

# CNYPA SCOPE

October 2016

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## President's Message

KEEPING PSYCHOLOGY RELEVANT

Dear fellow CNYPAns,

I realize as I am writing this that this will be my last's President's Message to you. I am both sad and relieved to be ending my 2-year tenure as CNYPA President this December, and I am thrilled that the post will be taken into Dr. Tammy Bartoszek's very capable hands. As I think about the most important message I would like to leave you with before I take more of a background role, my mind keeps returning to ways that we can *keep psychology relevant*.

Decades ago we psychologists began to worry that at some point we could be made irrelevant with the dramatic increase in training programs for other professionals who are licensed to provide mental health services. Well, that time has come. I see it in the office building where I work, where on doors next to people's names I frequently spot non-psychologist initials, such as "LMHC." I see web advertisements daily for life coaching and counselor certification programs. With the proliferation of programs designed to churn out as many of these degrees as possible, these types of therapists will continue to saturate the mental health service market over the years and decades to come. And we are already starting to see a "trickle up" trend where non-psychologist clinicians are pursuing licensure in areas that have traditionally been only within psychology's scope of practice. Regardless of how much more educated or qualified we believe ourselves to be, the fact is that most of the public does not understand the difference between all of these various mental health providers and what those letters after each name really mean. And although many institutions and insurance companies do currently acknowledge the differences in our education and expertise, we can expect that many will eventually appeal to the bottom line, which could render the psychologist, with her pedigree and high price tag, virtually obsolete. This of course, has led our various professional organizations to consider the question, how do we keep psychology relevant?

You may have been asking yourself that same question, and if not, I encourage you do to so now. It might feel like an insurmountable task, one that you cannot and should not be able to address on your own. You may throw up your hands and say, "well, what are you gonna do?" Please don't. There are actually several very small acts you can do *today* that will help keep psychology relevant, even at our very local level. To make it easier for you to see just how concrete and easy these small acts can be, I am going to outline them here.

**1. Promote local psychologists in Central New York by supporting and promoting our webpage.** In this day and age, if you don't have a web presence, you don't exist. That is why CNYPA has spent the past 2 years updating and improving our website to be more user-friendly and helpful interface with the community. Just last week I answered 2 requests for referrals for therapists on a list-serve and facebook group of thousands of local parents. I was able to quickly post our webpage with the Find-A-Psychologist directory and encourage people to check it out. It worked so well that the website crashed minutes after I posted it, I think because so many people were clicking on it at once. Moreover, one of our board members heard from a non-psychologist colleague days later about CNYPA's new website as a useful tool for finding psychologists. In short, the word is out - let's keep it spreading! In this way we can educate the community about psychology ("what is a psychologist" and "how to choose a psychologist" are both pages on our site), as well as spotlight and promote

local talent. Let's make sure we don't get lost in this sea of "therapists" by keeping the public informed about how professional psychology continues to be an excellent choice for their clinical needs.

Not sure how to promote the website? How about sending an email to your department or other colleagues and organizations with a link to the site. I'll make it even easier for you. Copy and paste this message and send it to your non-psychologist colleagues, your department, or other agencies your work with. You can do that RIGHT NOW.

"Hello, I wanted to let you all know about this great resource from the Central New York Psychological Association (CNYPA). If you go to their website at [www.cnypa.net](http://www.cnypa.net) you can find a searchable directory of local psychologists. The page also offers information about the role of a psychologist, common mental disorders, and education in psychology. Please check it out and pass it on!"

(how easy was that?)

We also recently created business cards that list the website and have a QR code to scan with your phone (to take you to the site). We would love your help in disseminating them! Please see page 11 of this newsletter for pictures of the cards, information about how to get them, and ideas for distributing them.

