



**Letter from Your Interim President ~  
Paula Nedelcoff LMFT**

**Greetings NCAMHP members,**

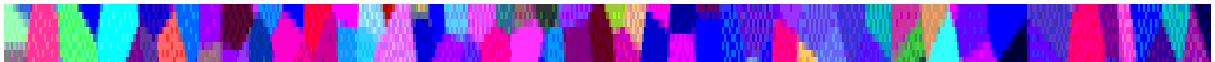
Hello from sunny Spain. I want to thank all of you who attended our General Meeting last month. The Education Committee put on a great evening and I felt we had a lively discussion. It was exciting to see many new faces and always nice to see familiar ones too. I want to remind everyone the Board is meeting soon and if you have an interest to attend, please email me and I will give you the specifics. We are welcoming new members as we believe new leadership is always a positive thing.

As many of you know, I am overseas working with our military families. This time my assignment is at the Middle/High School campus working with the kids and their families on most typical teen issues but added in deployment and the stress that brings. We have the bluest skies here and the beach is still warm enough to swim in.

With all that said, there is no place more beautiful than our own Humboldt County. Thank you all for being there to help lift it up and hold our community close.

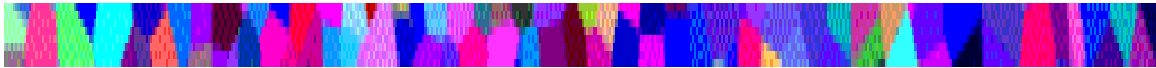
Happy Fall. Enjoy this festive time of year.

*Paula Nedelcoff MFT*  
NCAMHP Board Interim President  
[therapydok@sbcglobal.net](mailto:therapydok@sbcglobal.net)



## **Twig's StressLess Series for Getting Through Wildfires and Other Natural Disasters**

Originally produced as a series of public service announcements to help reduce the impact of trauma and stress from longer lasting events like wildfires and other natural disasters, this free audio series provides support, suggestions and practical ideas on how people and their community can "StressLess" during turbulent times. Twig, Anthony Twig Wheeler, a trauma specialist and somatic educator created the series. Informed by the science of traumatology and trauma healing modalities like Somatic Experiencing® and Organic Intelligence® these recordings were originally created for Twig's local community radio **in the Methow Valley, WA** during the heavy fire seasons of 2014 and 2015. They are offered online at: <http://www.liberationispossible.org/stressless-series/> and in podcast form, to help encourage and inform people on how to take care to minimize their stress response and the prospect of traumatization. There are 29 recordings, mostly from 2 to 5 minutes long with a few that are up to 22 minutes. Topics include: Preparing and Restoring Orientation to Decrease the Stress Response; Safe Places to Find Some Rest; and Science That Helps Us Deactivate.



## **An Easy Way to Educate Yourself about Racism with Podcasts**

I listen to lots of podcasts when I'm driving and doing household chores. I like learning things, laughing and/or hearing people's stories while I'm doing some task I don't really like. Recently I noticed that I've been listening to a number of podcasts that are helping me learn a lot about racism in a very accessible way. I'm sure many NCAMHP newsletter readers are also concerned with the issue of racism these days. For those of you who like podcasts, here is a list of my favorites. I'd also love to hear from anyone who knows of any other podcasts that deal with racism that they like. --Emily Siegel LCSW

"Seeing White", a special 14 part series on the podcast from February 15, 2017 to August 24, 2017, on the podcast "Scene on Radio", a podcast from the Center for Documentary Studies at Duke University. If I were only recommending one podcast, this would be the one. Host and producer, John Biewen, after reporting on racism for many years, noted that in his reporting, as in most mainstream reporting on race in the U.S., white people as a group were not mentioned. He developed this series to change that by directly examining the elephant in the room, whiteness and white people. The series includes interviews with a wide area of leading scholars and activists. Biewen also regularly discusses the episode topics with his African

American friend, Dr. Chenjerai Kumanyika, professor, journalist, artist and organizer, to help Biewen check that he, as a white man, is getting a full picture of whiteness.

