



# SCOPE

## May 2024

### President's Message



**by Brian Rieger PhD,**

Happy Spring fellow CNYPA members! As the seasons cycle and repeat, so too can CNYPA presidents – this is my second term now almost 20 years from the first one in 2005. A lot has happened in those years, including a once in a century (hopefully) pandemic and a corresponding spike in population mental health problems. I have also changed my own career path a bit, leaving the Upstate Concussion Center to direct the new Integrated Behavioral Health Care program in the Upstate Department of Psychiatry. Driven in part by the growing mental health needs, this program aims to improve access to quality behavioral health treatment by embedding

psychologists, social workers, and behavioral health care managers into the Upstate primary care clinics including Internal Medicine, Family Medicine, and Pediatrics. Integrated care is not a new idea, but one that has gained more traction in the United States recently due to the shortage of mental health providers and increased demand for treatment. Most primary care providers have limited training and comfort with managing behavioral health conditions, but currently deliver as much or more mental health treatment as specialty mental health clinics and providers. Integrated Care programs allow specialized behavioral health providers to offer mental health treatment right in the primary care setting, and just as important, provide close consultation and collaboration with the medical providers to address depression, substance abuse, ADHD and other conditions more effectively.

Working in medical clinics every day now, I understand more than ever the value of psychologists' training with our focus on relationships and providing a non-judgmental space where patients can feel heard and understood, coupled with critical thinking and analytic abilities. Almost 30 years since I obtained my doctorate, and almost 20 years since my last term as CNYPA president, I have only growing appreciation for our field. I'm also a big fan of CNYPA, which has provided a wonderful forum to get to know my psychologist colleagues and to be involved with professional advocacy and training. As I have seen with so many others over the years, I was a bit reluctant to get involved at first. And it actually was kind of intimidating to attend board meetings (in-person) as a freshly minted professional with a bad case of imposter syndrome. It didn't take long, though, to recognize that membership with CNYPA brings involvement with many kindred spirits interested in the same ideas and work and sharing common humanistic values.

**Serving Syracuse, Utica, Auburn, Oswego and surrounding communities**

Notably, membership as well as other important issues are going to be discussed as part of CNYPA's very first Strategic Planning Initiative. I wish I could take some credit for this effort, but that goes to last year's president, Dr. Rebecca Gavett, and to the members of the Strategic Planning Committee that was formed under her watch. Drs. Alyne De Souza Stedman, Laura Myhr, Stephanie Scherr, and Kate Warden have been working hard to launch this project and deserve a hearty shout-out! There is more information about the Strategic Planning initiative in this SCOPE, so please be sure to look at that. You can also read about the recent informative and well-attended dinner meeting at the Dinosaur, as well as our upcoming Happy Hour. I wasn't sure what I was going to talk about when I sat down this rainy Sunday afternoon to write this President's message, but I guess it turned into a reflection on being a psychologist and being involved with CNYPA. Right now, I'm feeling pretty darn good about both!

## Welcome new CNYPA board members



Victoria Kordovski, Ph.D.  
*neuropsychologist at Upstate*  
Board Member through 2025 (2 Years)



Jane Valetchkov, Ph.D.  
Board Member through 2025 (2 Years)



Aqib Chowdhury, Ph.D.  
*Post-Doctoral Fellow at Skaneateles Psychology Associates treating anxiety disorders and OCD*  
Board Member through 2025 (2 Years)



Kelsey Irvin, Ph.D.  
Recording Secretary through 2024

SPRING HAPPY HOUR

CENTRAL NEW YORK  
PSYCHOLOGICAL  
ASSOCIATION INVITES  
YOU TO  
MAY HAPPY HOUR

DATE: MAY 17, 2024

TIME: 5PM-7PM

LOCATION:  
NOBODY'S  
222 WALTON ST.  
SYRACUSE, NY

JOIN US FOR A GLASS TO  
END YOUR WORK WEEK.  
MINGLE WITH FELLOW  
PSYCHOLOGISTS. MEET  
NEW PEERS AND  
COLLEAGUES.



