



Letter from Your President ~

Paula Nedelcoff LMFT

Greetings NCAMHP members and Happy Summer

Hope this finds all of you in good health and spirits. Referrals keep coming for all of us. It seems people are able to help connect clients through reaching out on our list serv. Please remember to keep a minimum of information about the clients when we try to find providers.

I want to thank all of you who are sending things in for the newsletter. This is a great way to communicate a wide variety of things for all of us members. For those who do not want to be on insurance panels, I understand. Maybe consider being an EAP provider. The reimbursement is less but it is limited commitment and many times that is all a community member needs. If you are interested please feel free to contact me.

Enjoy your summer and if you are traveling, I hope you do so with safety and ease. Take good care and I hope we will see you all at our Fall membership meeting, if not before.

Paula Nedelcoff MFT
NCAMHP Board President
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SUCCESSFUL AGING: HEART DISEASE & STROKE HOW CAN WE AGE SUCCESSFULLY IN AN EFFORT TO AVOID HEART DISEASE AND STROKE?

By Debbie Elmore, M.S.,AMFT

As we grow older our bodies change; research shows that we can affect our aging process by the way we care for ourselves. Even if we are not young, our health care behaviors make a difference in our older selves. Studies show that this is true in

individuals whose families are prone to heart disease and strokes. We and our children are more at risk for occurrences of heart disease and stroke if our immediate family members, our mother, father, siblings, and/or grandparents have experienced heart disease, heart attacks, and strokes; however, there is hope.

There are behaviors we can practice that will tend to help us lessen the likelihood of suffering these maladies. A doctor once told a young man age 28, who already had high cholesterol and was beginning to have an elevated blood pressure, "If you watch your fat intake, eat the daily recommended amount of fruits and vegetables, exercise more, lose some weight and stop smoking you will not even remember this conversation. However, if you don't heed this advice, by age 40, you will very likely to be suffering with heart disease problems, and you will be at a higher risk for stroke because of your current health, and because of your family's health history." The doctor's advice was equal to current studies, which revealed that if we maintain a healthy weight by consuming a healthy diet, if we regularly monitor our blood pressure, refrain from smoking, consume alcohol in moderation, and exercise we will likely avoid these debilitating and potentially fatal illnesses.

Studies also revealed a couple problems. First, younger people who come from families who are riddled with heart disease and stroke do not seem to realize that their health care actions really will have a very high likelihood of saving them from the same fate as those relatives who are older than they are. Another problem is that those who live in rural areas are much less likely, compared to city dwellers, to change their current unhealthy behaviors in order to help their older selves to live healthier. One more problem noted in the literature was that those who live in lower socioeconomic situations are less likely to care for their health compared with those who have more financial wherewithal. Finally, there are ethnic and gender differences that come into play. We are beginning to understand that women suffer with heart disease as well as men. Therefore, the medical community is paying attention to women's heart health.

So, what can we do to convince ourselves that our decisions about what we eat, if we smoke, if we exercise will all make a difference in our future health? A small key is getting the word out about the idea that these things are important; that they do matter. To get started try The Longevity Game at <https://www.northwesternmutual.com/longevity-game/>. Other resources that usually have information about local activities, workshops, groups, gym locations and such are newspapers, special publications, senior centers, and local colleges or universities.

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Five year SAMHSA Grant to The Infancy/Early Childhood Mental Health Consortium (IECMHC)

The Infancy/Early Childhood Mental Health Consortium is a partnership of the Child Trauma Research Program (CTRP) and the Infant-Parent Program (IPP) at UCSF Department of Psychiatry, and Early Intervention Services (EIS) at UCSF Benioff Children's Hospital Oakland. IECMHC has received a 5 year SAMHSA grant proposing a multi-tiered approach to building workforce capacity in infancy/early childhood mental health in rural and under-served communities in northern California. This collaboration brings together three signature IECMH programs with a decades long history of program development, service delivery, training, consultation and research. Our intent is to combine our expertise working within multiple systems of care to meet the SAMHSA priorities of increasing promotion, prevention and I/ECMH treatment services for high need young children and their families across the care continuum. While the ultimate intent of this grant is to impact the lives of young children and their families, we aim to achieve this goal by focusing on workforce development to increase capacity across all systems that serve young children and their families.

