



SCOPE

March 2025

President's Message by Deb Pollack, PhD

Dear fellow CNYPAns,

It was a long, cold winter here in Central New York. Many of my friends and colleagues remarked how it was reminiscent of "old school" winters in our area, the likes of which we haven't seen for at least a decade. The good news is we won the "Golden Snowball" award for the most snowfall this year, beating our sister cities of Rochester, Binghamton, Albany, and Buffalo!

(www.goldensnowball.com) Despite this exciting win, between the pounding weather and the constant deluge of the seemingly never-ending stream of alarming news stories, this winter has felt especially bleak and tiring to me. Yet, last week the snow finally melted, the days have gotten longer, and the sun made some appearances. I've always appreciated these first signs of spring, but after this winter, it feels even more intensely like a literal "breath of fresh air," with a sense of renewed hope and energy.

I hope to bring that renewed energy into my term as President of CNYPAA. Fortunately, I stepped into this role with a ready-made action plan, thanks to the incredible work of our Strategic Planning Committee: Drs. Myhr, Warden, and Scherr. They spent the better part of two years creating a Strategic Plan for 2025-2030, with the help of Dr. Randy White and various CNYPAA members who provided input.



The plan focuses on four key priorities:

Strengthening CNYPAA as an Organization – Growing our membership, improving engagement, and ensuring a sustainable future for our association.

Expanding Educational Programming – Providing more continuing education opportunities and professional development for psychologists and allied professionals, including mentorship programs, special interest groups, and regionally distributed events.

Building Interdisciplinary Relationships – Strengthening our connections with businesses, government, schools, and healthcare providers to expand CNYPAA's role as the integrative voice for mental health in Central New York.

Serving Syracuse, Utica, Auburn, Oswego and surrounding communities

Advocacy & Service to the Public – Taking a leadership role in local mental healthcare, increasing advocacy efforts, and making psychology more visible in the community through public education and partnerships.

The full strategic plan can be found in this issue of Scope. I encourage you to take a look and think about how you can contribute to this vision.

Of course, none of this can happen without you! CNYPA thrives because of the passion and commitment of its members. If you have ever considered getting more involved, now is the time! Whether you're interested in helping with events, mentoring early-career psychologists, or contributing to our advocacy work, we need your voice and expertise.

A great way to start engaging with CNYPA is by attending our upcoming workshop
👉 “Beyond the Basics of Ethics: A Framework for Decision Making”

Workshops like this support several key goals of our strategic plan by providing high-quality continuing education, fostering professional connections, and strengthening our organization. Please consider attending and inviting colleagues—it's a great way to support CNYPA while gaining valuable knowledge and earning required CEs.

As we face increasing mental health challenges in our community, it's more important than ever that we come together to support each other, advocate for our profession, and make a real difference locally. I encourage you all to get involved, stay connected, and help shape the future of CNYPA. Looking forward to working with you all this year!

Warmly,
Deb Pollack, Ph.D.
President, Central New York Psychological Association



Green Lakes State Park, photo by Deb Pollack

Upcoming Events

The Role of Mental Health Professionals in the Assessment of Risk and Threat

Presented By: Center for Forensic and Clinical Psychology, PC

Friday, April 4, 2025
8:30 AM- 12:30 PM

Speaker - Kostas A. Katsavdakakis, PhD, ABPP

3.5 CE Contact Hours Approved

Workshop will take place at SUNY Upstate Medical University in Weiskotten Hall's Medical School Auditorium.

The street address is: 766 Irving Ave.; Syracuse, NY 13210

The Role of Mental Health Professionals in the Assessment of Risk and Threat Workshop is sponsored by the Foundation of the New York State Psychological Association and Central New York Psychological Association.

