



SCOPE

November 2025

President's Message by Deb Pollack, PhD

This fall marks the 20th anniversary of when I first moved to Syracuse to start my internship at SUNY Upstate Medical University. Behind my smile I was terrified of how I would adjust to this cloudy new city and to the demands of being a full-time clinician in a busy academic medical center. Luckily, my fears soon dissolved as I was welcomed by a brilliant and caring group of psychologists and other mental health providers, many of whom I consider close friends and colleagues to this day. Others I remember fondly, such as Roger Greenberg, Jay Land, and Jean Shook, all of whom we lost in the past 5 years, and who greatly influenced my clinical practice.

Much has changed for me over the span of that 20 years since I first came to Syracuse. In my personal life, I have purchased two homes and a camp, got married, and had two kids - one is about to start college (!), and I suffered the personal losses of my brother, mother-in-law, and father-in-law. My professional life has likewise seen many changes. I have worked in the outpatient psychiatry and physical medicine and rehabilitation departments at SUNY Upstate and as a visiting and adjunct professor at Syracuse University. I grew and then largely dismantled a solo private practice, and more recently I returned to full-time academia as a professor at Utica University (as well as various other consulting and assessment gigs).

As I reflect on the twists and turns my life has taken since 2005, one thing has remained remarkably consistent, and that is the anchoring role of CNYPA. I first heard of CNYPA early in that internship year of 2005, while on my health psychology rotation. My supervisor at the time, (now friend and colleague) Tammy Bartoszek, told me she and her boss, Brian Rieger, had to go to a CNYPA meeting so I would be on my own for a few hours. "What's CNYPA?" I asked. And the rest, as they say, is history. Later that year I was strongly encouraged to come to a program committee meeting by another supervisor, and shortly after I started on the board as CNYPA secretary. I continued to be involved in CNYPA in various board, leadership, and committee positions.

Throughout the years, as I navigated the highs and lows of career changes and uncertainty, personal joys and sorrows, climate change, a global pandemic, a tumultuous political landscape, and changes to the field of psychology and mental health practice, CNYPA has always been there for me as a solid, professional touchstone.



Me on the first day of internship, Sept. 2005

The unwavering support and camaraderie that the organization has provided me has been truly invaluable. Every season I look forward to moments of connection and re-connection with my CNYPA colleagues as we share the sweet and tragic moments of our lives, commiserate about the outside world, and discuss our hopes and disappointments about our evolving field of psychology and the roles we embody as mental health providers in Central New York.

Such moments abounded at the recent CNYPA Happy Hour in Armory Square, where we had one of the largest turnouts we have had in years. It was heart-warming to see seasoned CNYPA “veterans” mingling with early career psychologists and quite a few interns and graduate students, all laughing and chatting over copious glasses of wine and wood-fired pizza. These moments of connection gave me hope for the future of CNYPA, which buoyed against the worry I often carry about needing more members to volunteer for board and leadership positions



Tammy Bartoszek, Chris Allen, and me at the Oct 16th Happy Hour at Nobody's wine bar

Yet while the glow of the happy hour is still warming my heart, my worry persists. We desperately need CNYPA members to step up to the plate to volunteer their time to the organization. We have several open positions on the board for 2026, including **President-Elect, Communications Officer, program committee co-chair, and three board members**. If you have made it this far through my sentimental journey, will you please take a few minutes now to seriously consider taking on one of these crucial roles? The longevity of our organization depends on the engagement of our members, not just by paying dues, but by rolling up our shirtsleeves every so often to pitch in and maintain the strong foundation that our CNYPA foremothers and forefathers created. Involvement in the leadership of CNYPA can take as little time as attending a monthly, hour-long board meeting over Zoom, or taking on a more involved leadership role to help grow the organization through the priorities outlined in our 5-year strategic plan (more on that below). In short, CNYPA NEEDS YOU! Please consider jumping in, whether you are a late, mid, or early career psychologists – we need any and all perspectives.

So many of us are feeling overwhelmed by the chaos of the outside world and the uncertainty that so much of the modern world is bringing, and I know personally that is sometimes leading me to sink into a sense of hopelessness and despair. But it is at times like this that we need to hold onto hope more strongly than ever. As psychologists we know that when faced with upsetting things we can't control, the best thing to do is engage in behaviors that lead to observable changes with what we can control. Joining the CNYPA board provides an easy way to do just that. Join us as we work together as we make changes that will continue to highlight the role of psychology in our community by providing networking, educational, and professional opportunities for years to come. Won't you lend your voice and time to be a part of this important professional touchstone? A future psychologist will thank you.