2. **Get involved with CNYPA at the executive level – run for a board seat or office.** Much of the discussion and brainstorming at CNYPA meetings is focused on how to promote and protect psychology in this changing health-care environment. Although we have had some new faces recently, many of the folks steering the CNYPA "ship" have been doing so for years or decades. While we love our veteran members' wisdom and historical knowledge, we continue to need new energy to keep this brainstorm going. If it is the same ten or so people, eventually we are going to run out of ideas. We know we have many members out there who could offer us a fresh perspective. Please don't keep your talent and creativity to yourself! Use it to help propel CNYPA forward in the years and decades to come. We will not be able to continue as a vibrant and evolving organization without your willingness to pitch in. You can also do that RIGHT NOW by going to page 4 of this newsletter to read more about which positions are open how to nominate yourself. Or just send me an email at [deborah.pollack@gmail.com](mailto:deborah.pollack@gmail.com) to talk more about what you think you can offer – no bit of work is too small.
3. **Support NYSPA's efforts at the state legislative level by donating to the PAC.** When it comes to politics we all know that money talks. Unfortunately psychology has been way behind other professional organizations (including those that seek to impinge on our scope of practice) in our ability to fundraise and support politicians who will promote our interests. Right now NYSPA has several bills in the legislature that are designed to *keep psychology relevant* at the state level. This includes the PLLC bill so that we can form corporate partnerships with MDs (something that psychologists in other states can do to grow their practices and be integrative with medicine), the prescription privileges bill, and the out-of-network insurance mandate. These bills were all designed to protect psychology with current and upcoming changes in the health-care system. NYSPA works with lobbyists who can funnel PAC money to where it needs to go in the to ensure these bills have the support they need to pass. Donating to the PAC is an investment in psychology's future. You might have the time or inclination to meet with a politician or travel to Albany, but you can donate to the PAC RIGHT NOW so that NYSPA can do this work for you. Click on <https://nyspa.site-ym.com/donations/donate.asp?id=9037> to make a one-time or recurring donation, every bit will help.

Well there you go. I just provided you with three activities you can do *right now* to keep psychology relevant in this new era of mental health care. Will you take five minutes to do even one of them? Is psychology important enough for you to put this small amount of effort into our future? I know it is, and I hope you feel the same. I thank you for your time and thank you for your support.

Sincerely,  
Deb Pollack  
President, CNYPA

# Headlines from the Hill

## Headlines from the Hill: Notes of Interest from the Psychology Department at Syracuse University

- The psychology department at Syracuse University is pleased to welcome a new faculty member, Emily Ansell, PhD, as an Associate Professor in the clinical psychology program. Dr. Ansell completed her doctoral studies at Pennsylvania State University, and spent the next 11 years at Yale University where her research program focused broadly on how stress and trauma influence psychopathology, as well as factors that mitigate harmful effects of stress. One of Dr. Ansell's current projects examines mechanisms of suicidality and treatment in borderline personality disorder. The study, funded by the Brain and Behavior Research Foundation, will examine neuromarkers associated with suicidality and the potential benefits of a psychopharmacological intervention in reregulating key brain regions associated with suicidality. Guanfacine, a pharmacotherapy previously used in ADHD, is believed to promote better stress regulation and impulse control, and the findings from this study may inform acute interventions for patients with suicidality. Other in-progress studies include a project that examines the effects of daily cannabis use in young adults, and a study investigating the influence of PTSD on relationships. When she is not working, Dr. Ansell enjoys spending time with her two children, photography and gardening.
- Aesoon Park, Ph.D. is working on an NIH funded project that examines the relationship between high-risk behaviors and educational outcomes for adolescents over time. The study aims to document the rates of diverse health-risk behaviors (e.g., sleep, sexual behaviors, alcohol and other substance use) and important educational outcomes (i.e., GPA and disciplinary actions at school) among high school students in the city of Syracuse. Since the study will utilize a two-wave prospective design, the researchers will also be able to determine how changes in health-risk behaviors and academic and career achievement indicators are related to each other over time. Results from the study will identify early risk factors for poor health and undesirable educational and career outcomes. The findings will also contribute to the development of strategies to prevent health-risk behaviors among the high-risk students, with the aim of supporting their long-term academic success.
- The departmental clinic, The Psychological Services Center, has expanded its ability to accept referrals for **child and adolescent psychotherapy**. Treatment is available for a broad range of concerns, including anxiety, OCD, depression, ADHD, disruptive behavior disorders and autism spectrum disorder. Fees for services are on a sliding scale, and the clinic has some availability for evening appointments. For more information or to schedule an appointment, call **443-3595**.

# CALL FOR NOMINATIONS!!!!

We are seeking nominations to these important positions within the organization:

**-PRESIDENT-ELECT**

**-RECORDING SECRETARY**

**-BOARD MEMBER**



Please consider nominating yourself or someone else, whether you are new to CNYPA or a seasoned member. We would love to have your wisdom and energy at our board meetings!

## TREASURER'S REPORT- MAY TO SEPTEMBER 2016

Description	Income	Expense	Balance
Directors & Officers Liability Insurance		896.00	
Website Hosting Fee Dec 2015 – June 2016		280.00	
Mindfulness Dinner Meeting	662.89	826.00	
Telepsychology Dinner Meeting	622.82	879.24	
Dues	479.20		
Ending Balance as of 09/30/2016			<b>\$3936.10</b>

## **KUDOS TO ROGER GREENBERG!!**



### **SELECTED FOR NATIONAL HONOR**

Dr. Roger Greenberg, Distinguished Professor and Director of the Psychology Division at SUNY Upstate Medical University, received the 2016 American Psychological Association Career Award for Distinguished Contributions to Education and Training in Psychology. The award was presented at the APA August convention in Denver, Colorado. A former President and current Board Member of CNYPA, Dr. Greenberg's biography and a major article he authored (*The Rebirth of Psychosocial Importance in a Drug-Filled World*) are scheduled to be published in the November issue of the *American Psychologist*.