This training focuses on threat assessment for targeted or intended violence. Dr. Katsavdakakis will review affective versus predatory violence and differences between threat assessment and more traditional violence risk assessment. While "risk" and "threat" are used interchangeably, they assess distinctly different behaviors, the former focusing on nomothetic comparisons, the latter on idiosyncratic comparisons. The misuse and misapplications of these terms by mental health professionals not only leads to false positives, but most importantly missing relevant behavioral warning signs for those individuals involved in targeted violence. In addition, Dr. Katsavdakakis will provide instruction on the relevant assessment tools for clinical professionals to assess risk and threat across contexts.

The registration deadline is 3/30/25.

NYSPA/CNYPA Member: \$95

Non-Member: \$105

Student: \$55

Any cancellations after this date will be refunded minus a \$40 administrative fee.

REGISTER HERE- <https://www.nyspa.org/events/EventDetails.aspx?id=1942512>



SPEAKER

Kostas A. Katsavdakakis
PhD, ABPP
Center for Forensic and Clinical
Psychology, PC



Remember to visit our website: CNYPA.NET

Upcoming Events



Friday, May 16th

Keep an eye on the listserv for more information regarding our spring Happy Hour

Highlights from The Hill



APPIC Internship Updates: Congratulations to **Fatima Dobani** and **Ashley Schiros** for successfully matching in Phase 1 of APPIC. Fatima Dobani will be attending Brown University in the Adult Track, and Ashley Schiros will be attending SUNY Upstate in the Clinical Child Track.

The Clinical Psychology area at Syracuse University successfully completed their prospective graduate interview days in February. Many wonderful applicants were interviewed and offers were extended. Information about the incoming class will be known in April.

The psychology graduate student organization, Committee for Diversity and Inclusion (CDI), is now holding monthly drop-in mentoring hours for undergraduate students interested in graduate school in psychology. This space provides the opportunity for undergraduate students to gain knowledge regarding life in graduate school and preparation for graduate school application and offers graduate students experience with mentoring.

Academic Committee Update

Supporting Future Psychologists: CNYPA Academic Affairs Committee Hosts Career Webinars

The Central New York Psychological Association (CNYPA) Academic Affairs Committee connects faculty from local universities to address shared needs in academic psychology. Given the diversity of institutions in Central New York, the committee leverages local psychologists' expertise to create valuable resources for students and faculty. Current committee members include Michelle Storie (Chair; SUNY Oswego), Deborah Pollack (Utica University), and Rebecca Shiner (Colgate University).

In February, the committee hosted two webinars for undergraduate students exploring careers in psychology and related fields.

The first webinar, held on February 11, 2025, provided an overview of three graduate pathways: Ph.D. programs in clinical psychology, Psy.D. programs, and master's programs in school psychology.

In addition to the committee members, panelists included Ashley Schiros (Ph.D. student in Clinical Psychology, Syracuse University, and CNYPA student representative), Derek Franco (Psy.D. student in Clinical Psychology, Point Park University), and Matt Quattropani (M.S. student in School Psychology, SUNY Oswego). All three panelists had attended CNY institutions as undergraduates, offering relatable insights for current students. The discussion covered key differences between these degrees, career outcomes, and the graduate application process.

The second webinar, held on February 25, 2025, featured a panel discussion on careers in psychology. Panelists represented a wide range of professional roles:

- Andrew Craig, Ph.D. – Associate Professor & Chair, Behavior Analysis Studies, SUNY Upstate Medical University
- Suzanne Haas-Cunningham, Ph.D. – Individual, Couples, and Family Therapist, Syracuse Institute for Healing Relationships
- Dan Miller, Ph.D., LMHC, NCC – Assistant Professor, Mental Health Counseling, SUNY Oswego
- Audriana Molina, LMSW – School Social Worker, Kernan Elementary
- Lauren Warren-Faricy, Ph.D., ABPP – Board-Certified Clinical Neuropsychologist & Clinical Assistant Professor, Department of PM&R, SUNY Upstate
- Michael Webb, Ph.D. – Psychiatric Examiner & Licensed Psychologist, NYS Office of Mental Health, Division of Forensic Services

Panelists shared what led them to their careers, described their current roles, and outlined the graduate training required for their positions. This panel showcased the broad range of careers available in the mental health field. All of the panelists clearly love their work and demonstrated how people with different interests and passions can find their niche in careers making a positive impact on others. The audience was comprised of undergraduate psychology majors from across our region, representing colleges and universities such as Le Moyne, Syracuse, Hamilton, Colgate, Utica, and SUNY Oswego. Videos of both panels will be available on the CNYPA website as part of its undergraduate resource page. We hope these recordings will serve as valuable tools for students seeking guidance and inspiration in their psychology careers.

