



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

Greetings NCAMHP members,

Happy Spring To All!

I hope this finds all of you welcoming longer days and, with luck, some warmer ones also. I continue to always find beauty in this area of ours. It was nice to see many of you at our General Meeting. I appreciated Caren Lowe's presentation on Tapping.

Some of you may have met our new Education Coordinator, Emily Truitt. We think she is a great match for this position and Judy has done a good job in training her. Thank you all for going into your listings and keeping them updated. The new Redbook will be coming out soon. Please reach out to the education committee and or Board member if you have suggestions for presentations and or trainings, we really do welcome your ideas.

I will be away from April 14 through June 15, 2018. I will be back in Spain at our navel base working with kids whose parents are deployed. I so long for the days there will be no deployments and no fears for children anywhere when they go to school. It continues to be turbulent times in this world of ours.

Thank you all for the work you do. You do make a difference.

Paula Nedelcoff MFT
NCAMHP Board Interim President
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Wise Brain Bulletin and Wellspring Institute

This is a beautifully designed online newsletter by Wellspring Institute, with long thoughtful articles about mindfulness, black and white photos and poetry. It invites to a mindful pause, even if you don't read all of it and only look at the photos.

You can sign up to get a reminder for the next issue in your mailbox.

<http://www.wisebrain.org/tools/wise-brain-bulletin>

This current edition includes an essay from Marjorie Schuman, PhD on mindfulness-inspired psychotherapy where she introduces a model of deepening inquiry into the mental and emotional forces involved in mindful awareness, self-reflection, and connection with others. Nina Asher, PhD shares a beautifully written and deeply honest account of the preparation for, and experience of, a 7-day silent retreat. If you've done or are considering a retreat like this, it's a great read! And finally a method from *Your Skillful Means* on establishing safety and reducing fear.

The Institute's founders are Rick Hanson and Rick Mendius, and the website offers a wealth of tools, interviews, videos and articles. --Kerima Furniss LCSW



Alias Grace Mini-Series

Depictions of our field in media can be equally hilarious, infuriating and downright nonsensical. But imagine watching a psychological assessment that looks right back at you? Grace is a Netflix mini-series based on the true story-inspired Margaret Atwood novel of the same name. In mid 19th century Canada, when psychology was conflated with spiritualism, Dr. Simon Jordan is charged with discerning the sanity of a murderess at the time of the murders- fifteen years after they happened.

Grace Marks, the murderess, is an enchanting and incredibly unreliable narrator. Her first lines set the tone, "I think of all the things that have been written about me: that I am an inhuman demon; that I am an innocent victim [...] that I am of a sullen disposition with a quarrelsome temper; that I have the appearance of a person rather above my humble station; that I am a good girl with a pliable nature, and no harm is told of me; that I am cunning and devious; that I am soft in the head, and little better than an idiot. And I wonder: how can I be all these different things at once?" It's a good question. And the answer says more about the viewer than it does about Grace. This is the brilliance of the narrative; young women (especially of lower social class) of this time were allowed little more than to be projections of

those in power around them and so the very idea of a maidservant murdering her employer and his housekeeper broke that projection and aroused fear and curiosity.

The viewer follows along with Dr. Jordan; getting insights into his case conceptualization while allowed to also peek into Grace's untold memories. The viewer wonders along with him using modern terms; is this Dissociative Identity Disorder? Antisocial personality disorder? But then Grace questions right back. What is Dr. Jordan getting out of being a voyeur to her pain, her story? How can she both enjoy connection with this kind stranger and manipulate him to see what she wants him to see? She learns how to give him morsels of tantalizing details to please him, make him feel like he's finding the trail in the forest and yet he knows on some level that he's being manipulated. Of course, no media portrayal of psychology would be complete without forbidden sexuality oozing through but in the hands of this series, the concept is used to further illustrate the ambiguous power dynamic between the assessor and the assessed. The elegant dissection of power, class, gender, the clinical and the human makes this a must-see. --Kaia Kordic MFT



Trainings

Families as Complex Cultural Systems Training

This Families as Complex Cultural Systems training examines culture as it influences social ways of being, informs parenting, and shapes our developmental expectations for children. It will include: difference between culture and ethnicity; culture as a social or interpersonal style; definition of culturally responsive care; current research defines both helpful and harmful responses to stories of inequity.