## FALL DINNER WORKSHOP 2016



The CNYPA Program Committee held its fall dinner workshop on September 15<sup>th</sup> at the Genesee Grande Hotel. Participants enjoyed dinner and connecting with other psychology professionals from the Central New York area. Ann Altoonian, PsyD, who is in private practice in Syracuse and Rochester, shared her expertise on incorporating telehealth in a private practice setting. Her engaging talk focused on the benefits and challenges of incorporating telehealth into a traditional practice and the laws and ethics guiding such an endeavor. She also provided the audience with important practical knowledge about the technical requirements, billing, and insurance reimbursement. Participants also received a list of helpful resources for additional information that will help them navigate this complicated field. Thank you, Dr. Altoonian, for sharing your expertise and experience! The dinner workshop was well attended, including new student attendees who were offered a free year of membership to CNYPA for their participation.



CNYPA is your organization and we strive to bring professional development opportunities that meet the interests of our members in convenient, local settings while connecting with the psychological community in our area. **The Program Committee is welcoming suggestions for future dinner workshop topics and full-day workshops.** Please contact any member of the Program Committee with suggestions for topics, speakers or ways that we can better meet those needs.

Nina Stoeckel, PhD- [ninastoeckel@gmail.com](mailto:ninastoeckel@gmail.com)

Lauren Warren-Faricy, PhD- [warrenla@upstate.edu](mailto:warrenla@upstate.edu)

Tammy Bartoszek, PsyD- [bartoszt@upstate.edu](mailto:bartoszt@upstate.edu)

Sandy Smith, PhD- [sandralsmithphd@me.com](mailto:sandralsmithphd@me.com)

Gila Reckess, PhD- [reckessg@upstate.edu](mailto:reckessg@upstate.edu)

Jessica Costosa-Umina, PhD- [jcostosaumina@yahoo.com](mailto:jcostosaumina@yahoo.com)

## CNYPA Meeting Schedule for 2016



**October 21st – happy hour after  
November 18th  
December 2nd: Annual meeting/Holiday  
Party- further details to be announced**

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

## SAVE THE DATES!!!!!!

**Fall Happy Hour** will be on **October 21st** at the Genesee Grande lounge bar area from 4:30ish - 7ish.

Please join us for some drinks and apps, reunite with colleagues, and meet new members!

As always, interns and students get a free drink so if you work with these folks, please let them know.

Our **annual meeting & party** will be **December 2nd**. More details TBA....





# SAVE THE DATE!

**NYSPA's Upstate Convention**  
***Trauma Informed Care Throughout the Lifespan***  
**RIT INN & Conference Center - Rochester, NY**  
**Friday, November 4, 2016**  
**8 AM - 5 PM**

Breakfast and lunch will be served  
8 breakout sessions  
1 keynote speaker

More details to come!



## KEYNOTE SPEAKER

### James Halpern, PhD

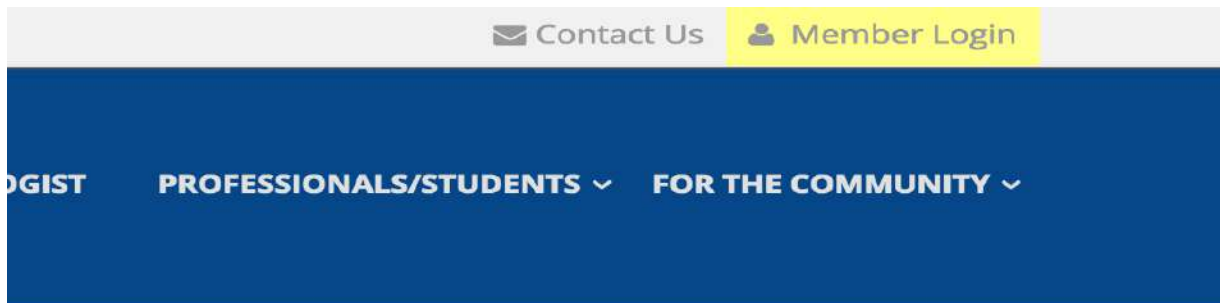


Dr. James Halpern is Professor and Director of the Institute for Disaster Mental Health at The State University of New York and co-author of *Disaster Mental Health: Theory and Practice*. He has given numerous presentations on trauma and Disaster Mental Health throughout the US and abroad. He has received highly competitive federal and New York State grants to develop curriculum and to provide training and education in DMH. He has consulted for the United Nations on Assisting Victims of Terror and has developed training modules for the United Nations Emergency Preparedness and Support Teams and UN mission leaders.

