

CNYPA SCOPE

April 2019

President's Message

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Happy Spring, CNYPA members!

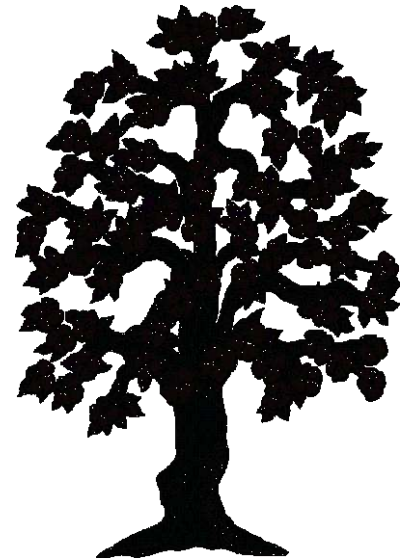
I am happy to inform you that CNYPA remains a healthy and vital organization completing the second decade of the 21st century (Already!!). Areas of focus continue to include providing opportunities for professional connections and networking, developing educational programs to stimulate professional growth, maintaining a collaborative relationship with NYSPA, and promoting communication throughout CNYPA via electronic media sources.

The Program Committee hosted a very successful day-long training on DBT last year and continues to offer educational dinner meetings in the spring and fall. We have recently formed a working group to complete an application to APA to be able to offer CEUs for the educational programs that CNYPA offers in the future. This will be particularly relevant as the New York state new requirement for CEUs for psychologists goes into effect in 2021.

Continuing work begun by Afton Kapuscinski, PhD, we are very close to a final re-vision of the CNYPA bylaws which we will be circulating soon for your review. During her tenure, she took on the major editing and revision of the bylaws with a focus on simplifying and clarifying the language and making sure any stipulations are in line with what we actually do as an organization.

Finally, I am extremely appreciative of the support that CNYPA receives from the numerous volunteers as officers, board members, and committee members. That being said, I believe I speak for the board in saying that we always welcome new ideas and involvement. Please reach out to me or one of the board members if you would like to talk about how you can be more involved and benefit from playing a more active role in CNYPA.

Sincerely,
Theresa Covington, PhD
2019 CNYPA President



2018 Financial Report

2018 Financial Report

01-01-2018 Balance	\$1970.77
Expenses	
Administrative Support	1596.00
Liability Insurance	879.00
Website	360.00
Post Office Box rental	168.00
Happy Hours	259.80
Memoriam (Gershaw)	100.00
Miscellany	208.16
Total Expenses	3362.80
Income	
Dues	3690.08
Total Income	3690.08
Workshop & Dinner Meeting	
Dinner Meeting Net Profit (Loss)	(735.48)
Swenson Workshop Net Profit (Loss)	4942.41
12-05-2018 Balance	\$6296.82





**PSYCHOLOGIST OF THE YEAR:
MICHELLE WOOGEN**

**LIFETIME ACHIEVEMENT AWARD:
BERNICE GOTTSCHALK**



President-Elect: Bernice Gottschalk

Board Members: Tammy Bartoszek
Joseph Himmelsbach
Brian Thomson

Treasurer: Brian Rieger

Communications Officer: Deborah
Pollack

NYSPA Council Representative:
Michelle Woogen

Recording Secretary: Lauren
Warren-Faricy

Headlines from the Hill

- The department of psychology is excited to announce that all four clinical and all three school psychology students who submitted applications for the APPIC match process this year successfully matched at the following sites:
 - Jacklyn Foley: Massachusetts General Hospital/Harvard Medical School – Behavioral Medicine Track
 - Jesse Kosiba: Harvard Medical School/McLean Hospital
 - Katherine Buckheit: Syracuse VA
 - Luke Mitzel: Corporal Michael J Crescenz VA Medical Center (Philadelphia)
 - Elizabeth McKernan: University of Pennsylvania Center for Mental Health
 - Justin Kopec: The Pittsburgh Psychology Internship Consortium (P-PIC), Pediatrics/Neuropsychology track
 - Natalie Williams: Pittsburgh Psychology Internship Consortium (P-PIC)Congratulations to all!
- Using a grant from the APA's Board of Educational Affairs, the department of psychology is in the midst of a series of three workshops to train both faculty members and graduate students in skills central to entrepreneurship. The first two workshops, aimed towards helping doctoral students become aware of the concept of entrepreneurship and how it can improve their self-efficacy, regardless of their career orientation, were completed this winter and spring. CNYPA member Dr. Christine Allen spoke about her own entrepreneurship experience and career trajectory at the second workshop. The workshop series will conclude this spring with a faculty-only seminar.
- Under the direction of Kevin Antshel, the ADHD Lifespan Treatment, Education and Research (ALTER) Lab received a grant from the Lerner Center for Public Health Promotion to encourage physical activity among adolescents with ADHD. The ALTER lab is collaborating with Andrew London from the Sociology Department and Scott Landes from the Maxwell School at SU for this study. In spring and summer 2019, this study will be recruiting adolescents with ADHD ages 11-15 and their parents this summer to participate in a 6-month motivational interviewing and contingency management gamified intervention to examine the effects of increased physical activity on ADHD symptoms and associated impairments.