Presenter, Barbara Stroud, PhD, is a licensed psychologist with over three decades worth of culturally informed clinical practice in early childhood development and mental health. She is a founding organizer and inaugural president of the California Association for Infant Mental Health, a member of the Academy of Zero to Three Fellows and holds prestigious endorsements such as an Infant and Family Mental Health Specialist/Reflective Practice Facilitator Mentor

This training will be on Tuesday, May 1, 2018 1:00-4:00 HCOE Annex - 901 Myrtle Ave., Eureka. Cost is \$30. To register or for more information contact: Star Mohatt (707) 445-7384 or smohatt@co.humboldt.ca.us Priority enrollment for cohort members, so space for others is limited.



Announcements

New Private Practice: Jacquelyn White AMFT

I am writing to announce that I am joining the psychotherapy practice of Bonnie Carroll LCSW as an Associate Marriage and Family Therapist. I graduated from Humboldt State University in 2015 with an MA in Psychology. Thereafter, I practiced individual and family psychotherapy and provided case management services at Remi Vista, a non-profit counseling agency based in Eureka. Through working with clients at Remi Vista I have come to further define two of my passions in the mental health field. First, working with people diagnosed with or experiencing symptoms of autism, and secondly, working with children who are experiencing ADHD and ODD. Separately, I am interested in working with children, teens, and adults in the LGBTQ+ community as well as individuals with gender dysphoria, and women with sexual issues. Currently I am accepting referrals for children, teens, adults, couples, and families; private pay only. In June 2018, I will be able to provide services to Beacon/Partnership clients. If you have questions or referrals please call 707 839-1244.--Jacquelyn White AMFT



Support Groups

Chronic Pain Group for Open Door Patients

All Open Door patients are welcome to join our Chronic Pain Group that meets every 2nd Tues of the Month from 1:30 to 2:30 in Eureka. The group gives each other support and suggestions concerning chronic pain issues and other emotional issues. The group is lead by Carol McNeill, MFT. For location and other information, please call Carol at 707-498-6158.

Humboldt County Programs for Recovery/ HCPR

Humboldt County Programs for Recovery (HCPR) provides services to those seeking help regarding recovery from substance use. The program treats individuals who, due to substance use, are experiencing problems in a variety of areas including physical health, relationships, employment, or with the legal system. HCPR offers outpatient treatment conducted primarily in a group setting. A variety of outpatient treatment groups meet from one to four days per week and are tailored to meet individual interests and needs. If a person needs other services such as residential treatment, detoxification, or other types of counseling, referrals are provided to

other programs or agencies. It is easy to access services by stopping by either of the HCPR locations, picking up a packet, and then bringing the completed packet to the HCPR office at 720 Wood Street during any of their intake times: Mondays at 2:00 p.m. Wednesdays at 9:00 a.m. and 2:00 p.m. Fridays at 9:00 a.m.

For more information, call 707-476-4054. Office hours are 8:00 a.m. to noon, and 1:00 to 5:00 p.m., Monday through Friday.

The following groups are meeting: Extensive Outpatient group is focused on identifying triggers for relapse and teaching coping skills (4 days a week). Dad's Program with components on parenting, anger management, relapse prevention and seeking safety/ trauma and addiction recovery (4 days a week). Men's Recovery group utilizes Seeking Safety and Helping Men Recover curriculums, a trauma informed group using Relational-Cultural Theory (2 days a week). Women's Recovery group utilizes Seeking Safety curriculum, art therapy and relapse prevention (2 days a week). Outpatient Group is a relapse prevention group focusing on identifying triggers and learning coping skills (2 days a week). Pre-Contemplation Group is a harm reduction group focusing on learning to recognize and reduce problematic substance use (2 days a week). Aftercare Group for people who have completed one of the other groups or who have recently completed residential treatment and would like ongoing support (1 day a week). Young Adults Group is a harm reduction group for adults ages 18-24 that provides education about the effects of substance use on the mind and body while establishing motivation for change in a safe, non-judgmental environment. (2 days a week).

