

**SCOPE**  
APRIL 2021



## Central New York Psychological Association



### President's Message

Wow! We are a quarter of the way through 2021 after I wasn't sure how we would get through 2020! What is clear to me, is how supportive and vibrant our psychology community is! We kept with our monthly meeting schedule last year, and have already started addressing several new initiatives this year! We continue to help each other with all that Covid has brought upon us and I am proud to be steering the ship for a while! Please enjoy this first of two SCOPE issues this year, and hope to see you all at our virtual Happy Hour on April 16!

Tanya Pellitierre

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### Upcoming CNYPA Events – Mark your Calendars!

The CNYPA Program Committee has been busy planning events to keep us professionally connected in a socially-distanced world. Be sure to save the date for these exciting virtual events:

**Virtual Happy Hour – Friday April 16<sup>th</sup> 6 – 8 PM:** Join us for a chance to socialize via Gather Town, a virtual event platform that uses avatars to allow attendees to hold separate conversations in small groups, and navigate to different groups just as you would in real space. Gather Town is very user-friendly and allows for a gathering that feels as close to an in-person event as possible. To check out how it works, visit <https://gather.town/>

As always, we would like to use our happy hour as an opportunity to meet and welcome local psychology interns and graduate students, who will have the chance to win fabulous prizes through a raffle. If you interact with trainees in the CNY area, please consider sharing this event information with them!

We will share the link for our gather town room as it gets closer to the event. You do not need to download any apps, you just click on the link and join in the fun!

Hope to see many of you there!

*As always, we would like to use our happy hour as an opportunity to meet and welcome local psychology interns and graduate students, who will have the chance to win fabulous prizes through a raffle into which all trainee attendees will automatically be entered. If you interact with trainees in the CNY area, please consider sharing this event information with them!*

**Virtual Panel on New Pediatric Programs – Monday April 26<sup>th</sup> 6:30-8:30 PM:** We are pleased to have two brief presentations on youth-focused programs, both spearheaded by CNYPA members. Dr. Jessica Costosa-Umina will present on the Adolescent Intensive Outpatient Program (AIOP) in Syracuse, which includes a comprehensive DBT-Adolescent Program. Dr. Anne Reagan and Jessica Simmons will also present on the Pediatric Behavioral Stoplight Program, which has increased safety and communication for young patients and staff at SUNY Upstate Golisano Children’s Hospital. Additionally, graduate students conducting

clinically-focused research with children and adolescents will present some of their recent studies prior to the panel discussion.

For both events, invitations and links will be sent via the CNYPA listserv. Both events are free of charge. We hope to see many of you in attendance!

Program Committee Membership:

Tammy Bartoszek & Afton Kapuscinski (Co-Chairs)  
Deborah Pollack  
Nichole Campbell  
Jessica Simmons

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## 2020 Financial Report

<b>01-01-2020 Starting Balance</b>	4218.06
<b>Expenses</b>	
Administrative Support	396.00
Liability Insurance	1,005.00
Website	360.00
PO Box Rental	168.00
Happy Hour - Intern Gift Cards	129.75
Total Expenses	2,058.75
<b>Income</b>	
Dues	2,393.48
Total Income	2,393.48

<b>Program</b>	
Dinner Meetings Expense	100.00
Dinner Meetings Income	-
Dinner Meeting Net Profit (Loss)	(100.00)
<b>12-10-2020 Balance</b>	4,452.79

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### [Headlines From the Hill](#)

The department of psychology is excited to announce that all three clinical psychology students and one school psychology student who submitted applications for the APPIC match process this year successfully matched at the following sites:

- Emily Cary: UNC TEACCH Autism Program, The University of North Carolina at Chapel Hill, School of Medicine
- Patricia Goodhines: Alpert Medical School of Brown University – Providence, RI
- Alyne Rodrigues: Suny Upstate Medical University – Syracuse, NY
- Alan Sheinfil: University of Texas Health Science Center – Houston, TX

Jin Zhao, a fourth-year clinical psychology student in Dr. Aesoon Park’s lab, was recently featured in the Syracuse University Graduate School Newsletter for his important work with the Asian Mental Health Collective, a non-profit organization addressing Asian mental health and the lack of culturally informed therapists for Asians and Asian Americans. Jin’s work within this organization includes leading the Listeners Program, a community-based peer mental health support team that provides free sessions of supportive listening. Jin and his team have recruited graduate students and professionals who have a background or training in therapy to volunteer as Listeners. This program has been very successful, providing nearly 400 sessions since its development. You can learn more about the Asian Mental Health Collective by going to their [Facebook page](#).