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

"Hope is about taking action in spite of it all. It's about saying: I will do my bit. And when we join together, those bits become a movement." Jane Goodall, 1934-2025

CNYPA elections call for nominations

It's that time of the year again! We are looking for folks to self-nominate to run for several open board positions. It's a fun, easy commitment that connects you with other psychologists in the community and allows you to help strengthen the impact of psychology in Central New York.

Below are the open board positions with a description of the role.

All board meetings are once a month on a Friday from 1-2pm, over Zoom and we do not meet in July or August.

President-elect: You would be president for the calendar year 2027. For 2026 you would be expected to attend monthly board meetings. As president you would run the meetings and keep us organized and on track, with the help of our amazing administrative assistant, Heather Pierson. We also have a list of yearly tasks to help guide the process. As president-elect you would also serve on the executive committee.

Secretary (1 year term, 2026): Keep board meeting minutes, serve on the executive committee

Communications Officer (2 year term, 2026-2028): Take the lead on website changes (we have a professional web designer who does the technical part), run elections, assist with listserv and other electronic communications, serve on executive committee

3 board members-at-large (2 year term, 2026-2028): Attend monthly board meetings.

Program committee co-chair: Help program committee plan and develop programs (e.g., happy hours, dinner meetings and other events).



NOTICE: Dues Increase Starting in 2026

Following the recommendations of the CNYPA 2025-2030 Strategic Plan, in March 2025 the CNYPA Board of Directors voted to increase CNYPA dues to **\$70 per year**. This vote was made after significant discussion as the board considered the following points.

- **CNYPA dues have stayed at the same level of \$50 for over 15 years.**
- **The CNYPA treasury has been at consistently lower-than-typical levels for the past 5 years.**
- **Most of CNYPA's expenses are to subsidize food and drinks at our social and educational events. For example, at dinner meetings, we set a member price that does not cover the full amount of the dinner. At our happy hours we provide some appetizers and a free drink for interns. At our holiday party we cater dinner. The board continues to believe these events are important to create a welcoming atmosphere for interns and members.**
- **As food prices have increased significantly, due to inflation since 2020, we have had to spend more at these events, which has negatively impacted our treasury.**

We hope that members understand the need to increase membership fees due to these rising expenses and at the suggestion of the Strategic Plan. Your membership fees will help CNYPA continue to be a viable organization for years to come and will help us be able to make further progress on the Strategic Plan.

Updates to the Strategic Plan

In the last issue of the SCOPE we shared the CNYPA Strategic Plan for 2025-2030. Thanks again to the Ad Hoc Strategic Planning Committee of Laura Myhr, Kate Warden, and Stephanie Scherr for their hard work on developing such an impressive document! The full plan can be found in the last issue of the Scope and will be posted to the CNYPA website soon.

Below is a table outlining some of the progress we have made this year with implementing suggestions in the strategic plan.

Suggestions in the Strategic Plan	Implementation
<p><u>PRIORITY #1: Governance:</u> <u>Build a Robust Organization</u> <i>Create an Executive Committee made up of the President, President-elect, Secretary, and Treasurer, and 1-2 other Board members, which meets for 1 hour monthly with a focus on CNYPA Priority #1 (Final suggestion #2)</i></p>	<p>We created an Executive Committee made up of these officers of the board, and we have met regularly to work on implementing various steps of the strategic plan.</p>
<p><i>Re-evaluate dues, and plan for periodic reevaluations in the future. Specifically, a dues increase to \$70 was discussed. (section 1.b.i.1.a)</i></p>	<p>In March 2025, a motion was put forward to the Board of CNYPA to raise dues to \$70 a year. After some discussion, the motion was approved unanimously (see p. 4).</p>
<p><i>Define how and where we keep CNYPA records, organize record-keeping. Keep documents on our website? (section 1.b.1.4)</i></p>	<p>We started a new CNYPA undergraduate intern program and are thrilled to have accepted our first intern, Rianne Almontaser of Hamilton College! (see p. 12). Rianne has hit the ground running and has already helped us organize our internal documents, housed on a shared google drive.</p>

PRIORITY #2: Provide Educational Programming to Psychologists and Allied Health Professionals

*Advance the lifelong learning of competent and ethical psychologists by providing quality programming and professional development
Offer CEs. (section 2.a.1.)*

The program committee recently surveyed the membership about preferences for programming. The board determined that we currently do not have the resources to become certified through NYSED as a CE provider. However, as a viable alternative, we have started working with Genesee Valley Psychological Association (GVPA), who is an approved provider of CEs for psychologists by NYSED. Our program committee recently met with GVPA leadership and we plan on offering a jointly sponsored, virtual program soon, with CEs! Stay tuned!

