



SCOPE

March 2023

President's Message

Hello, everyone! I am excited to be your President this year. Last year was amazing as we started to return to some normalcy with workshops, dinner meetings, happy hours, and our in-person end-of-year meeting. It was great to finally see what people look like beyond a box on the computer screen. We have some great things planned for this year as well, such as our dinner meeting on March 30th (see below for more information). If you have not registered yet for that, there is still time!

This year, one of the main goals for the board is to create a strategic plan for CNYPA. The strategic plan will help us define our vision for the future of the organization and identify our specific goals and objectives. Stay tuned for more information about this upcoming initiative.

As always, we have an amazing group of psychologists serving on our board and in our committees; however, we are always looking for new members to join us. If you would like to join one of our committees or have ideas to share, please feel free to reach out to me or to one of our board members.



by Rebecca Gavett PhD,

Serving Syracuse, Utica, Auburn, Oswego and surrounding communities

Upcoming Events

SPRING DINNER MEETING

Expert Panel on Gender-Affirming Care



Karen Teelin, MD, MSEd | Upstate

Associate Professor of Pediatrics
Director of Adolescent Medicine



Eric MacMaster, MD | Upstate

Assistant Professor of Psychiatry
and Behavioral Sciences
Assistant Professor of Pediatrics

Expert Panel on Gender-Affirming Care

Date: Thursday, March 30th, 2023

Time: Event begins at 5:30 PM

Dinner begins at 6:00 PM

Speakers begin at 7:00 PM

Location: Dinosaur Bar-B-Que

246 W. Willow St. Syracuse, NY

Speakers: Dr. Karen Teelin & Dr. Eric MacMaster

Join us for a presentation and discussion about best practices in gender-affirming medical care for transgender adolescents and young adults, including management of mental health comorbidities and guidance for psychologists on writing letters of support for gender-affirming care.

To register: <https://www.cnypa.net/event-dinner-workshop-2023-03-30>

***Registration closes at 11:59 PM on Monday, March 27th, 2023**

HAPPY HOUR

Al's Wine and Whiskey Lounge



Date: April 14th

Time: 5-7pm

Where: Armory Square

321 S. Clinton St. Syracuse NY



At this happy hour we will be honoring Ron Fish for Lifetime Achievement

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

Remember to visit our website: CNYPA.NET

Stay Up to Date with NYSPA



by Tanya Pellettiere, Ph.D.

The first NYSPA meeting of the year was held on January 28, 2023.

The first meeting covers some typical beginning of the year tasks. Committee chairs are approved, and new council members are introduced.

- NYSPA continues to represent you in the advocacy and legislative efforts to protect our discipline and the people we serve. If you would like to learn more about our legislative initiatives, please go to Legislative Initiatives - New York State Psychological Association ([nyspa.org](https://www.nyspa.org)).

- Up-to-Date Information regarding insurance and insurance resources. Link, Insurance Resources - New York State Psychological Association ([nyspa.org](https://www.nyspa.org))

- If you are interested in joining a committee, take a look here:

- <https://www.nyspa.org/page/Committees>

- Webinar and workshops with CE credits, many of them free to our members.

- Click here to join NYSPA if you are not already a member! Membership Benefits - New York State Psychological Association ([nyspa.org](https://www.nyspa.org))

NYSPA membership & Opportunities: You're still able to join or renew your NYSPA membership for 2023. Benefits of NYSPA membership include free/reduced cost continuing educational (CE) opportunities, access to lots of information on legislative and insurance changes relevant to our field, our annual convention, free business development support, including a referral service and assistance with insurance billing, complimentary consultation on ethical questions, connections with other psychologists working in similar areas through our listserv, and resources for professionals at every career stage, including 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>

If you're already a member: See what programs, webinars, and other events you might be interested in here at our events page: <https://www.nyspa.org/page/EventOR> or join a NYSPA Division:

<https://www.nyspa.org/page/NYSPADivisionsandSIGs>

Psychologist of the Year 2022 written by Brian P. Rieger, PhD



Dr. Tammy Bartoszek was one of two CNYPA members honored with the 2022 Psychologist of the Year award.

Tammy has been active in CNYPA for many years, and she was recognized this year for both her long-time service and for her efforts as
1) chair of the program sub-committee for the 2022 NYSPA convention, and
2) co-chair of the CNYPA program committee and member of the planning committee for the Steve Shapiro Workshop that CNYPA co-sponsored with the University of Rochester.

Our colleague Dr. Deborah Pollack offered this comment on Tammy's contribution to planning the workshop:

There were many times when I was frustrated and wanted to give up, but Tammy was always ready to take on the challenges and solve the problems no matter how impossible they seemed. I have always appreciated her even-tempered demeanor, but never so much as when she took on the major job of trying to figure out the process of offering CEs. It was a huge tangle of tasks that involved MANY phone calls, emails, spreadsheets, and contracts, and through it all Tammy was steady and persistent . . . I just want our CNYPA colleagues to know she put probably 50+ hours on this process, all without complaint. It really was due to Tammy being the backbone of the project that we were able to pull off such a successful workshop. She is the very definition of a team-player and I can't thank her enough.