Spring Dinner Workshop 2019

The CNYPA Program Committee held its spring dinner workshop on April 11th at our fantastic new venue Dinosaur BBQ. Participants enjoyed a delicious dinner and connecting with other psychology professionals from the Central New York area. We had the pleasure to learn from Elvira Aletta, PhD about psychotherapy in the age of social media. Dr. Aletta runs a very successful psychotherapy practice in Buffalo, NY and Amherst, NY and is well versed in using social media in a professional context. Her talk generated a lively and interesting discussion about the ethical implications of using social media in your practice. Thanks for a great talk, Dr. Aletta!

The dinner workshop was very well attended, including graduate students from Syracuse University. Prior to the talk two clinical graduate students from Syracuse University presented scientific posters during the happy hour. Thanks, Jessica Powers and Ellie Kaplan!

The Program Committee is already working on a full-day workshop in fall 2019. Stay tuned! We are in the process of securing an outstanding speaker!

The program committee also launched two roundtables for CNYPA members. Anne Reagan, PhD (reaganpsych14@gmail.com) is facilitating a roundtable for early career psychologists and Tanya Gesek, PhD (gesekphd@gmail.com) is facilitating a roundtable for psychologists in private practice. Thanks to both of them for organizing these! Feel free to email them if you would like to be included in their mailings regarding the roundtables.

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. Please contact any member of the Program Committee with suggestions for topics, speakers or ways that we can better meet those needs.

Tammy Bartoszek

Nicole Campbell

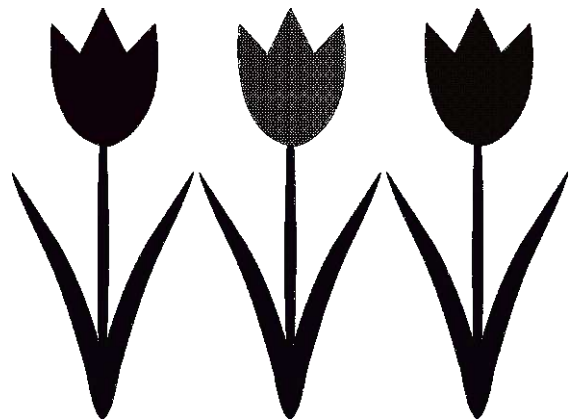
Afton Kapuscinski

Deborah Pollack

Nina Stoeckel

Lea Taylor

Michelle Woogen



NYSPA NOTES

CNYPA Council Representative to NYSPA

As the CNYPA Council Representative to NYSPA, I have had the pleasure of representing CNYPA at the January and April NYSPA Council Meetings thus far this year. During those meetings, we learned that our association was, unfortunately, not adequately run by our key players during the past presidency. As a result, we have found ourselves thousands of dollars over budget and in need of finding a way to right the ship before depleting our reserve funds. The Executive Committee has worked in overdrive to identify possible solutions, and via a majority vote during this April's meeting, the Council agreed to grant the Executive Committee permission to explore the option of hiring an association management firm from Manhattan. If this hire is approved and made official, this will not only save the organization thousands of dollars of monthly overhead and Central Office costs, but it will give us access to administrative professionals with specific skills and expertise that will be able to assist our organization in running more smoothly and efficiently for many years to come.



Amidst all of the financial chaos, NYSPA has continued to do great work for the betterment and the security of our profession. For example, NYSPA has played a notable role in getting the State to sign into law the Parity Bill (requiring insurance companies to share what they are doing and to implement parity) and the Conversion Therapy Bill (prohibiting mental health professionals from implementing conversion therapy to minors). NYSPA has also continued to actively focus on passing State legislation that will resist the elimination of Medicaid and Medicare cross-over payments to psychologists, protect the title of Psychologist from the expansion of Masters level providers, support the PLLC Bill, and define the State's mandatory requirements for continuing education credits for psychologists. If you would like to be an agent of change for the profession and assist in assuring the aforementioned bills are heard and passed, I strongly encourage and urge you to register for Lobby Day, which will be this May 6-7 in Albany. All NYSPA members who attend will be provided a hotel room by NYSPA, Monday night dinner, Tuesday breakfast, and transportation to and from the hotel and Lobby Day location. Here is the link to register:

<https://www.nyspa.org/events/EventDetails.aspx?id=1198736&hhSearchTerms=%22lobby+and+day%22>.