Stay Up to Date with NYSPA



by Tanya Pellettiere, Ph.D.

Hard to believe that we are already at the end of March!

We will have our second NYSPA Council Meeting of the year in April, but I continue to participate in monthly Executive Committee Meetings as a member at large. The initial few months of 2025 have been some transition management for NYSPA. Our very competent Treasurer had to leave her role early and our very own Laura Mhyr is handling the job while we search for a permanent Treasurer. Laura is, of course, doing a great job maintaining all of the tremendous work done to get NYSPA back to financial stability. Part of reaching that stability was to hire a new management company. We are ironing out the wrinkles, but it looks to be a very good move! Association Headquarters has been very impressive thus far and we are hopeful this will continue!

I will continue to update CNYPA as the year progresses!

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>

2025 year to date Financial Report

CNYPA Financial Report	12/31/24-3/19/25
December 31, 2024 Balance	\$3,767
Income	\$1,180 (dues)
Expenses:	
Administrative Support (July - Dec 2024)	\$396
Tax Software	\$3
Web Support (7/23-12/24)	\$720
Gift cards - student speakers	\$60
Paypal fees	\$36
Total Expenses	\$1,215
March 19, 2025 Balance	\$3,732

STRATEGIC PLAN

CNYPA's 2024 STRATEGIC PLAN 2025-2030

These priorities are ranked in order of importance. They can be staggered in terms of time frames for implementation.

PRIORITY #1: GOVERNANCE: BUILD A ROBUST ORGANIZATION

A well-functioning core organization creates the foundation for all of the other organizational priorities.

1. Build a robust organization

- a. Increase CNYPA membership & improve member retention
 - i. Clearly define membership categories
 - ii. Identify places/methods to recruit new members
 - iii. Develop procedures to encourage members to renew
- b. Formalize and clearly document CNYPA operational rules and procedures
 - i. Develop organizational policies and procedures to guide CNYPA's actions
 1. Re-evaluate dues, and plan for periodic reevaluations in the future.
 - a. Specifically, a dues increase to \$70 was discussed.
 2. Develop a procedure for onboarding of new Board members
 3. Record general operations information, such as how we pay for things, how we make decisions.
 4. Define how and where we keep CNYPA records, organize record-keeping. Keep documents on our website?
 5. Create a succession plan for key positions in the organization. The most important positions to do this are: President, Treasurer, NYSPA rep, and potentially other Board members
 - a. Idea of gradual leadership transitions
 - b. Idea of staggering terms to spread out Board turnover/institutional knowledge
- c. Earn more money
 - i. Increase paid staff
 1. a Part-time Executive Director who would have the expertise to support CNYPA's organizational growth
 2. Someone to assist with CE approval CEs and manage this ongoing responsibility, and/or
 3. Funding website improvements
 4. Offer more events: speakers, happy hours, dinner meetings
 - ii. Look for additional avenues for making money for CNYPA
- d. Increase member engagement
 - i. Increase relevance
 1. Create offerings targeted toward graduate students in psychology, early career psychologists, and psychologists in academia.
 2. Offer case consultation and/or mentorship groups
 3. Offer events around CNY (beyond the Syracuse area).
 4. Identify psychologists in the region who have historically not engaged with CNYPA
 - ii. Build more presence on social media to engage members
 - iii. Offer additional events/programming
 - iv. Improve the functionality of our website to benefit CNYPA Board functioning and member engagement
 - v. Increase coordination between CNYPA and NYSPA.