*Provide opportunities for peer mentorship/consultation/supervision
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. (section 2.a.ii.1)*

Results from the programming survey suggested there was not enough interest in a mentoring program. There was interest in peer consultation groups, and we are about to launch those with Stephanie Scherr and Nichole Campbell (see p. 7)!

PRIORITY #4: ADVOCACY & SERVICE TO THE PUBLIC
*Make psychology more visible to the CNY community by providing psychological resources, scientific knowledge, public education, and referrals.
(section 4.a.viii)*

A new, Public Education Committee was started and Chaired by Dr. Holly Vanderhoff. Ashley Schiros, our former graduate student representative and current SUNY Upstate intern, has received a grant to help with CNYPA public education initiatives! (see p. 7)

Committee Updates

The **CNYPA Public Education subcommittee** is working on collecting data from community members surrounding their interests for public education programming. The committee plans to use this data to develop community-focused seminars aimed to improve knowledge surrounding mental health topics.

This project and programming will be supported by the **Life Together Leadership Fellowship** from Syracuse University. Anyone interested in joining the subcommittee or contributing to lending their expertise to programming is encouraged to reach out. Email hmpierso@syr.edu

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Follow up to the **CNYPA Program Committee** recent membership poll.

Several individuals expressed interest in joining a Peer Consultation group. The areas of interest were in the following:

Private Practice

Adult Treatment

Child Assessment

If you are interested in learning more please reach out to Stephanie Rabin Scherr (rabin@thecenterforemotionalhealth.com) or Nichole Campbell (loveprotectact@gmail.com).

This is an exciting, new opportunity to connect and support one another in our vital work.



Updates to New York State Mental Health and Child Protection Laws

CNYPA is pleased to share several recent updates to New York State law that impact clinical practice, youth access to care, and mandated reporting requirements.

1. Expanded Consent Rights for Youth Under 18

Recent changes to Mental Hygiene Law and Public Health Law now allow an expanded group of minors under age 18 to consent to mental health treatment without parental consent.

Clinicians are encouraged to review the official memo from the New York State Office of Mental Health for full details and implementation guidance:

[🔗 OMH Guidance on Minors' Rights to Consent to Mental Health Services](#)

2. Revised Involuntary Admission Criteria (Effective August 7, 2025)

Amendments enacted through the FY 2026 State Budget update New York's involuntary admission standard to include individuals who, due to mental illness, are unable or unwilling to provide for essential needs such as food, clothing, medical care, personal safety, or shelter.

This change codifies existing case law and aligns New York with 43 other states, strengthening clinicians' ability to protect individuals at substantial risk of harm and connect them to life-saving treatment.

Clinicians are advised to review and share the new guidance, which supersedes prior versions.

3. Updated Mandated Reporter Training Requirements

Chapter 25 of the Laws of 2024 amends Social Services Law §413 to require training on identifying abuse and maltreatment among children with intellectual or developmental disabilities.

All mandated reporters—including those who have completed prior training—must finish the updated curriculum by November 17, 2026.

- Updated training becomes available September 1, 2025.
- Those who completed approved training between Nov. 1, 2022, and Aug. 31, 2025 may fulfill compliance via a brief 15-minute addendum.

More information:

[🔗 NYS Education Department – Mandated Reporter Training](#)

[🔗 Free NYS Online Training](#)

Submitted by Kate Warden and edited by ChatGPT



by Tanya Pelletiere, Ph.D.

This has been a year of transition and rebuilding for NYSPA. We have hired Association Headquarters (AH) to help manage our organization and I do not think we realized how much we needed this new direction. It has been bumpy at times but I feel confident that NYSPA is in good hands and that we can emerge stronger with the leadership and expertise of AH. NYSPA continues to work on growing its membership and streamlining procedures all while remaining at its core, an organization to support the work of psychology in New York. Our Legislative Committee continues the important work of ensuring that doctoral level psychology and the clients we serve are protected!



