



Newsletter Spring 2014



Letter from Your President ~ Bonnie M. Carroll, LCSW

Greetings NCAMHP members,

I hope this Spring finds you all feeling positive, healthy, and full of optimism.

At this time I feeling grateful for all the hard work and dedication I witness from our NCAMHP members who volunteer their time on the Board of Directors and in our various Committees. I would like to mention some of the stand outs from the last few months:

Thanks to Caitlin Scofield and Peter Moore for joining the Board of Directors.

Thanks to Katherine Salinas, NCAMHP Treasurer, for the time she spent moving NCAMHP's banking from the Bank of America to Coast Central. Not only does banking at Coast Central allow our local organization to support a local business, but Katherine found that the benefits of banking at Coast Central seemed to outweigh the benefits of banking at Bank of America.

Thanks to Caitlin Scofield, Victoria Ziskin, Patti Thomas and Rebecca Hall for helping get the 2014 Redbook ready for distribution. They put many hours into making the Redbook happen this year.

Thanks to Sarah Haag who is setting up a listserv that will allow NCAMHP members to connect with each other through their emails. Sarah is making arrangements to utilize the Electric Embers listserv platform. NCAMHP members can choose whether or not to "opt in" to the listserv. The listserv will not have a moderator. NCAMHP will be sending out information about the listserv etiquette and rules, as well as the "opt in" instructions. Please keep an eye out for that.

Thanks to the Newsletter Committee for their hours of work dedicated to publishing the NCAMHP newsletter every quarter.

A big thanks to the Education Committee whose many members always go above and beyond in their efforts to meet the education needs of our organization. Every meeting and training event we sponsor requires a lot of their volunteer time. This is especially true whenever we have to reschedule a training; and they have had the unfortunate bad luck to be faced with that hurdle twice in the last two years. So please let the Education Committee members know how much you all appreciate their hard work and dedication.

And finally, thanks to all of you for being NCAMHP members and for all of the great work you do in our community every day. NCAMHP members are working to make this world a little better: one person, couple, and family at a time. So I am thanking goodness for all of you!!!

Bonnie M. Carroll, LCSW
NCAMHP Board President 2014
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Thank you,

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Articles and Special Interest Topics

MAJOR DSM-5 DIAGNOSIS CHANGES CHEAT SHEET

By Sarah C. Haag, Ph.D.

New Diagnoses

- **Premenstrual Dysphoric Disorder:** timing of onset and remittance of symptoms is key
- **DMDD (Disruptive Mood Dysregulation Disorder):** Essentially childhood Bipolar Disorder
- **Excoriation Disorder:** Skin Picking (just like Trichotillomania but skin picking instead of hair pulling)
- **Hoarding Disorder:** No longer a part of OCD, instead a separate (but related) disorder

- **Social (Pragmatic) Communication Disorder:** impaired social verbal/nonverbal communication
- **Caffeine Withdrawal and Cannabis Withdrawal:** new diagnoses
- **Gambling Use Disorder and Tobacco Use Disorder:** new diagnoses
- **Binge Eating Disorder:** Same binging criteria as Bulimia, but without compensatory behaviors
- **Disinhibited Social Engagement:** overly familiar behavior toward strangers or approaching strangers
- **Rapid Eye Movement Sleep Behavior Disorder:** Acting out movements from dreams
- **Restless Legs Syndrome:** Distressing urge to move legs, particularly at night
- **Central Sleep Apnea & Sleep-Related Hypoventilation:** Breathing difficulties during sleep

Changed Diagnoses

- Dysthymia (*Is now **Persistent Depressive Disorder***)
- Chronic Major Depression (*Is now **Persistent Depressive Disorder***)
- Stuttering (*Is now **Childhood Onset Fluency Disorder***)
- Asperger's (*Is now **Autism Spectrum Disorder** OR **Social (Pragmatic) Communication Disorder***)
- Reading, Mathematics, & Written Expression Disorders (*Are now all **Specific Learning Disability***)
- Panic Disorder with Agoraphobia (***Panic Disorder** and **Agoraphobia** are now separate disorders*)
- Hypochondriasis (*Is now either **Somatic Symptom Disorder** OR **Illness Anxiety Disorder***)
- Gender Identity Disorder (*is changed and is now **Gender Dysphoria***)
- Substance Use & Substance Dependence (*are now **Substance Use Disorders***)
- Dementia & Amnesic Disorder (*are now **Major or Mild Neurocognitive Disorder***)
- Vaginismus & Dyspareunia (*are now **Genito-Pelvic Pain/Penetration Disorder***)
- Sexual Desire & Arousal Disorders (*are now **Female Sexual Interest/Arousal Disorder***)