## WEBSITE NEWS AND INFORMATION...

Our searchable Find-A-Psychologist directory is up and running! Not only that, but we have evidence from various sources that the public has started using it to find providers. If you haven't yet uploaded yourself into the directory, please consider doing so. Even if you are not taking new patients (you can check a box that says you are not), it is important to show the public the "faces" of professional psychology in Central New York. On that note, if you haven't yet uploaded a picture, you can do so easily once you login.

To login, click on the "Member Login" link on the top right of the home page [www.cnypa.net](http://www.cnypa.net) (it is in yellow). If you have forgotten your username or password, email Stephanie at [virginis@upstate.edu](mailto:virginis@upstate.edu)



## Central New York Psychological Association

Once you have logged in, you can edit your profile by clicking on the pencil icon to the left of your name. You can also add a profile picture by clicking on "Add Profile Photo" in the left menu bar.

**add photo**

**edit profile**

CNYPA Member Administration

Home / Members

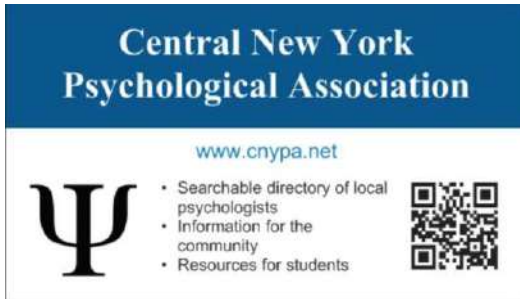
Individual Prefix	First Name	Middle Name	Last Name	Degree
	Deborah		Pollack	PhD

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## LET'S GET THE WORD OUT!!!!

Now that we have a new and improved website, we are excited to share it with the local community so that they can benefit from this great resource. To that end, we have designed these business cards to distribute in the community (there is a front and back side). Board members will be distributing these cards to other health professionals (e.g., primary care practices, pediatricians) and at various community functions and organizations that we belong to. We will also be displaying them in the waiting rooms of our offices and clinics.



CNYPA is a professional association for psychologists in the central New York area.

For professionals, CNYPA provides opportunities to connect with other psychologists, to support the professional and ethical practice of psychology, and to link researchers, educators, and clinicians.

For the community, CNYPA provides expertise regarding pressing mental health issues and serves as a resource to connect community members to local professionals for education and clinical services.

We would love your help in getting the word out! Please take a minute to think about how you might be able to help display these cards in your office or distribute them to any health practice or community organization you are connected to. If you think you can help, email Stephanie at [virginis@upstate.edu](mailto:virginis@upstate.edu) with a mailing address and she will send you some cards. We will also have some available at our next happy hour for you to take home.

## New: Membership Directory

We hope that you are taking advantage of the new psychologist lookup function and letting other practitioners know about this. However, we realized that this function does not help members contact other members who do not have a public listing here. To remedy this, we have created a directory of the full membership that only members can access. It is accessed by logging in to the site.

1. Hit the Member Login button on the top right of the screen.
2. Select Membership Directory from the left column or go to the Who We Are pull down menu and select Membership Directory.
3. Check the link on the right to make sure your contact information is up to date.

## Proposed: Speaker's Bureau

The Board has been looking at the types of services that other regional psychological associations offer to their communities. One of them is a "Speaker's Bureau." This provides a way for individuals in the community or other healthcare professionals to identify psychologists that have expertise in a particular area who are willing to provide some basic information or comments. For an example, check out the link to PAWNY's speaker's bureau directory is below:

[http://www.pawny.org/index.php?option=com\\_civCRM&view=Profiles&layout=search&Itemid=14](http://www.pawny.org/index.php?option=com_civCRM&view=Profiles&layout=search&Itemid=14)

If the idea of a Speaker's Bureau is appealing to you, would you be willing to help us put this together. It would probably involve participating in a couple of conference calls and Board meetings. We are always looking for input from other members.

