Upstate Educators, helped countless faculty with the promotions process, and works hard to improve work-life balance issues for faculty. She is appreciated throughout the SUNY Upstate community for her "open-door" policy and her sage advice, and has received the SUNY Chancellors Award for Excellence in Faculty Service and the President's Award for the Advancement of Affirmative Action.

Paula is nationally recognized for her excellence in research; specifically for her contributions to better understanding behavioral aspects of diabetes care and obesity/weight loss, and designing innovative behavioral interventions to improve health outcomes. She has been the Principal Investigator or Co-Investigator on over 12 grants, and in recent years she has been the Principal Investigator on 2 very large NIH grants simultaneously – an unusual and impressive accomplishment – while at the same time contributing to other major projects as co-investigator. NIH recognized her expertise by inviting her to serve as one of only six national experts to develop guidelines for psychosocial care of patients with diabetes. .

Through her accomplishments and delightful personality Paula has brought notable recognition to the profession of psychology and respect for our professional community. She is most deserving of CNYPA's highest honor, the Lifetime Achievement Award.

Psychologist of the Year

Martha Viglietta

When asked for suggestions for nominees for the CNYPA Psychologist of the Year award, Martha immediately came to mind because of the unsolicited effort that she has made to address the very pressing issue of the closing of our local pediatric inpatient psychiatric facility. In addition to rallying the troops, she spearheaded CNYPA's ad hoc committee that was formed to address the issue and she has remained actively involved. Martha has been supportive of and involved in CNYPA activities and discussions on an ongoing basis and is always willing to step up to the plate. She is an asset to the profession and deserves recognition for being a great role-model for the rest of us for her professional and community involvement. Thank you, Martha!

Other CNYPA Members who have been recognized . . .

Alice Sterling Honig

In honor of her dedication and service to Syracuse University and its students for more than 40 years as an educator, researcher, scholar, mentor and friend the Falk College announced the establishment of the Dr. Alice Sterling Honig Endowed Scholarship Fund to benefit students majoring in child and family studies at Syracuse University. The endowed scholarship was created in her honor through a generous gift by long-time colleague and retired Syracuse University faculty member, Bettye Caldwell

"In those 51 years since Alice got her first job in Syracuse, she has become one of the most productive and most respected people in the field of early child development. She has published hundreds of articles and books. Within the University, she has supervised the work of many students," says Caldwell.



A licensed psychologist and a fellow of both the American Psychological Association and the Society for Research in Child Development, Honig has done extensive research on infants and toddlers, language development, child-care practices, preschooler social development, fathering and the effects of divorce on children.

Honig presents training sessions and delivers keynote addresses to promote high quality childcare all over the United States and in several other countries, including South Korea, Singapore, France, China, and Australia. For over a decade, Honig (with a lawyer as co-leader) conducted workshops for the Onondaga County Mental Health Association for parents with divorce and child custody issues.

Honig has authored or edited more than a dozen books and more than 600 articles and chapters. In October 2014, her latest book, "The Best for Babies" (Gryphon House) was released. She is currently editing a book she has given as a gift to the National Association for the Education of Young Children (NAEYC) titled "Experiencing Nature with Young Children: Awakening Delight, Curiosity and a Sense of Stewardship."

She contributed regularly as a columnist for "Scholastic Parent and Child" and "Scholastic Early Education today" as well as for the Scholastic Website for parents. For over 20 years, Honig has been the North American editor for the British journal "Early Child Development and Care" and on the board of the National Head Start NHTSA Dialog Journal. She has been on the editorial board of Child Development, the official journal of the Society for Research in Child Development. She is also a member of the Editorial board of PsycCRITIQUES.

"I know of no one more deserving than Dr. Alice Honig to have an endowed scholarship named for her, and I am very happy to see that this is happening," concludes Caldwell.

To donate to the Honig Endowed Scholarship Fund, contact David Salanger, assistant dean for advancement and external affairs in the Falk College, 315-443-4588 or dasalang@syr.edu.