I am aware that not all CNYPA members are NYSPA members at this time. This is something that concerns me, as I do not believe we as CNYPA members are acknowledging the benefits that the State organization provides to us. As mentioned above, NYPSA is working daily to protect our profession and licenses from being minimized or made obsolete. In addition, NYSPA works tirelessly to provide us educational opportunities, in effort for us to remain up-to-date and relevant within our profession. However, I am aware as well that NYSPA has not worked hard enough with assisting those of us living Upstate in obtaining access to many of those educational opportunities (many of which occur Downstate). That is why at this April's Council meeting, I spoke to the Council and firmly asked that all future NYSPA programming make all efforts to provide remote access to those of us in other parts of the state. The response was markedly supportive, resulting in the creation of a Tech Committee, with which all programming within the developmental stages will consult to explore options for remote access of the final product. This decision was voted into NYSPA's by laws by a majority of the Council! Therefore, moving forward, we NYPSA members living Upstate are going to literally have more training opportunities at our finger tips!

Thank you all again for electing me to be your Council Representative. It truly is an important role to me, as I value this profession and see the benefits of – and needs for – NYSPA in order for us to remain a relevant profession. For those of you who are not yet NYSPA members, please reach out to me. Ask me the hard questions. Ask me why you should become a member. Tell me your concerns. Express to me any frustrations. I'm here to listen and respond, with pleasure.

For those of you ready to register as members now, here's the link:

https://www.nyspa.org/general/register_member_type.asp? Your first year is more than half off the regular price!

Respectfully and sincerely,
Michelle Woogen, PsyD



MEMBERSHIP BENEFITS

ARE YOU TAKING ADVANTAGE OF YOUR MEMBER BENEFITS?
NEED ANOTHER REASON TO JOIN NYSPA?
FOR FULL DETAILS VISIT WWW.NYSPA.ORG OR CALL: (518) 437-1040

LISTING IN NYSPA'S REFERRAL SERVICE

CAREER CENTER

Free job search and 20% off job postings

MEMBER LEGAL ADVICE - ONE HOUR FREE

One hour free consultation with health care attorneys Weiss Zarett Brofman Sonnenklar & Levy



Insurance



Insurance



Insurance

PRACTICE MANAGEMENT

Through Health Asset Management you get discounted rates on issues related to practice management, billing, and other services

LEGISLATIVE LEADERSHIP

Protecting your license, your practice, and the public

ANNUAL LOBBY DAY

Members visit and talk with legislators to build their support on issues facing psychologists

NYSPA-PAC

A nonpartisan political action committee for the sole purpose of advancing our profession in New York

EDUCATIONAL EVENTS

SOCIAL EVENTS

CONVENTION



FRIDAY FLASH

NYSIPA's weekly e-report provides timely information on programs, initiatives and professional resources



THE NYSIPA NOTEBOOK

Our quarterly newsletter, provides in-depth articles about NYSIPA initiatives at the state, and even national levels relevant to the profession



THE NYSIPA PSYCHOLOGIST

Our peer-reviewed journal, offer opportunities for publishing scholarly articles



NYSIPA'S LISTSERV

Permits simple communication with your NYSIPA colleagues

LEADERSHIP OPPORTUNITIES IN OVER 30 DIVISIONS AND COMMITTEES INCLUDING:

DIVISIONS

- INDEPENDENT PRACTICE (IPD)
- CLINICAL
- PSYCHOANALYSIS
- COGNITIVE BEHAVIORAL THERAPY (CBT)
- FORENSIC
- EARLY CAREER PSYCHOLOGISTS
- PLUS MANY MORE