To achieve this outcome, we have partnered with First 5 in 11 counties in northern California, including Humboldt and Del Norte. We have started to meet with service providers and trainers in your area, including in county mental health, Remi Vista, Head Start/Early Head Start, Regional Center, Public Health, and County Office of Education, among others. In visiting HSU's departments of child development and psychology, we learned about NCAMHP and your community of mental health providers. Over the course of this 5 year grant, we are able to offer training in Early Childhood Mental Health (ECMH) principles, practices and treatment, including an 18 month training in Child Parent Psychotherapy, an evidence based dyadic treatment model for young children who have experienced trauma.

The Humboldt 0-8 collaborative is interested in a number of the trainings we can provide and is working on a calendar over the next year. We would like to make these trainings available as well to NCAMHP members as a way of strengthening the service capacity in Humboldt to young children and their caregivers. Please contact us if you would like to be added to our network email list and if there is enough interest, we are happy to provide a training on this topic specifically to NCAMHP.

Look for our additions to the NCAMHP newsletter and please contact us about your interest. We look forward to hearing from you.--Project Co-Directors: Barbara Ivins (bivins@mail.cho.org) and Miriam Silverman (Miriam.silverman@ucsf.edu).



Queer California History Exhibit in Oakland

If you are in or near Oakland, do take some time to visit the excellent “Queer California: Untold Stories Will Combine Art and History to Tell Under-Recognized Stories of LGBTQ+ Communities” at the Oakland Museum. I really like this small museum because it always has interesting and thought-provoking exhibits, so I planned to go when I had some unscheduled time on a recent visit to the Bay Area. I was so impressed by this outstanding exhibit that I want to encourage everyone to go see it if they can. It is packed with more information than I had time to see. There were many films scattered throughout the exhibit, some on tiny screens mixed in with other artifacts displayed on walls and some on big screens with seats. I especially liked a film that interviewed people from Native tribes all over California about their thoughts on gender and identity including the “two spirit” identity. I also really enjoyed a documentary “Esta Noche”, about a Latinx bar in the Mission District of San Francisco. You could easily spend hours just watching all the films, or sitting on various benches and car seats scattered throughout the exhibit where you could hear audio recordings in an interactive project by artist Kate Clark, “A Parkeology Project”, about the popular cruising site for San Diego’s LGBTQ+ community, Queen’s Circle.

But definitely make time to look at the amazing collection of powerful stories throughout the exhibit with examples of social activism, contemporary artwork, historical materials, rarely seen artifacts, archival documents, photographs, films and videos, costumes, and ephemera such as zines, stickers, and flyers. The exhibit begins with a section called “What Gets Left Out”, which includes the original eight-color rainbow flag designed by Gilbert Baker in 1978 situated nearby contemporary artist Amanda Curreri’s hand-dyed flag displaying two of the colors removed from the original design, history I did not know, even though I remember the beginnings of using the 6 colored rainbow flags. Look for the timeline, towards the back of the exhibit. It helps you consider the many key moments, movements, and figures in California’s LGBTQ+ history, as well as the organizations, events, and people not often mentioned in that history. I appreciated the wonderful diversity of the exhibit. Throughout the exhibit, open-ended questions encourage you to reflect on what gets left out of queer history. The exhibit will be there through August 11. Oakland Museum is downtown at 1000 Oak Street (at 10th Street), call 510-318-8400 for more information.



The Effects of Victim and Perpetrator Characteristics on Ratings of Guilt in a Sexual Assault Case

NCAMHP member Jennifer Taylor, PhD, MPA, recommends checking out the many resources available at the website of Ken Pope, PhD at <https://www.kspope.com/index.php> . For example she likes this article from the website by authors Renae Franiuk, Austin Luca, & Shelby Robinson. The full article is online at: <http://bit.ly/KenPopeStudyOfGuiltJudgmentsInSexAssault> (Excerpted from the abstract): Scholars have long investigated how perceptions of the victim affect judgments in a sexual assault case, but little research has investigated perceptions of the perpetrator. In this study, participants read a scenario about an alleged sexual assault. The scenarios manipulated victim behavior (speed of reporting) and perpetrator characteristics (athlete status and celebrity status) and then made judgments about the victim and perpetrator. Results showed that victim behavior was the most important factor in judgments. Furthermore, significant three-way interactions suggested that participants may attend to perpetrator characteristics but only when the victim's behavior is consistent with stereotypes about sexual assault victims."