## **NYSPA Council Report**

Bernice Gottschalk PhD

There will be an upstate **conference in Rochester Friday November 2nd 2016**. The theme is **"Trauma Informed Care throughout the Lifespan"**. Location is the RIT Inn and Conference Center. Cost is \$125 for CNYPA and/or NYSPA members (\$50 for CNYPA/ NYSPA student members) and \$175 (\$95) for non members & student nonmembers. Register though 11/3 on the NYSPA website, where you can also find the program

NYSPA is in the process of revising the organization bylaws to better effect 21st century practices (such as electronic communication). The insurance committee is working to monitor the implementation of parity in the practice of insurance companies, coordinating with other disciplines. APA council representatives report that more internships and internship slots have been created and this is easing the shortage somewhat. The APA is also applying for a grant to train 6000 psychologists in integrated care.

On 10/14/16 the NYSPA executive director Tom Coté submitted his resignation with 90 days notice.

As the voice of psychology in NY State, NYSPA has priorities for our PAC and legislative lobbyists:

- NYSPA has now joined a coalition of 15 professions to combine our efforts to pass a PLLC Bill ( to enable forming partnerships with MDs as opposed to being employees or employers). Bile have been proposed in both houses of the legislature, but we're not reported out of committee last session. Efforts continue
- Bills to allow psychologists to prescribe (RXP) have strong sponsors in both houses. They were not reported out of committee last session but some movement may occur this session
- A Telehealth bill was passed in January 2016. There is a webinar, best practices toolkit, and other material available on the NYSPA website. Insurance companies are supposed to pay for Telehealth sessions but specific regulations implementing the bill have not yet been issued so each company is making up its own rules currently
- PSYPACT is a nascent interstate compact to allow provision of Telehealth services across state lines. Each state must pass implementing legislation. It is expected that NYSPA will be considering supporting this in the future
- NYSPA continues efforts toward a bill that would mandate insurance companies to provide an out of network option for all plans sold in the state(both on and off the ACA exchange) , despite this not looking too promising.
- Although no effort was made to license masters level psychologists ( an action opposed b NYSPA) a bio was passed allowing certified school psychologists to perform evaluations in pre-school and Early Intervention settings

**Please Support the NYSPA PAC to continue and enhance our ability to influence legislation!!**  
You can do this through the NYSPA website.

<b>CNYPA BOARD OF DIRECTORS 2016</b>			
	<b>Name</b>	<b>Business Phone</b>	<b>e-mail</b>
<b><i>President</i></b>	Deb Pollack, PhD	315-396-8398	Deborah.pollack@gmail.com
<b><i>Past President</i></b>	Charles Bradshaw, PhD	315-425-4400	Chadbradshaw19@yahoo.com
<b><i>President-Elect</i></b>	Tammy Bartoszek	315-464-2337	bartoszt@upstate.edu
<b><i>Treasurer Through 2017</i></b>	Brian Rieger, PhD	315-464-2335	riegerb@upstate.edu
<b><i>Recording Secretary Through 2016</i></b>	Tammy Bartoszek	315-464-2337	bartoszt@upstate.edu
<b><i>Board Member Through 2015 ( 2 years)</i></b>	Holly Vanderhoff	315-464-3120	vanderhh@upstate.edu
<b><i>Board Member Through 2015 ( 2 years)</i></b>	Roger Greenberg	315-464-3120	greenber@upstate.edu
<b><i>Board Member Through 2015 ( 2 years)</i></b>	Joe Himmelsbach	315-345-6540	rhimmell1@twcny.rr.com
<b><i>Board Member Through 2016 ( 2 years)</i></b>	Ron Saletsky	315-464-3175	saletskr@upstate.edu
<b><i>Board Member Through 2016 ( 2 years)</i></b>	Lauren Warren-Faricy	315-464-9818	warrenla@upstate.edu
<b><i>Board Member Through 2016 ( 2 years)</i></b>	Brian Thomson, PhD	315-426-7738	Brian.thomson@omh.ny.gov
<b><i>Academic Affairs (non-voting)</i></b>	Afton Kapuscinski, PhD	315-443-3595	ankapusc@syr.edu
<b><i>Ethics Chair</i></b>	Joe Himmelsbach, PhD	315-345-6540	rhimmell1@twcny.rr.com
<b><i>Program Committee Chair</i></b>	Nina Stoeckel, PhD		Nina.stoeckel@gmail.com
<b><i>Website Chair</i></b>	Theresa Covington, PhD	315-935-3037	Cnyneuropsychology@gmail.com
<b><i>NYSPA Council Representative Expires Dec 2014 (3 yr)</i></b>	Bernice Gottschalk, PhD	315-426-7762	Bernice.gottschalk@omh.ny.gov
<b><i>Secretary*</i></b>	Stephanie Virginia	315-464-8671	virginis@upstate.edu
<b><i>Website Designer*</i></b>	Eric Larson		