Bettye Caldwell works with a child.

In the 1960s, Caldwell's work in the area of comprehensive early childhood development programming primarily serving low-income preschool-age children and their families at the Children's Center of Syracuse provided the foundation for what became one of the most important components of the Great Society programs launched by President Lyndon B. Johnson known today as Head Start.

In addition to her role as a faculty member in the Department of Child and Family Studies more than 50 years ago, Caldwell worked closely with Julius Richmond, then-chairman of pediatrics at Upstate University Hospital with whom she worked on the infant learning grant, along with Honig. In 1967, she formed the Children's Center with Richmond, who eventually became surgeon general and went on to serve as national director of Head Start for President Lyndon Johnson. The work she and Richmond did in Syracuse as cofounders of that childhood learning initiative provided the foundation for the national Head Start program.

Headlines from the Hill

In my new role as academic liaison with CNYPA, I am pleased to introduce a new section to our newsletter that features noteworthy research projects, publications and events associated with Syracuse University's psychology department. The following provides a snapshot of some of the exciting and varied accomplishments of faculty and graduate students from the current academic year.

Publications

- A study involving HIV-infected men who have sex with men (MSM) conducted by a research team through the Upstate Partnership for Health (Luke Mitzel, Peter Vanable, Jennifer Brown, Rebecca Bostwick, Shannon Sweeney, and Michael Carey) found that depressive symptoms fully mediated the relationship between stigma-related experiences and medication adherence, suggesting that the association between stigma and adherence can be accounted for by variance in depressive symptoms. These results highlight the importance of treating depressive symptoms in interventions aiming to improve medication adherence among HIV-infected MSM. The article entitled, "Depressive Symptoms Mediate the Effect of HIV-Related Stigmatization on Medication Adherence among HIV-Infected Men Who Have Sex with Men", will be published in an upcoming issue of *AIDS and Behavior*.
- An article published in a recent issue of *The ADHD Report* (Vol. 23, pages 1-9) proposes a Motivational Interviewing and CBT intervention set in both university-based primary care and freshman orientation seminars to address diversion and misuse of stimulant medication, which have become increasingly prevalent on college campuses. The intervention may also involve asking prescribing physicians to alter prescribing practices for stimulants. The authors (J. Allison He, Florian Sense, and Kevin Antshel) hope to report back in several years on the feasibility and efficacy of these proposed interventions.

Grants and Awards

- Aesoon Park, Ph.D. was awarded a three-year, \$400,000 grant through the National Institutes of Health for a study that aims to identify psychosocial and biological factors that contribute to individual differences in health behaviors among African-American high school students in Syracuse.

- Joseph Ditre, Ph.D. was the recipient of a \$412,000 grant from the National Institute on Drug Abuse, a part of the National Institutes of Health. The research will involve examining a computer-based, personalized intervention for older adults with HIV and chronic pain that aims to increase participants' intentions to quit smoking, and reduce their intentions to misuse prescription painkillers.
- Michelle Zaso, a clinical psychology graduate student, received a Graduate Student Research Award from APA Division 38 (Health Psychology) on her thesis project entitled *Interaction Effects between the DRD4 VNTR and Heavy-Drinking Peers on Alcohol Consumption*.

Afton Kapuscinski, Ph.D.
CNYPA Academic Liaison

MATCH DAY!

CNYPA would like to offer congratulations to all the interns who matched to our local sites, including:

SUNY UPSTATE MEDICAL UNIVERSITY

Adi Aviram, York University
Kate Edwards, University of North Texas
Dinghy Kristine Sharma, University of Alaska
Shannon Sweeney, Syracuse University
Jennifer Allen, Hofstra University
Jessica Mueller, University of Indianapolis
Yunsoo Park, Emory University

HUTCHINGS PSYCHIATRIC CENTER

Danita Williams, Brigham Young University
Spencer Cruz-Katz, Fordham University
Kayla Carson, Pacific University
Leona Oakes, University of Rochester
Monica Flores, University of Illinois
Cecily Anders, Baylor University

And congrats to Syracuse University doctoral students Shannon Sweeney who matched at SUNY Upstate and Mariam Parekh who matched at the VA Medical Center in White River Junction, Vermont.
Keep an eye out for them this fall!