A very generous donation of \$2 million dollars was recently gifted by Janet G. Jones and her late spouse, Dr. Faith “Chris” Maltby Cobb, to fund the Cobb-Jones Clinical Psychology Endowed Professorship within the Department of Psychology at Syracuse University. A

three-time graduate of SU, Dr. Cobb earned her Ph.D. in Clinical Psychology in 1974. In addition to having a private practice, she was a school psychologist in the Fayetteville–Manlius School District, where she became an advocate for children with disabilities. Upon retirement from the public school system, Dr. Cobb led the Learning Center at SU and later worked with the administration of New York state government to develop the first legislation in the nation to protect the rights of individuals with disabilities. This work would lay the foundation of the national Americans with Disabilities Act (ADA). Upon Cobb's death in 2018, Jones, also an esteemed academic and award-winning chemist (honored by the National Science Foundation and recipient of the Garvin Medal of the American Chemical Society) and their families agreed that a donation to SU's Clinical Psychology program was the best way to honor Dr. Cobb, as being a clinician defined her life work and advocacy.

Joseph Ditre, associate professor of psychology in the Clinical Psychology program at SU was recently awarded a \$1.3 million dollar grant from the National Institute on Alcohol Abuse and Alcoholism. With this grant, Dr. Ditre will create the first computer and smartphone-based intervention to address hazardous drinking or concurrent use of alcohol and opioids in the context of chronic pain. The goal of this intervention is to assess a patient's behavior and provide personalized feedback on how they can reduce alcohol and drug consumption. This intervention has clinical relevance, as individuals suffering from chronic pain are often prescribed opioids, which when mixed with alcohol, can lead to dangerous, life-threatening effects and death.

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### [NYSPA Information](#)



### **DEADLINE EXTENDED TO MAY 2!**

Just a reminder to submit a proposal to the NYSPA convention! This year we have **three CNYPA members** on the convention committee! Chris Allen (as NYSPA pres), Deb Pollack, and Tammy Bartoszek. We are really excited about the convention themes and we would LOVE to have programs showcasing what psychologists in Central New York are up to!

You do not need to be a NYSPA member to submit, student posters are encouraged, and since the convention will be virtual, there is no travel!

[SUBMIT YOUR PROPOSAL HERE](#)

Let Deb or Chris or Tammy know if you have any questions!

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This is your NYSPA Council representative for Central New York here – a voting member of the Council, working to support our interests as psychologists in CNY.

I sent out an email earlier this year to update you on the NYSPA news I hoped would be most relevant to you. Here, I will provide new developments, followed by a few different ways to become involved with NYSPA.

1. NYSPA's Statement on the Atlanta Shooting & Anti-Asian Racism

NYSPA has responded to the horrifying Atlanta Shooting with the following statement and resources:

<https://www.nyspa.org/news/557641/NYSPA-Statement-on-the-Atlanta-Shooting-and-Anti-Asian-Racism.htm>

2. New Membership Categories Are in Effect – Including Emeritus Memberships!

NYSPA now offers a new Emeritus category for those who qualify, and consecutive years of membership without breaks helps members qualify sooner!

If you've yet to renew your NYSPA membership, please be aware that your membership will expire next week, on April 1, 2021. We want to help make sure you continue to receive your member benefits!

We've made renewing easier than ever! To review your invoice and pay online, simply go to [nyspa.org](https://www.nyspa.org) and sign in to your account. Once you've signed in, click at the top where it says, "Welcome, (your name)" and choose "Invoices." From there, click "Membership" and you will see your current dues invoice and payment area. Thank you for your continued support of NYSPA!

If you have questions or would like to pay over the phone, call the NYSPA Office at 518-437-1040, Monday through Friday, 9:00 a.m. - 5:00 p.m. ET.

Wondering if you may qualify for the new Emeritus category? Review the application for more information.

3. Mandatory CEs are now in Effect in NYS – and NYSPA is an Approved CE provider!

Visit NYSPA's website, [nyspa.org](http://nyspa.org), and check out our CE webpage for course offerings and for any questions about CE regulations.

How to get involved

1. Join NYSPA

Become a NYSPA to access the benefits of NYSPA including educational opportunities, workshops, our annual convention, free business developments support, including a referral service and assistance with insurance billing, consultation on ethical questions, connections with other psychologists working in similar areas through our listserv, and resources for early career psychologists and graduate students. To read more about membership benefits, and to join NYSPA, visit our website:  
<https://www.nyspa.org/page/MembershipBenefits>

2. Attend and/or present at our virtual, annual NYSPA Convention, October 15-17, 2021

This year's Convention will focus on three themes:

- How to adapt and expand your practice as a psychologist for the patients, students, and clients of today and tomorrow.
- How to use the science and practice of psychology to reduce division and promote diversity, equity, inclusion, social justice, and change.
- How to build resilience and prioritize self-care as a psychologist.

If you'd like to present – sign up at <https://www.surveymonkey.com/r/JW3DW2L>.

3. (Virtual) Lobby Day in Albany - Tuesday, May 11

NYSPA's annual Lobby Day has been a highlight for many years. On this day, NYSPA members typically congregate at the Capitol in Albany to meet directly with legislators and advocate for issues on the NYSPA legislative agenda. This year, Lobby Day will likely be virtual. If you're interested in attending, mark your calendars, and look out for more info on registering in the near future.

Feel free to reach out to me directly, or to NYSPA at [nyspa@nyspa.org](mailto:nyspa@nyspa.org), with any questions.

Until next time!