In an interesting online article (<http://www.oxfordamerican.org/item/1259-seeing-white>) Biewen states, "Before starting in on the project, I thought of myself as relatively knowledgeable and thoughtful about race and how it works in our society. But most of what we've reported in the series was new to me. I now see that I knew very little." Episodes include looking into the scholarship by historians answering the question of where our ideas of distinct human "races" and the "white" race in particular come from. The episode "That's Not Us, So We're Clean" looks at the self-righteousness and condescension with which white Northerners tend to view white Southerners around racism. I especially liked and learned from the episode, "White Affirmative Action" that looks at the long history of U.S. government programs for the benefit of a particular racial group. It shows how white people, from the beginning, got most the advantages. Find this one by first searching for "Scene on Radio" and then looking for the "Seeing White" series in the past episodes.

"Code Switch" An NPR podcasts with journalists of color having a conversation about race and identity and topics in the news in more depth than can happen in a 3 ½ minute news item. It is honest, empathetic and thinking about race in the U.S. as a part of everything in our lives. A recent episode looked at why some people of color embrace the American flag while others refuse to by looking at immigrant rights protests and Native American veterans. They have also covered the disorganized response to Hurricane Maria in Puerto Rico as well as why how discrimination effects how certain communities are more vulnerable to catastrophic weather events such as heat waves and hurricanes. There were also very interesting episodes related to the aftermath of the white supremacist rally in Charlottesville that led to the death of a protester.

"In the Thick" A political podcast where journalists of color discuss the current issues of race, identity, politics and culture "from a POC (People of Color) perspective" that are missing from mainstream news co-hosted by award-winning journalists Maria Hinojosa and Julio Ricardo Varela. Recently there has been a lot of good reporting on Puerto Rico and Hurricane Maria. They had an in-depth conversation about the change in some places to Indigenous Peoples Day instead of Columbus Day. I learned a lot from another discussion after Charlottesville about the anti-Semitic roots of white nationalism. There are also informative podcasts about DACA (Deferred Action for Childhood Arrivals) and discussions of class and its relationship to race.

"We Live Here" A podcast with two St. Louis Public Radio reporters who explore how issues of race, class, power and systemic racism impact people as well as the well-being of their region and the entire U.S. Begun

as a response to the Michael Brown's shooting death in Ferguson, they examine a wide variety of topics such as: criminal justice, education, health, housing, municipal courts and toxic stress. They say their podcast is for "people somewhere on the woke spectrum." A recent episode looked at the idea of a "woke spectrum", talking to people about where they see themselves given today's world and connecting it to some theoretical, academic perspectives on racial identity. Another fascinating recent episode interviewed a woman whose blue-collar family was part of the "white flight" that led to St. Louis becoming one of the country's most segregated cities. This woman's connection to a poem by a black woman who grew up in the same area, a generation later, led to an interview with that poet and her own perspective on growing up.

"#GoodMuslimBadMuslim" A satirical but also serious podcast featuring Tanzila "Taz" Ahmed and Zahra Noorbakhsh about the good and the bad of the American Muslim female experience. They talk about being "bad" Muslims to the Muslim community because they listen to music, they don't pray regularly, they date or are married to white men (Zahara), identify as punks and radicals (Taz) and perform and share their lives with comedy and writing. They say to non-Muslims they are "good" since they don't drink or do drugs, are not criminals, are social justice activists, and successful but also they are bad living with the islamaphobia of post 9/11 U.S. They use humor but also share their struggles and fears, reacting to the news, giving out good Muslim awards, describing "awkward" Muslim experiences and issuing their own "fatwahs" (an Islamic legal opinion or ruling issued by an Islamic scholar).

"What's Ray Saying" Storyteller and historian, Raymond Christian, provides a podcast that takes a deeper view into Black life in America by examining the intersection of history, narrative, and experience. His own life experiences: inner city poverty, the military, family, and teaching college inform his perspective and his storytelling. The first episode details the hardships that Blacks experienced after slavery and explores the themes and patterns of struggle that continued through the generations and into his own life. Other episodes look at racism, history and issues such as who is considered Black and why, hunger, death, education, the military and his own journey as a storyteller.