Trainings

Mindfulness-Based Stress Reduction (MBSR)

MBSR is an empirically supported, educational and experiential training. In this 8-week program, you will learn to train your attention and build a health relationship with yourself especially when you are stressed. This course will be taught by Dr. Sangwon Kim, Associate Professor of Psychology at Humboldt State University. She is currently an MBSR Teacher in Training through the UCSD Mindfulness-Based Professional Training Institute. She will become an MBSR Qualified Teacher as well as a Licensed Psychologist this summer. The class will meet Thursdays, 5:30-8 pm in BSS 419 at HSU starting 9/19/19. For more information and an application visit the website at : <http://www2.humboldt.edu/psychology/people/sangwon-kim> or 707-683-9506 or email sangwon.Kim@humboldt.edu



Announcements

Important BBS Announcement “Law Changes for 2019”

In November 2018, the BBS made the publication “Law Changes for 2019” available to the public. These changes go into effect on or after January 1, 2019 and all licensees and applicants should carefully read the eight-page document, and determine which changes impact them as a licensee, a clinical supervisor, or an applicant (ASW). The BBS Publication: Law Changes for 2019 is available online at: https://www.bbs.ca.gov/pdf/legupdate_18.pdf

To stay abreast of current and future changes, licensees and applicants are strongly encouraged to do the following—if they have not already done so: Visit the BBS website homepage and choose “What’s New” and “Important Updates” at: <https://www.bbs.ca.gov/>. Become a subscriber of the BBS automated email announcements at: <https://www.dca.ca.gov/webapps/bbs/subscribe.php>

All related BBS web information, applications, and forms will be updated to reflect changes soon after January 2019, including the 2019 Statutes and Regulations (annually updated) and located at: <https://www.bbs.ca.gov/pdf/publications/lawsregs.pdf>. Questions should be addressed to the BBS through their online message board at <https://www.dca.ca.gov/webapps/bbs/contact.php>.



New Private Practice Announcements

Elizabeth McCallion, PhD

I am excited to announce my new part-time private practice at the Sunnybrae Professional Building ,801 Crescent Way, Suite 3, Arcata, CA. I am providing individual psychotherapy and assessment services for adult clients. I specialize in the treatment of anxiety, depression, PTSD, insomnia, and chronic pain and use modalities such as Cognitive Behavioral Therapy, Acceptance & Commitment Therapy, mindfulness-based interventions, and trauma-focused interventions. I also conduct assessments for gender-affirming medical treatments, pre-surgical evaluations for bariatric surgery candidates, and Veteran C&P exams. I am currently accepting referrals for private pay clients and have an application pending with Beacon. Please feel free to refer directly via phone or email: (707)-633-8506; elizabethmccallionphd@gmail.com. Thank you!



Full-Time Director of Recreation Position

Crestwood Behavioral Health Center, a mental health residential facility, is in search of a licensed recreation / art / music / dance / occupational therapist to bring their expertise, enthusiasm, and creativity as our Director of Recreation. The role of the Director of Recreation is to create and lead the recreational program with recreational activities, hobby & interest building, physical activities and other events & holidays throughout the year. In our holistic approach, recreation is just one facet to the wellness of our clients along with behavioral skill building, medication support, dietary teaching, and prevocational training. Our overall goal is to support our clients (adults, ages 18+) to create their life worth living and be successful as independents in their community.

This is a full-time position where available benefits include medical & dental insurance, vision plan, additional AD&D, 401K, and lots of company training in our key initiatives of Dialectical Behavioral Therapy, Wellness Recovery Action Plans, trauma-informed care, and more. Please inquire Robert Pitts, Campus Administrator, at rpitts@cbhi.net or at 707-442-5721 x11060. Applications are completed onsite at our facility – 2370 Buhne Street, Eureka



Groups

Therapeutic Support Group for Individuals Experiencing Anxiety and Depression

Starting Wednesday February 6th, 2018, I will be offering an 8-week support group for adults experiencing anxiety and/or depression. My goal is to provide a safe place for people to talk about what they are experiencing, and share useful information to help them gain new insights and coping skills. It will also be an opportunity to experience support from other people who are also struggling with similar issues. This 8-week group will be starting: Wednesday February 6th, from 6:45pm-8:15pm at 1225 Central Avenue #3, McKinleyville, CA. This group is open to Partnership/Beacon, Medicare, or private paying clients. For private paying clients, this group will cost \$160 (to be paid in full with registration unless alternative arrangements has been made). Groups are limited to 10 clients so sign up early if interested. For more information or to register, please call me, Bonnie Carroll, at 707-839-1244 or bonniecarroll@arcatanet.com.