Other Big Changes: What's **IN** and What's **OUT**

- Schizophrenia: four subtypes (e.g. paranoid) are *out*
- Schizoaffective Disorder: A major mood episode is now *in* (required)
- Delusional Disorder: the requirement that the delusions must be nonbizarre is *out*

- Bereavement exclusion for depression is *out*
 - Some new mood specifiers are *in* (e.g. *Mixed features, Anxious Distress*)
 - Amenorrhea is *out* as a criterion for Anorexia
 - Anxiety Disorders: specification that individuals recognize that fear/anxiety are excessive is *out*
 - PTSD diagnostic clusters were reorganized/expanded, and new/reconceptualized symptoms are *in*
 - Not Otherwise Specified (NOS) is *out*. Unspecified and Other Specified are both *in*
 - Separate Axes are *out*
 - An alternative model for Personality Disorders proposed is *in* but no changes to existing PD criteria
 - Major structural changes are *in*: chapters have been added, moved, and deleted
-

ICD-10 Delay Ready To Be Signed Into Law

Excerpted from MedPage Today, by Washington Correspondent, David Pittman; dated March 31, 2014

The Senate voted in March (2014) to delay scheduled cuts in provider payments under Medicare and moved to switch to ICD-10 billing codes, until October, 2015.

The chamber passed the bill that delays by 12 months, pending reimbursement cuts under Medicare's sustainable growth rate (SGR) payment formula. Physicians were to face 24% cuts in Medicare payments starting in April, unless Congress acted. The bill delaying the SGR's cuts and the ICD-10 implementation is expected to be signed into law by President Obama.

The bill passed in March does more than simply delay the SGR's planned cuts, including:

- Delays until October 1, 2015, the switch to ICD-10 billing codes
- Provides a 0.5% Medicare pay increase over that 12 month period
- Revalues certain payment codes
- Creates a program designed to promote proper use of diagnostic tests and treatments, to discourage their overuse
- Authorizes a multi-state program designed to raise standards for mental health services and improve integration of care
- Delays audits of alleged unnecessary claims until March, 2015

Future updates can be found at:

<http://www.apapracticecentral.org/update>

Highlights from Non-Profit Agencies Serving the North Coast

The Emma Center

The Emma Center serves women of Humboldt County who have experienced physical, sexual and/or mental abuse. Our support services are unique in that they focus on the long term effects of abuse, such as post traumatic stress disorder (PTSD), dissociation and other ailments born from abuse and trauma. We offer a broad range of traditional and holistic healing services at no cost, which can be tailored to the individual's needs. We seek to build a strong coalition of people committed to addressing the causes and consequences of child abuse and violence against women through education, outreach and advocacy.

*"The Emma Center saved me life. Thank God there is something like this out there."
Woman of The Emma Center*

Among the many services offered to women are support groups facilitated by a licensed therapist, a healing arts program offering a wide range of holistic therapies and modalities (including massage, ayurveda, chiropractic, reiki, equine therapy, energy healing, biofeedback, art therapy and self care workshops), counseling assistance for low income women, a trauma and healing library, self care handouts, educational workshops and more.

"Your services have changed the whole way I am approaching my healing. I know so much about my body and myself. It has changed everything for me."

Woman of The Emma Center

If you have questions or would like to participate in our programs please contact Beth at (707)825-6680 or email beth@emmacenter.org. If you are a practitioner wanting to donate services or would like to offer support in other ways, please contact Chrissy at (707)825-8063 or email chrissy@emmacenter.org.

I want to thank all of the gracious practitioners, The Humboldt Area Foundation, The Mel and Grace McLean Foundation and all of the people in this community who have supported The Emma Center's mission. We have not only doubled our participation in the past year but have been able to increase services offered. On behalf of all the women of The Emma Center, THANK YOU, your efforts are making a huge difference.

Chrissy Harnos – Director, The Emma Center



News From NCAMHP Committees

The Education Committee is planning trainings for 2014, to be announced.

The website committee has completed some changes to the NCAMHP website, including creating more interactive options for members/users.