"Uncivil" A new podcast that presents a new take on the official version of the Civil War and the history we grew up with. It also connects these forgotten struggles to the political battlefield and racism we're living with today. The first episode is about the amazing raid at Combahee Ferry, a covert operation involving Harriet Tubman that freed slaves, many of whom joined the Union Army. Another episode looks into the past and present of the "40 acres and a mule" promise to newly freed slaves. A panel discussion on another episode discusses how the various panel members take down Civil War myths that are still alive today.

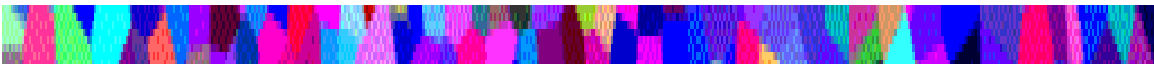


## **Crestwood Behavioral Health Center**

Dear NCAMHP Members: I wanted to let you all know I appreciate seeing all the wonderful work and teambuilding you mental health professionals do. This community is so lucky to have such dedicated and caring individuals such as yourselves. It is your efforts that helps our community find wellness early on, and prevent individuals from needing higher-level of care services such as our programs.

That said, I also wanted to take this opportunity to let you know about Crestwood Behavioral Health Center and our campus. We are a sister facility within the California statewide system of Crestwood Behavioral Health, Inc. This campus has been active in Eureka since 1979 providing mental/behavioral health residential programs of various kinds. Currently, the campus is made up of two residential programs – the mental health rehabilitation center (or MHRC; a secure setting) and Pathways, an adult residential facility/Medi-Cal certified Social Rehabilitation program (unsecure setting). The population we work with is adults, age 18 and up, with a primary mental health diagnosis. The majority of our referrals come from county mental health to work with their clients under public guardianship. At the MHRC, it is counties you pay for the program for their client. At Pathways, SSI pays for the room and board while the county pays for the service patch. Some examples of tools we use are Dialectical Behavioral Therapy, Wellness Recovery Action Plans, trauma-informed approaches, motivational interviewing, and pre-vocational training. We are accredited with our whole family of facilities by the Commission on Accreditation of Rehabilitation Facilities (CARF). The focus of our programs centers on recognizing the unique gifts, interests and challenges of each person we serve, and supporting creativity, wellness and empowerment throughout the recovery journey. And our goal is to guide our clients through each program and onto a lower level of care, ultimately back into the community to succeed in their life again.

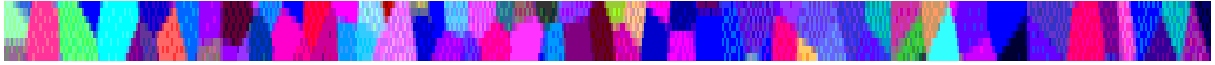
Should you wish to know more [about our programs](#), feel free to contact me at 707-442-5721 ext. 11060 or [rpitts@cbhi.net](mailto:rpitts@cbhi.net). Again, while we partner mostly with the county mental health branch the majority of the time, I am sure at some point we will all be working towards helping the same client.---Sincerely, Robert L Pitts, Jr, MA, Campus Administrator



## **Making Changes to Members' NCAMHP Information**

When you make changes on the website, they are not reflected on our master membership list. It is especially important for addresses and changes in licensure

(going from intern to fully licensed) to be phoned into the NCAMHP phone line 707-441-3832 so we can update the master list. The only other way we find out is if your dues letter is forwarded and we see a new address when you send payment



## **Trainings**

### **A New Approach to Addictions, Eating Disorders, Suicidality and Self-Destructive Behavior**

NCAMHP and Open Door Clinics are presenting this exciting workshop with Janina Fisher Ph.D, on March 10, 2018 at the Humboldt Aquatic Center, 921 Waterfront Dr., Eureka. The workshop will be from 9 am-4: 30 pm with a 1 hour catered lunch and 6 hours of CEUs. Presenter Janina Fisher is an internationally known expert on the treatment of trauma, author of the forthcoming book, Healing the Fragmented Selves of Trauma Survivors and co-author with Pat Ogden of Sensorimotor Psychotherapy: Interventions for Attachment and Trauma. (See her website: [www.janinafisher.com](http://www.janinafisher.com) for more information.)