PRIORITY #2: PROVIDE EDUCATIONAL PROGRAMMING TO PSYCHOLOGISTS & ALLIED HEALTH PROFESSIONALS

1. Provide Educational Programming to Psychologists and Allied Health Professionals

- a. Advance the lifelong learning of competent and ethical psychologists by providing quality programming and professional development
 - i. Offer CEs
 1. Survey members about where they currently get their CEs, would they take advantage of CNYPA CEs if available? Do we try to offer the specific CEs required by NYS?
 2. The work of getting approved is front loaded, and then the maintenance could likely be covered by the Programming Committee
 - ii. Provide opportunities for peer mentorship/consultation/supervision
 1. In particular, there was interest in a career mentorship program connecting students/early career psychologists, or psychologists new to the area, with more experienced psychologists.
 - a. Idea of creating a mentorship database
 - iii. Offer multimodal educational opportunities to psychologists and health providers
 1. Idea of a "lunch and learn" presentation program
 - iv. Create and offer programming to special interests groups (e.g., special sessions for early career psychologists to explore career options, programming for academic psychologists)
 1. Pediatric, health psych, different types of theoretical orientations
 2. Considering the unique needs of academic psychologists, is there anything that would draw them into CNYPA? What sort of benefit could we offer?

PRIORITY #3: BUILD INTERDISCIPLINARY RELATIONSHIPS WITH ALLIED PROFESSIONS

1. Build Interdisciplinary Relationships with Allied Professions

- a. "Be the integrative voice for mental health issues in the Central NY Region"
 - i. Offering info/referrals for where to go if you need more help.
 - ii. Advertise: on the website, list of CNYPA members ("experts") who would be open to providing a workshop.
 - iii. Workshops & other programming
 1. Chris Allen offered to do a workshop on how to offer more consulting/workshops learn
 2. "Wellness minute" - "how to spend a healthy weekend" for example
 3. Tanya was on "Bridge Street" - a television show
 4. Upstate podcast
- b. Build relationships between CNYPA and local/regional government, businesses (e.g., Micron), and institutions such as SU and Upstate.
 - i. CNYPA could offer emotional wellbeing workshops to companies and schools (e.g., mindfulness, sleep, resilience, burnout).
- c. Build relationships between CNYPA and the wider mental health/healthcare community.

PRIORITY #4: ADVOCACY & SERVICE TO THE PUBLIC

1. Advocacy & Service to the Public

- a. Take a leadership role in CNY regarding mental healthcare.
 - i. Foster connections among people and groups advocating similar outcomes
 - ii. For example, creating a SIG of training directors
 - iii. Identify local institutions that are useful for us to connect with; be intentional about identifying who can assist us in our cause
 1. Create and maintain a database of local contacts
 - iv. Increase Lobby Day participation/Have a representative from CNYPA attend NYSPA's Lobby Day
 - v. Identify local institutions to offer additional psychological training and psychologist positions.
 - vi. Improve retention of trainees in our area by connecting with local training programs to recruit for psychologist positions in a variety of settings
- vii. Be a resource in CNY
 1. Keep better track within CNYPA of our advocacy efforts so as to model and guide future efforts,
 2. What if we had a monthly editorial or TV spot and members advocated for different topics?
 3. Offer our expertise and advocate with legislators/government.
 - a. NYSAN has made webinars and provided them to legislators as a way of educating and advocating.
 - b. Develop relationships with local legislators
 - c. Advocate with the judicial system, law schools, DAs, and law enforcement
- viii. Make psychology more visible to the CNY community by providing psychological resources, scientific knowledge, public education, and referrals.

The CNYPA Strategic Plan was developed by the Ad Hoc Strategic Planning Committee: Dr. Laura Myhr, Dr. Katherine Warden, and Dr. Stephanie Scherr, in consultation with Dr. Randy White and input from CNYPA members and members of the CNYPA Board of Directors.