COMMITTEES

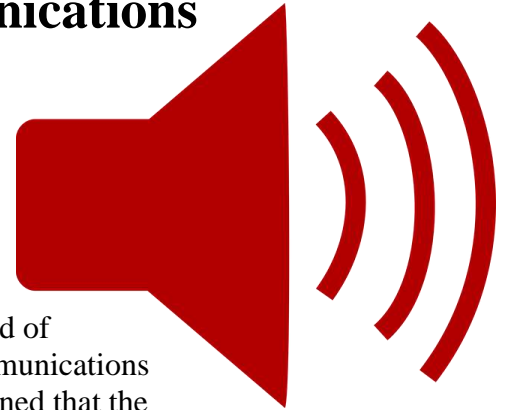
- PUBLIC EDUCATION
- INSURANCE
- LEGISLATIVE
- DISASTER RESOURCE NETWORK
- LGBTQ
- NYSIPA GRADUATE STUDENTS
- PLUS MANY MORE

VISIT WWW.NYSIPA.ORG FOR MORE VOLUNTEER AND LEADERSHIP OPPORTUNITIES

FOLLOW US ON SOCIAL MEDIA AND SEE WHAT'S TRENDING



Announcing...The New Position of Communications Officer!



This office replaces our former (and for many years vacant) position of Corresponding Secretary. In the "old days" of CNYPA, the Corresponding Secretary would take on the role of organizing correspondence within and from the organization, often through actual print mailings. Given that CNYPA has become completely electronic in our communications, the Board of Directors decided that it was time to revise and rename this position to Communications Officer (CO). The Board discussed the roles for the CO at length and determined that the person in this position would have the following responsibilities:

- Oversee publication of the activities of CNYPA through social media, maintenance of the organization's website, and creation and distribution of surveys to the general membership as determined by the Board.
- Send annual Board of Directors voting ballots to the general membership and tabulating the results of the election, which will be submitted to the President.
- Facilitate voting by the general membership on any changes to the Constitution and By-Laws approved by the Board of Directors within two weeks of the approval and report on the results at the following Board meeting.

Deb Pollack is our current CO, however the position will be open for nominations in the fall and we are happy to hear of any interest in the position!

Communications Officer Corner

Thanks to everyone for their help in making the transition from the old listserv to the new listserv at googlegroups a relatively smooth process. Please let Deb Pollack (deborah.pollack@gmail.com) or Stephanie Virginia (virginis@upstate.edu) know if you have any problems with the new listserv. As a reminder, the new listserv address is cnypa@googlegroups.com. Make sure that is what goes into your "send" bar when sending an email to the group! You can also log into "My groups" through google to view archived messages.

2019 CNYPA Meeting Schedule

May: 31

June: 21

September: 20

October: 18

November: 15

December - TBD



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

CNYPA BOARD OF DIRECTORS 2019

	Name	Business Phone	e-mail
President	Theresa Covington, PhD	315-935-3037	tcoving@gmail.com
Past President	Afton Kapuscinski, PhD	315-443-3595	ankapusc@syr.edu
President-Elect	Bernice Gottschalk, PhD	315-426-7762	bgottschalk@icloud.com
Treasurer Through 2020	Brian Rieger, PhD	315-464-2335	riegerb@upstate.edu
Recording Secretary	Lauren Warren-Faricy, PhD	315-464-9818	warrenla@upstate.edu
Board Member Through 2020 (2 years)	Joseph Himmelsbach, PhD	315-345-6540	joe.himmelsbach@gmail.com
Board Member Through 2020 (2 years)	Tammy Bartoszek, PsyD	315-464-2337	bartoszt@upstate.edu
Board Member Through 2019 (2 years)	Charles Bradshaw, PhD	315-425-4400	Chadbradshaw19@yahoo.com
Board Member Through 2019 (2 years)	Roger Greenberg, PhD	315-464-3120	greenber@upstate.edu
Board Member Through 2021(2 years)	Holly Vanderhoff, PhD	315-464-3120	vanderhh@upstate.edu
Board Member Through 2020 (2 years)	Brian Thomson, PhD	315-426-7738	Brian.thomson@omh.ny.gov
Student Representative Through 2019 (1 Year)	Lea Taylor		letay@syr.edu
Academic Affairs (non-voting)	Afton Kapuscinski, PhD	315-443-3595	ankapusc@syr.edu
Ethics Chair	Joe Himmelsbach, PhD	315-345-6540	joe.himmelsbach@gmail.com
Program Committee Chair	Nina Stoeckel, PhD	315-422-0300	Nina.stoeckel@gmail.com
NYSPA Council Representative Expires Dec 2021 (3 yr)	Michelle Woogen, PsyD	315-464-3440	michellewoogen@gmail.com
Secretary*	Stephanie Virginia	315-464-8671	virginis@upstate.edu
CNYPA Website Chair	Deborah Pollack, PhD	315-396-8398	deborah.pollack@gmail.com
Website Designer*	Eric Larson		eric@bigexpresswebdesign.com