Childhood trauma, neglect and disorganized attachment leave individuals with a legacy of overwhelming memories, a fragmented sense of self and a compromised nervous system that impairs their capacity to tolerate affect and experience. Unaware that their intense feelings and reactions represent non-verbal implicit memories held by fragmented parts of the personality, they resort to desperate measures: addictive and self-harming behavior to numb the body or increase hyper vigilance, suicidal ideation to restore a sense of control over their lives, and easily active fight/flight responses to hurt, separation or rejection. The therapist is left with a quandary: how do we treat the underlying trauma when the client is unstable or unsafe, living from crisis to crisis or caught in a revolving door of hospitals and treatment approaches? How do we acknowledge what has happened without open up too much? The Trauma-informed Stabilization Treatment (TIST) model was developed to provide some hopeful answers to these challenges. Based on theoretical principles drawn from neuroscience research on trauma and structural dissociation theory, TIST offers a treatment approach that combines mindfulness-based appreciated, Sensorimotor Psychotherapy, and Internal Family Systems techniques to address the challenges of treating clients with a wide range of diagnoses, including complex PTSD, borderline personality, bipolar disorder, addictive and eating disorders and dissociative disorders.

Cost: NCAMHP members: MFT/LCSW/Ph.D/Psy.D--\$125 check \$130 credit card; Pre-Licensed--\$90 check \$95 credit card; Students \$25 check \$30 credit card

Go to [www.NCAMHP.or](http://www.NCAMHP.or) for information, workshop application form and to pay by credit card.



## **Announcements**

### **Beacon/Partnership Representative Greta Blix**

The Beacon/Partnership representative for our area is Greta Blix. She is available for any kind of help including application for Beacon and billing issues. Her phone number is (707) 273-8725. (It is generally more useful to contact our local area representative than the people at the 800 number.)

### **Local Pain Management Support Services Guide**

As part of a "managing pain safely" grant to address the over use of opiates, the Humboldt Independent Practice Association is creating a resource guide to alternative therapies for pain management. There is no charge to be included, and it will be posted online on the IPA's website and also distributed in print to medical providers. We are trying to identify mental health practitioners that specialize in pain management and/or CBT or behavior modification. If you would like to be listed in the guide, please contact Beth Shipley at [bethship@yahoo.com](mailto:bethship@yahoo.com) or 407-8521

### **Parent and Caregivers Support Group**

Parents, caregivers, and grandparents raising grandchildren meet in a safe and supportive setting to learn ways to get and give support to each other. Group members learn useful ways to take turns and listen supportively to both the wonderful things about parenting and the difficulties. When parents get a chance to talk about their joys, feelings, frustrations, or upsets, they can then think better about what they want to do. This group also supports parents to use their listening skills from their parent/caregiver support group to support their children. Parents get support to use special playtime as a tool to build connection with their children.

Many clients, especially Partnership/Beacon clients, are having difficulty finding a therapist in our area. For parents and caregivers who are looking for mental health services for themselves or their children, the Parent and Caregiver Support Group can be a helpful way to get support right away, even while they are trying to find a therapist.

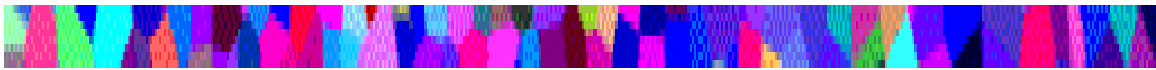


This drop-in group meets Thursdays, from 10-11:30 AM at the Marshall Family Resource Centers, Lincoln Campus, 216 W. Harris (at Pine St). Emily Siegel LCSW facilitates the group. She has been using and teaching this method for over 35 years. It is based on Re-evaluation Counseling also known as Co-Counseling (<http://www.rc.org>). Call Emily at: 707-845-2401 for more information or questions.

### **Redwood Coast Village**

Redwood Coast Village is a member-run, volunteer-based organization. Members are Humboldt County residents, ages 50 and older. Volunteers come from all age groups and walks of life. They coordinate matching members' needs with volunteers' services, disseminate information from member recommendations, and help to ensure high quality in all that we do. Redwood Coast Village is a program of the Area 1 Agency on Aging, a 501c3 organization.