CNYPA will be well represented next year by Dr Anne Reagan.

It has been an honor and my pleasure to fill the role for the last three years!

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> join a NYSPA Division:

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

Tanya Pellettiere was recently featured in the weekly newsletter sent out by NYSPA. Tanya has been a fantastic leader in both CNYPA & NYSPA, who fiercely advocates for her clients, the needs of the public, and the profession of psychology!

Friday Flash



Weekly E-Newsletter of the New York State Psychological Association

October 17, 2025

PRESIDENT'S SPOTLIGHT



Tanya Pellettiere, Ph.D.

*Central New York's
Representative to NYSPA Council*

*Member-At-Large on
NYSPA's Executive Committee*

What inspired you to join NYSPA? I have always felt that volunteering for your profession is an obligation we should all fulfill in some way. Giving back to psychology is all of our responsibility!

What was your first or favorite volunteer experience with NYSPA? I was the representative to NYSPA Council from CNY. It felt good to represent my area at the state level.

What benefits—personal or professional—have you gained from volunteering in NYSPA? I think the biggest benefit is having met such a talented and brilliant group of people that I can call on as professional resources. I can always say "I know someone!". I also feel that I can always say that I did my part. You can't complain about the conversation if you are not at the table.

What insights have you gained from working alongside other psychologists in NYSPA? That we are a business and we have to lead responsibly. Being part of NYSPA has actually helped me learn that being a psychologist is much more than just psychology.

How do you see the field of psychology evolving in the next decade, and how can NYSPA support that growth? I fear that psychology will no longer be led by Doctoral Level professionals and I would like to see NYSPA ensure that this does not happen.

What advice would you give to other psychologists who are considering joining NYSPA or volunteering for NYSPA? Do it! No regrets. It is important work but can also be a lot of fun.

What's one psychology-related myth you wish you could debunk? That we can all somehow read minds!

Upcoming Events



2025 ANNUAL DINNER MEETING THURSDAY, DECEMBER 4TH AT 5:30PM

We will be gathering at the home of our current president, Deb Pollack
8049 Summerview Dr., Fayetteville

Fall Happy Hour



*Pizzas courtesy of
Apizza Regional*

Our Fall Happy Hour at
Nobody's on October 18th
had a great turnout.



*Many interns joined
us for conversation
and networking*



CNYPA's student representative: Gavin Davis

Gavin is a graduate student at SUNY Oswego pursuing a degree in School Psychology with a Certificate of Advanced Study. Gavin works on campus as a study abroad coordinator and also serves in the Army National Guard as a Human Resources Officer. He loves to travel, hike, ice skate, ski, rollerblade, and adventure! Gavin is in his second year of graduate school and is currently conducting his school psychology practicum at Frederick-Leighton Elementary in Oswego, NY. Gavin's favorite subjects in psychology are: motivation, metacognition, mind-wandering, and autism and ADHD. He loves mentoring others and hopes to contribute to the Central New York psychology community in a meaningful way.



WELCOME

CNYPA's first intern: Rianne Almontaser

My name is Rianne Almontaser, and I am the undergraduate intern for CNYPA! I currently attend Hamilton College as a junior, double-majoring in psychology and sociology. While reading about CNYPA, I was excited to see the different ways this organization cultivates connections between higher education, the medical field, and the community. I also loved the informational resources (from the community information on mental health disorders to the undergraduate Q&A section), which were all accessible via the website. They are an amazing resource for college students like myself trying to navigate the psychology graduate school route. Seeing the online snapshots and the different ways these individuals became interested in psychology was lovely, and reading their pieces of advice was rewarding. I hope to meet some of these individuals in person through my internship here at CNYPA and obtain further advice on my career path.



2025 year to date Financial Report

2025 CNYPA Financial Report for 3/31/25-9/30/25

CNYPA Financial Report	3/20/25-9/30/25
March 31, 2025 Balance	\$3,534.29
Income:	
Dues	\$1287.86
Conference	\$738.18
Total Income	\$2,026.04
Expenses:	
Administrative Support (Jan 2025-June 2025)	\$330
Insurance (6/2025-6/2028)	\$1,034
Gifts	\$195.95
Total Expenses	\$1,559.95
September 30 2025 Balance	\$4,000.38