Tammy grew up in CNY, and completed her internship at SUNY Upstate Medical University in the Department of Psychiatry. She was then hired in the Department of Physical Medicine & Rehabilitation, where she has worked for over twenty years, and was recently promoted to Chief Psychologist there (Congratulations, Tammy!). She has been a wonderful colleague and friend, and someone whose advice and support I routinely seek and especially value.

Tammy is a talented clinician and is always looking to improve her skills. She is methodical, thoughtful, patient, compassionate and a consummate professional. She approaches difficult clinical and operational situations with humor, humility, and a strong work ethic.

I have come to think of Tammy as kind of a stealth leader, who gets a lot done under the radar, keeps things going forward without fanfare or attention, and is able to stay focused on the important things. I have seen these qualities in different ways over many years, but don't just take my word for it . . .

I was shocked to realize that Tammy had not yet been honored before as CNYPA Psychologist of the Year, because as long as I have been involved, Tammy has always been active and involved. However, she is not a showy, attention-grabbing person. She is a warm and steady presence, always working hard making sure the wheels are turning smoothly in the background. I appreciate her demeanor and her persistence, and her willingness to step up when needed. (From CNYPA past-president Dr. Lauren Warren-Faricy)
Tammy has served CNYPA in many ways over the years: Corresponding Secretary (SCOPE), Federal Advocacy Coordinator, Treasurer, President, Board Member and Program Committee co-chair. She is also a long-time member of APA and NYSPA.

Congratulations, Tammy! You certainly deserve our wholehearted recognition and praise, and particularly for your efforts this past year. All the best from your CNYPA colleagues.

Psychologist of the Year 2022
written by Tanya Pelletiere, PhD
from remarks made by Chris Allen, PhD



It was an honor to help to present Dr. Jim Mikesell with the Psychologist of the Year Award this past December. I have known Jim Mikesell since we were grad students at Penn State in the 1980s. He was a Ph.D. student in Individual and Family Studies at the College of Human Development while I was in the Psychology Department. Psychologists usually focus on treating illness. In contrast, in human development, there is a greater focus on the community and prevention than illness and treatment. That focus on prevention and the wider community is something that has always been important to Jim and is reflected in particular in the work that CNYP is honoring him for in the area of school violence prevention. Jim, of course, took all the psychology classes he would need for licensure as a psychologist.

We met in a group psychotherapy class that was like a T-group. You were under the microscope in that group, so Jim and I got to know each other a bit. I was a couple of years ahead of Jim. I did an internship and got my first job at Hutchings, and I eventually became Jim's supervisor. Jim is a great clinician and very easy to supervise, except for that paperwork!

I left this area when my husband went to law school, and Jim essentially recruited me back. He was already working at Benjamin Rush center in the Children and Adolescent Unit and recruited me to apply for a position as the Women's Program Director. I was fortunate to get the job, and we both worked at Benjamin Rush for several years. He worked in clinical and administrative roles and developed expertise with dual-diagnosis adolescents. The hospital eventually closed, and Jim pivoted in his career, continuing his already blooming private practice and developing new specializations. Jim has always been willing to learn and do new things. He's not presumptuous, but he's not afraid or intimidated to use his skills as a psychologist in all kinds of roles. Having a broad and diverse role as a psychologist is a topic that I'm passionate about, as some of you may know. I believe that psychologists generally stay in too narrow a lane.

On the other hand, Jim has always been willing to think outside the box and develop and use all his talents and skills. Over recent years, he has carved out a specialty as a psychologist in both Forensics and Rehabilitation and has worked in various organizations and institutions. I didn't know until I read it on Jim's LinkedIn profile that he is the only psychologist in the United States who is board certified in both Forensics and Rehabilitation Psychology. So that, in and of itself, is quite a feat.

Jim has been an adjunct faculty at Syracuse University in Forensic Science and also at Upstate in Physical Medicine and Rehabilitation. He's a fellow of the American Academy of Forensic Psychology.

As someone who has known Jim personally and professionally for forty years, here are a few things that stand out to me, in addition to the incredible work he has done this past year in school violence prevention.

First, Jim speaks his mind directly yet respectfully; this skill he does expertly. Second, Jim is incredibly loyal and goes way out of his way to help those he cares about, including our psychological community. Finally, Jim is someone who NEVER seeks the spotlight in any way, and so is probably uncomfortable with this attention and well-deserved recognition.

But he deserves the recognition. Jim is a leader who's a bit of a maverick, an independently-minded individual who simultaneously listens to others with an open mind. He's a great therapist, teacher, forensic expert, and someone who holds his own with physicians who do not always highly value psychologists.