Redwood Coast Village has continued to grow. Volunteer-based services are now being offered Eureka and Trinidad. Outreach to areas in the Eel River Valley will begin in the first half of the year. The most popular requests for services are people are mostly asking for help with rides and home technology. There have also been requests for things like dog walking after an operation and replacing a deadbolt lock. For more information: <http://www.redwoodcoastvillage.org> or call Susan Rosso 442-3763 x 217.



### **NCAMHP Resources**

NCAMHP has an Internet library, located on the NCAMHP website. To submit a paper/article for the library, please contact Caitlin Scofield at: [Crs102@humboldt.edu](mailto:Crs102@humboldt.edu)

NCAMHP has a Listserv. It is intended for communication with the NCAMHP general membership. To be added to the Listserv, please email Sarah Haag, PhD at [sarahcatherineh@gmail.com](mailto:sarahcatherineh@gmail.com). NCAMHP encourages members to join the Listserv. It is a way to have questions answered and get clarification on issues common to NCAMHP members. It is a way to connect with the larger group, and gain access to a wider range of answers to your query. It is also a way to share other interesting information such as resources available for clients.

The listserv can be accessed at: [ncamhp@groups.electricembers.net](mailto:ncamhp@groups.electricembers.net) To get started you may wish to access the introduction page at: <http://groups.electricembers.net/lists/help/introduction>

### **Internet Resources**



For becoming a Medi-Cal or Medi-Care provider, contact Beacon at:  
<http://beaconhs.com>. To apply by phone you may contact the California office at:  
800 723-8641.

A report has been released by the American Psychiatric Association about growing body of evidence on integrated medical and behavioral health care demonstrates the promise of these models for providing better care, improving patients' health, and lowering health care costs. It is called: "Integrated Primary and Mental Health Care Reconnecting the Brain and Body" and can be found at:

<http://psychiatry.org/integratedcare> or archived at:  
<http://psychiatry.org/practice/professional-interests/integrated-care-reconnecting-the-brain-and-the-body>

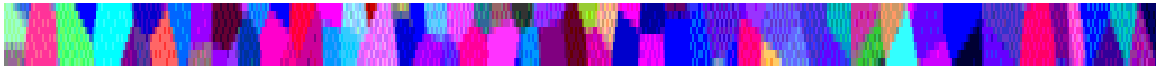
A resource for information on acting on Blue Cross claim problems, countering negative online reviews and 12 practice management/billing programs for therapy practices; with links to their websites at:

<http://cpapsych.org/displaycommon.cfm?an=18> HYPERLINK  
"<http://cpapsych.org/displaycommon.cfm?an=18> HYPERLINK  
"<http://cpapsych.org/displaycommon.cfm?an=18> HYPERLINK  
"<http://cpapsych.org/displaycommon.cfm?an=18&subarticlenbr=47>"& HYPERLINK  
"<http://cpapsych.org/displaycommon.cfm?an=18&subarticlenbr=47>"subarticlenbr=47" HYPERLINK  
"<http://cpapsych.org/displaycommon.cfm?an=18&subarticlenbr=47>"& HYPERLINK  
"<http://cpapsych.org/displaycommon.cfm?an=18&subarticlenbr=47>" HYPERLINK  
"<http://cpapsych.org/displaycommon.cfm?an=18> HYPERLINK  
"<http://cpapsych.org/displaycommon.cfm?an=18&subarticlenbr=47>"& HYPERLINK  
"<http://cpapsych.org/displaycommon.cfm?an=18&subarticlenbr=47>"subarticlenbr=47"subarticlenbr=47" HYPERLINK  
"<http://cpapsych.org/displaycommon.cfm?an=18> HYPERLINK  
"<http://cpapsych.org/displaycommon.cfm?an=18&subarticlenbr=47>"& HYPERLINK  
"<http://cpapsych.org/displaycommon.cfm?an=18&subarticlenbr=47>"subarticlenbr=47"subarticlenbr=47" HYPERLINK  
"<http://cpapsych.org/displaycommon.cfm?an=18> HYPERLINK  
"<http://cpapsych.org/displaycommon.cfm?an=18&subarticlenbr=47>"& HYPERLINK  
"<http://cpapsych.org/displaycommon.cfm?an=18&subarticlenbr=47>"subarticlenbr=47"subarticlenbr=47" HYPERLINK  
"<http://cpapsych.org/displaycommon.cfm?an=18&subarticlenbr=47>"& HYPERLINK  
"<http://cpapsych.org/displaycommon.cfm?an=18&subarticlenbr=47>" HYPERLINK  
"<http://cpapsych.org/displaycommon.cfm?an=18> HYPERLINK