“Our Pathways to Health”

“Our Pathways to Health” is a free, 6-week program of the Humboldt Independent Practice Association to help improve the health of anyone living with a long-term health condition such as high blood pressure, high cholesterol, diabetes, arthritis, depression, obesity, heart disease, fibromyalgia, COPD, or chronic pain. Workshops are held throughout Humboldt County. Each workshop during the 6-week program runs for 2 ½ hours, with the full series totaling 15 hours. New classes start monthly. By participating, individuals will learn better ways to cope and manage their health including: setting achievable goals, working with others, finding support and answers to questions, making daily tasks easier, relaxing and managing stress and working in partnership with you healthcare professions. For more information on locations, start dates and any other questions call (707) 267-9606. “Our Pathways to Health”

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Humboldt County MotherWoman Support Groups

These groups use the MotherWoman Support Group model to create a safe, welcoming environment where women can share their reality and be supported in a non-judgmental environment. Emotional changes & challenges during surrounding motherhood are common. Moms can experience a range of emotions from feeling isolated, lonely or overwhelmed to experiencing anxiety and depression throughout their experience. These challenges can affect the whole family. It can help to share in a safe, supportive group environment.

MotherWoman Support Group, Om Shala Yoga, 858 10th Street, Arcata, 1st and 3rd Wednesdays 12:45pm, Kate 707-845-7635 or Erica 707-834-0373.

Real Talk, Moonstone Midwives Birth Center, 4677 Valley East Suite 2, Arcata, Infants in arms welcome, 3rd Thursdays 5:30pm, Laura 707-223-1638 or Julia 707-599-7919.

Motherhood Journey Support Circle, North Country Prenatal Services, Shaw Pavilion, Infants in arms welcome, Mondays 5:15pm-6:45pm, 707-822-1385.

Family Matters, Calvary Lutheran Church, 716 South Ave, Eureka, and Wednesdays 10-11:30, Stacy 707-682-6046.

Healthy Moms MotherWoman Group, *This is a closed group; Please contact Healthy Moms for more information. 707-441-5220.



Resources

Beacon/Partnership Representative Greta Blixt

The Beacon/Partnership representative for our area is Greta Blixt. She is available for any kind of help including application for Beacon and billing issues. Her phone number is (707) 273-8725. Email: greta.blixt@beaconhealthoptions.com (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 or 407-8521

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.



Job Openings

Jobs at HSU Counseling and Psychological Services

Counseling and Psychological Services (CAPS) at Humboldt State University has several current openings: Clinical Coordinator / Training Director; Multicultural Specialist; Staff Psychotherapist (generalist); Case Manager for Student Health and Wellbeing Services (CAPS, medical, health promotion/education). Full descriptions and how to apply for each position can be found at this link:

<https://counseling.humboldt.edu/open-positions> . CAPS is a friendly and warm team of people and has good support from the university. We work closely with our medical and health education teams and have a strong group program, as well as meeting with students individually for ongoing therapy and crisis intervention. Summers off and a great retirement/benefits package. I'm happy to answer any questions—just call or email me--Jennifer Sanford, PhD, Director, Counseling and Psychological Services, Associate Director, Student Health and Wellbeing Service, HSU, 707-826-3236 www.counseling.humboldt.edu



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



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

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

<http://aparacticecentral.org/update>



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 Summer NCAMHP Newsletter is 6/7/18. Send your articles and announcements to the newsletter committee: 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
- 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



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