Most recently, Jim has stepped up in a major way to use his skills and leadership. After the deadly shooting rampage in Texas last year, Jim finally spoke up and organized our local psychology community to finally take steps to do something about the violence in our schools. With his leadership and vision, CNYPA created a sub committee to organize our efforts to support schools and our community to combat the issue of school gun violence. Jim has reached out to major stakeholders in the community as well as nationally renowned experts to bring attention and action to the Central New York community in a meaningful way. School and political officials recently participated in a virtual presentation on threat assessment that Jim organized. We credit him with finally putting our outrage into action.

He is a wonderful husband, dad, pop-pop to three grandkids, and animal lover. (He also has unique squeaky voices to tell you what your cat or dog says). He's a great chef. He's a jokester. He's been one of my very best friends for nearly 40 years and is so deserving of CNYPA's Psychologist of the Year Award.

EXCITING NEWS

Skaneateles Psychology Associates

Second Office Opening in Manlius!

314 E. Seneca Street



www.skanspsych.com

Skaneateles Psychology Associates is excited to announce the opening of an additional location in the village of Manlius at 314 E. Seneca Street. The scheduled opening is June 2023. The group practice will offer expanded availability for in-person services at that location.

SPA is also inviting psychologists interested in full-time or part-time private practice opportunities to apply. Please reach out to Audrey Van Voolen or Stephanie Rabin Scherr at (315) 217-6888 or use the contact page at www.skanspsych.com to request more information.

In Memoriam

CNYPA would like to pay respects to our former members whom we lost recently



Dr. Alice Honig 1929-2023

Dr Alice Sterling Honig, 93, died Tuesday evening March 7 in Michigan, where she was with her daughter's family after a very independent old age. She was born in Brooklyn, NY in 1929 to Jewish immigrants Ida Bender and William Sterling. A little girl who loved big books, she was valedictorian of her class at Erasmus High school, and attended Cornell University where she married fellow student Arny Honig after meeting at a piano recital where they both performed, followed by much folk-singing together. She obtained her BA degree from Barnard College and MA from Columbia University before raising children and completing her PhD at Syracuse University. She embarked on a prolific and influential career working with Bettye Caldwell as program director for Syracuse's pioneering Children's Center, as SU Professor of Child Development, and as a licensed clinical psychologist. She loved teaching and writing about language and social development, including over a dozen books, received numerous awards including Barnard Alumnae 2015 Woman of Achievement Award, and trained childcare staff all over the world in her inimitable vivacious, warm style. She is survived by her three children Larry, Madeleine (Richard), and Jonathan (Eveline); grandchildren Daniel (Elena), Shoshannah (Sam), Natalie (Dan), Naftali (Sarah), Ben, Ofira, Tamar, Maija and Edouardo; five great grandchildren; her sister Theresa Knoblock; Arne and Tanya, the children of her predeceased partner Arthur Komar; and many extended family members.

Contributions in lieu of flowers may be made to a charity of your choice, especially supporting families and child development.

**The CNYPA BOD voted to donate to
the Foodbank of CNY in Dr. Honig's memory**



Dr. Jay Land 1939-2022

Jay M. Land November 1, 2022 Jay M. Land, 83, died Tuesday afternoon in the comfort of his home surrounded by his loving family. He was born on February 19, 1939 in Washington D.C. to Louis and Shirley Land. He was a graduate of the University of Maryland and received his PhD. in Clinical Psychology from Syracuse University. His first academic job was at University of Ohio, and he returned to Syracuse one year later in 1968 to join the faculty in the Department of Psychiatry at Upstate University Hospital. He later established his private psychotherapy practice and remained on the Clinical Faculty. He served several terms on the Board of the New York State Psychological Association. Jay was passionate about human rights and served as President of the Board of our local Planned Parenthood. He was a "card carrying" member of the ACLU and wore an American Flag pin on his lapel, firmly believing liberals should reclaim the Flag. Brilliant and articulate, Jay touched (and changed) thousands of people's lives through his work. His family includes his wife of forty-five years, Linda, and their blended family including his daughters Elizabeth, and Rebecca; Linda's sons Matthew (Susan), and Steven (Erin); grandchildren Sabina, Jonah, Zachary, Rubin, Ellis, Cassia, Shay, Jacob, Ethan, Sophie, and Audrey; his sister Nona; and sisters-in-law Muriel and Arlene.

Contributions in his memory may be made to Planned Parenthood Federation of America, plannedparenthood.org.

**The CNYPA BOD voted to donate to
Planned Parenthood in Dr. Land's memory**

2023 year to date Financial Report

Financial Report	October 2022 - March 2023
October 15th 2022 Balance	\$6,827.31
Expenses	
Happy Hour	\$ 160.80
Memorial Donation	\$ 150.00
Annual Meeting Deposit & Dinner	\$ 892.00
2022 Dinner Meeting Plaques	\$ 304.00
Gender-Affirming Care Reservation	\$ 500.00
Gift Cards for Panel Members	\$ 125.00
Administrative Support July-Dec 2022	\$ 308.00
Total Expenses	\$2,439.80
Income	
Dues	\$1,872.80
Total Income	\$1,872.80
March 8th 2022 Balance	\$6,260.31