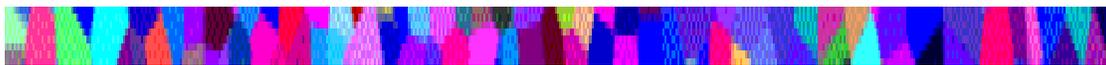
The Membership/Redbook Committee has completed the 2014 Redbook. It should be in your mailbox soon.

Committee Updates

Recent openings on committees have necessitated a need for new committee members. The website committee is recruiting members interested in website development.

A heartfelt thanks goes out to Jennifer Blair for her years of service to NCAMHP, serving as President, in various Board of Directors positions, and on the Newsletter Committee.

Many thanks also to Dave Berman, hypnotherapist, for his years of service to NCAMHP, serving on the Website and Education Committees.



Highlights from the Spring Workshop/Training

This training was held on Saturday, April 26th, 2014; titled: "Providing High Quality Care to the Person Who Has Treatment Resistant Depression," by Presenter: Jacqueline B. Persons, Ph.D., author of: "Working with Treatment-Resistant Depression: Combining Cognitive-Behavioral Therapy with Individualized Case Formulations."

The workshop included information and discussion on current evidenced based treatments for depression, co-morbid diagnoses, progress monitoring, and clinical decision-making when treatment is not working. For more information regarding Jacqueline Persons' work, visit her website at: <http://www.sfbacct.com/our-psychologists/50-jacqueline-b-persons-phd-director>



Trainings

Fall Workshop 2014, Saturday, October 11, 2014, 9:00am to 4:30pm at Christ Church, 15th and H St., Eureka, Title: TBA; Presenter: Robert Scaer, MD, author of: "8 Keys to Brain-Body Balance." The bodily experience of emotions, the impact of emotional trauma on the body, and how to incorporate the body in healing emotional distress. More info: <http://www.traumasoma.com>



Announcements

Spring General Meeting, Wednesday, April 30, 2014; 5:30pm to 8:00pm at Humboldt Area Foundation – Topic: local chapter of NAMI, Presenters: Tim Ash, Sharon Benda and Tim Doty.

The NCAMHP Board of Directors would like to announce two new board members to the NCAMHP B.O.D. The board is grateful to Peter Moore, MFT and Caitlin Scofield for their willingness to serve on the NCAMHP Board of Directors.

New Addresses:

Breaking The Cycle, Carol Coal, LCSW
2830 G St., Ste. D, Eureka, CA 95501

Jane Good, MFT
2830 G St., Ste. D, Eureka, CA 95501



Advertisements

The following advertisements are not endorsed by NCAMHP.

There are no advertisements for this newsletter. Remember, as a member you advertise for free!

Job Announcements

P/T or F/T Clinician to work in state certified Sex Offender Treatment Program. Licensed therapist preferred, but will consider Pre-Licensed DOE. Some training provided. Call Gail Narum at 707 441-8626 ext 1.

Humboldt Open Door Community Health Centers Behavioral Health Team has openings for mobile, Arcata and Eureka Clinics for Full Time, Part Time, or Contracted LCSW or Psychologist. Must be licensed and willing to work in fully integrated position in medical setting providing brief interventions, referrals, and time limited individual and group treatments.

If you are interested, please apply online at <http://www.opendoorhealth.com/opendoor/> or email Dr. Lesley Manson at lmanson@opendoorhealth.com for further details.

Your Voice is Important!

Contributions are always welcome; anything from a paragraph to a couple of pages would fit well in the newsletter. The deadline for Summer submissions is June 15, 2014. Send your ideas to the newsletter committee: newsletter@ncamhp.org,
Or Diane Warde, LCSW at wardediane@yahoo.com

Members may advertise and post announcements for office rentals free of charge via the web at any time:

- Step 1: Go to www.ncamhp.org
- Step 2: Click on Member Login and Login
- Step 3: Click on Member Discussion Board
- Step 4: Choose "Office Rental"

Please give us feedback: newsletter@ncamhp.org.



Board of Directors

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839-1244

Sarah Haag, PhD, Secretary
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Katherine Salinas, LCSW, Treasurer
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498-9651

Diane Warde, LCSW
498-3263

Peter Moore, MFT
442-7228

Caitlin Scofield, HSU student
Crs102@humboldt.edu

NCAMHP COMMITTEES

Website Committee

Scott Sherman

Membership / Redbook Committee

Rebecca Hall

Patti Thomas

Victoria Ziskin

Marcella Bixler

Stephanie Enright

Peter Moore

Caitlin Scofield

Education Committee

Loren Farber

Carmela Wenger

Scott Sherman

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