SAVE THE DATE!!!

CNYPA Meeting Schedule for 2015

April 24

May 15

June 19

Sept 18

Oct 16

Nov 20

December: TBD (for holiday/annual party)



All meetings start at 1:00 and are held in the 2nd Floor “Grand Rounds” area of the Upstate Psychiatry & Behavioral Sciences Building, 713 Harrison St. Syracuse.

Spring Happy Hour will be held on Friday, May 15th at the Genesee Grande. Further details to follow.

CNYPA Dinner Meeting

April 23, 2015

Cocktails 5:30pm, Dinner 6:00pm, Presentation 7:00pm

Registration is available at <http://www.cnypa.net/workshop.html>

Prisons: The new front line in the treatment of the mentally ill, a talk by Dr. Thomas Umina, Director of Inpatient Operations, Central New York Psychiatric Center. Dr. Umina will speak about the current state of mental health services in the New York State prison system within the context of psychiatric deinstitutionalization. For example, although there are now under 5,000 psychiatric inpatients in New York State (down from about 90,000 in the 1960's) there are over 9,500 patients with active mental health problems out of the 54,000 inmates in the NYS prison system. At the same time, the number of people incarcerated in America quadrupled—from roughly 500,000 to 2.3 million people in the last 30 years so that prisoners now represent a huge and growing portion of the mental health population.



We are thrilled to have Dr. Umina educate us about this burgeoning sub-field in psychology. For those of you who don't know Tom, he is a delightful, engaging, and at times hilarious speaker. He is sure to make the prison mental health system even more interesting and exciting than you ever thought possible. Come join your colleagues for drinks, dinner, and a fascinating presentation!

NYSPA NOTES

Since January 2014 I have had the pleasure of representing the Central NY region on the NYSPA Council of Representatives. A number of significant issues have come up during that time. Some of the highlights have been:

- The hiring of Tom Coté, MBA, CAE as Executive Director. Tom has brought energy and focus to the organization as NYSPA strives to meet the needs of members and deal with new and old challenges to the practice of psychology.
- A first-time Fall Upstate Convention in Rochester, with the theme of "Alternatives in Practice." CNYPA was one of the co-sponsoring regions, & Chris Allen was one of the speakers. A future upstate convention is likely, as this one turned a profit.
- The addition of a new division focused on CBT
- The hiring of a new lobbyist, with an active legislative agenda including: working toward psychologists being able to form PLLCs with members of other professions, RXP, Telehealth reimbursement, and articulating positions on various bills as they arise in committees.
- A rapprochement with NYSAN in regard to legislation allowing the use of neuropsychology technicians with certain constraints
- Taking a position against the licensure of masters level school psychologists
- A very active insurance committee dealing with numerous issues in regard to parity, reviews, reimbursement, etc.
- Joining with other professional organizations in a legal action against a major insurer in regard to parity
- The election of Tanya Gesek to the position of Council secretary.

Bernice Gottschalk PhD

CNYPA BOARD OF DIRECTORS 2014			
	Name	Business Phone	e-mail
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We're updating our website!

We know that updates to our website are long overdue. Thanks to those who participated in our recent survey - your opinions were taken very seriously at our last board meeting. We have made minor updates already (including making the site more mobile-device friendly). We are now embarking on the process of a much larger overhaul to make the site more useful for our members and the public. We will be continuing to tackle this project with the help of our new Website/SCOPE committee chair, Dr. Theresa Covington, several board members, and some SU graduate students. Please feel free to email Theresa at cnyneuropsychology@gmail.com with any other suggestions you may have.