\*\*\*GRADUATE STUDENTS  
WHO ATTEND THE HAPPY  
HOUR WILL RECEIVE A DRINK  
TICKET GOOD FOR ONE  
DRINK AT THE BAR ON US

NOBODY'S



222 WALTON ST. SYRACUSE, NY

## CNYPA Events

In November 2023 Dr. Christine Tyrrell-Baker presented at Dinosaur BBQ "Technology that heals: The benefits of Neurofeedback-enhanced psychotherapy"



In December we met at Kitty Hoynes for our December meeting and awards ceremony. Another amazing evening with local colleagues! Congratulations to Dr. Ward and Dr. Reiger on their well-deserved awards! Dr. Ward earned Psychologist of the year and Dr. Rieger earned the Jay Land lifetime achievement award.



In April we were back at Dinosaur BBQ for another dinner meeting. Panel on Third Wave Cognitive-Behavioral Interventions: Clinical Applications of ACT and DBT, on April 1st at Dinosaur BBQ! Our panelists, Drs. Sarah Woolf-King, Stephanie Rabin Scherr, and Stacy Ellenberg each presented on a mix of case studies and active clinical trials involving "third-wave" treatments.



**Make sure you are receiving listserv emails so you don't miss a thing.**

# Stay Up to Date with NYSPA

by Tanya Pellettiere, Ph.D.



Greetings from your representative to the New York State Psychological Association. I am half way through my second year of the term and things at NYSPA are definitely picking up! This year's leadership really wants to make things happen and I am honored to be a member-at-large on the Executive Committee to see it all happen first hand. The most important thing that NYSPA does in my opinion is provide advocacy for our field at the state and federal level. We continue to work to oppose the licensure of masters level school psychologists. Even if that piece of legislation goes through, we are at least at the table ensuring that their scope remains reasonable and does not encroach on what we do as doctoral level psychologists. Such an active legislative committee that I get to sit on as an EC member. I have it on good authority that prescriptive authority for psychologists is a definite possibility here in NY! We can hopefully join 16 other states that have made this a reality. Several years ago, NYSPA invested in hiring a Director of Professional Affairs, and Dr. Jerry Grodin works hard in Albany to make our needs known.

In recent years, NYSPA has seen some financial hardship, largely due to the bad behavior of a few. It has been refreshing to see the work of NYSPA's finance committee make some hard but important business decisions to help our bottom line. I am on a subcommittee to look at alternative revenue streams and am energized that as an organization we are finally thinking like a business. NYSPA made the decision to transition all remaining meetings in 2024 and all meetings in 2025 to virtual to save the organization thousands of dollars. We want to make sure that all of your dues money goes to important priorities for the profession.

Thank you! Please do not hesitate to reach out to me with any questions. And join NYSPA. Well worth it!  
[https://www.nyspa.org/general/register\\_member\\_type.asp](https://www.nyspa.org/general/register_member_type.asp)

## Strategic Planning Update

CNYPA Past President Becky Gavett formed the strategic planning subcommittee in 2023, charged with the goal of facilitating the development of a strategic plan for the organization.

This plan may aid CNYPA in defining and progressing on long-term goals amidst regular changes in Board leadership. The Board will be reaching out to all CNYPA members in the coming months to elicit feedback on organizational priorities.

Alyne De Souza Stedman, Laura Myhr, Stephanie Scherr, and Kate Warden, subcommittee members

## HEADLINES FROM THE HILL

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

**Nandini Jhawar** Nemours Children's Health, Delaware  
Child Clinical & Community

**Catherine Montgomery** Nemours Children's Health, Delaware  
Child Clinical & Community

**Emma Lape** SUNY Upstate Medical University-Syracuse  
Integrated Care Track

**Kyle White** VA Connecticut Healthcare System  
Clinical Health Psychology

# 2023 year to date Financial Report

CNYPA Treasurer report - April 2024  
Report by Laura Myhr, CNYPA Treasurer

Current M&T Bank account balance as of 4.22.24: \$5,683.52

Review of the most recent M&T bank statement (March 2024):

The single item of activity in the March statement was a 3.28.24 deposit into the account of \$1,578.29, which was my monthly transfer of funds from the PayPal account to the M&T account. The deposit included collected dues payments, as well as payments for registration to the April dinner meeting.

CNYPA held a dinner meeting at Dinosaur BBQ on Monday, April 1 2024. Dinosaur has not yet cashed the final check paid on the night of the event, so once I verify that goes through, and I have sent out all speaker honorariums, I will run a P&L for the event and report that in a Board meeting.

I'm in the process of renewing CNYPA's insurance policy. I will renew for this year, and plan to discuss the possibility of switching to a less expensive policy at a future Board meeting - CNYPA Treasurers are now re-evaluating our insurance policies every 5 years, with the next year being 2025.