["http://cpapsych.org/displaycommon.cfm?an=18&subarticlenbr=47"& HYPERLINK](http://cpapsych.org/displaycommon.cfm?an=18&subarticlenbr=47)  
["http://cpapsych.org/displaycommon.cfm?an=18&subarticlenbr=47"](http://cpapsych.org/displaycommon.cfm?an=18&subarticlenbr=47)subarticlenbr  
=47"subarticlenbr=47"subarticlenbr=47

Also for more information about ICD-10 codes, see:

<http://aparacticecentral.org/update>

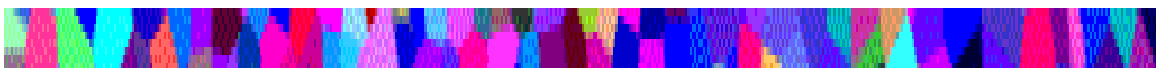


## **Job Announcement**

### **Open Door Clinic Behavioral Health Clinician**

Open Door Clinic has a job opening for a Behavioral Health Clinician(BHC) -- LCSW/PsyD/PhD/LMFT. As an integral member of the primary care team (including physicians, advance practice clinicians, nurses case managers and medical assistants) the BHC works to identify, triage, plan, manage and provide behavioral health services for patients with overlapping physical and behavioral health needs. They provide assessment, brief psychotherapy, referral, psychoeducation and skills training through a variety of strategies focused on improving mental, physical and social health. Patients are served in individual and group settings. The BHC provides consultation and feedback to the primary care team to inform patient care and support improved physical and mental health outcomes. Open Door Community Health Centers was established in 1971 and is a network of 12 clinics in Humboldt and Del Norte Counties. For more than 45 years they have been responsive to the health care needs of our community and it is now the medical home to more than 60% of the area's residents. They are a private non-profit FQHC with stable and innovate management. Open Door is a National Healthcare Service Corporation Loan Repayment Site with a HPSA Score of 19. BHCs can get up to \$50,00 to repay their health profession student loans in exchange for a two-year commitment.

For more information contact: Angela Mendes, Director, Provider Recruitment and Retention, cell: 707-496-5465 or [amendes@opendoorhealth.com](mailto:amendes@opendoorhealth.com)



**Your Voice is Important!**  
**Contribute to This Newsletter!**

Contributions are always welcome; anything from a paragraph to a couple of pages would fit well in the newsletter. The deadline for the Winter NCAMHP Newsletter is 1/10/18. Send your articles and announcements to the newsletter committee: [emilysiegellcsw@sonic.net](mailto:emilysiegellcsw@sonic.net)

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](http://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 about this newsletter: [emilysiegellcsw@sonic.net](mailto:emilysiegellcsw@sonic.net)



### **Board of Directors**

Paula Nedelcoff LMFT, Interim President  
Elizabeth Thompson PhD, Secretary  
Michelle Lee LMFT, Treasurer  
Bonnie Carroll LCSW, Past President  
Lori Davidoff MFT Intern  
Kerma Furnis LCSW  
Sarah Haag PhD  
Peter Moore LMFT

### **NCAMHP COMMITTEES**

#### **Website Committee**

no members

#### **Outreach Committee**

Paula Nedelcoff, LMFT

#### **Education Committee**

Christina Aquino, student member  
Eric Duff, LCSW  
Kelsi Guerrero, MFT Intern  
Cindy Siemens, LMFT  
Carmela Wenger, LMFT  
Katie Woerner, student member  
Vikki Ziskin, LMFT

**Newsletter Committee**

Marnie Lucas LMFT

Emily Siegel LCSW

**Ethics Committee**

Dorothy Kostriken LMFT

Bruce Silvey LMFT