Interpersonal Process Groups Forming

I am excited to announce that I am in the beginning phase of forming weekly interpersonal process groups in my private practice. Groups will have six to eight members; they will be heterogeneous in regards to gender/sexual orientation/cultural identity, age, and presenting problems/symptoms. Potential members will have a short phone screen followed by an in person meeting in my office to determine fit and readiness to participate. I am asking folks for a minimum 12 week commitment. Weekly group sessions will last 90 minutes; my fee per session is \$60. I will not be accepting insurance for group as of now.

Ideal candidates: identify interpersonal challenges as primary and have a desire to explore/better understand themselves in relation to others; are psychologically minded with prior individual therapy experience; are committed to and able to attend group sessions regularly; are not actively suicidal or chronically in crisis; have the capacity to and are willing to work in the "here and now."

I have experienced the power of group therapy, both as facilitator and group member. I appreciate the words of a group therapist whom I had the fortune of working with at an American Group Psychotherapy Association annual conference. She said, "In individual therapy, you talk about how you are with people. In group therapy, you see in front of your own eyes how you are with people." Should you have questions or would like to further discuss inclusion/exclusion criteria, feel free to contact me by email or phone. --Brian Lieberman, Psy.D., Licensed Clinical Psychologist, CA License #: PSY28793. 381 Bayside Rd Ste B, Arcata, CA 95521 (707) 499-0194 or email: brianpsyd@gmail.com

Dialectical Behavioral Therapy (DBT) Informed Group

Humboldt Family Service Center (HFSC) has some news of an upcoming Dialectical Behavioral Therapy (DBT) Informed group for clients who live with Bipolar Disorder. Andrea Pearson-Gottlieb, AMFT and Debbie Elmore, AMFT will be facilitating, supervised by Rebecca Marie Hall M.A., MFT. The group will likely begin in February 2019. The group will be held on Fridays from 5:30-7:00 PM lasting 12 weeks. Referring clinicians are welcome to call Andrea Pearson-Gottlieb, AMFT (707-443-7359 ext. 325) or Debbie Elmore AMFT (707-443-7359 ext. 316) with questions or for more information.

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.

Parent and Caregivers Support Group

The Parent and Caregivers Support drop-in group will continue to meet at it's school year location, the Lincoln campus of the Marshall Family Resource Center, 216 W. Harris St (Summer And Pine) on Thursdays, from 10-11:30 AM Playcare is available if arranged in advance.

Parents and caregivers (such as grandparents raising grandchildren or foster parents) meet in a safe and supportive setting to learn ways to get and give support to each other. 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 for themselves or their child. 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 707-845-2401 for more information or questions.

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

Priority Care Center Same Day Medical Services Are Available

The Humboldt IPA/ Independent Practice Association wants to make sure our NCAMHP membership and the clients we serve is aware of services now available through their Priority Care Center Same Day Services.

When someone needs to be seen and is unable to get an appointment with their primary care provider there are physician services available online for the following plans: Blue Shield—www.teladoc.com; Blue Cross—ww.livehealthonline.com; Blue Lake Rancheria—www.mdlive.com . If someone's health plan is not listed, all of these have an affordable self-pay option that may be less than an Emergency Room co-pay.

The Priority Care Center Same Day Services are accessible by appointment or walk-in basis. They are now available to all adult members (18 or older) of the following health plans listed here, regardless of where they are going for primary care services: Anthem PPO, Anthem HMO, Blue Shield HMO, Blue Lake Rancheria Health Plan.

The Priority Care Center is increasing access to services for members in order to provide an additional alternative to the Emergency Room for non-emergent needs. Service will include treatment for: urinary tract infections, upper respiratory infections, musculoskeletal pain/low back pain, ear pain/infections, asthma, abdominal pain/nausea/vomiting, skin rash. To ensure continuity of care, if a member is being seen for primary care in another office locally the visit summary will be faxed to that office at the end of the encounter.

Priority Care Center Hours of Operation: Monday – Friday 8 am to 5 pm. As demand grows, additional evening and weekend hours will be added. 2316 Harrison Ave., Eureka. Call the Priority Care Center at 707 442-0478 with any questions about any of these services.

Open Door Psychiatry Consultation for Private Insurance Clients

We are pleased to announce that the psychiatry service at Open Door Community Health Centers has been expanded to allow consultation for clients with private insurance. We will continue offering psychiatric consultation to clients with Partnership Health Plan (Medi-cal) and Medicare.

Our clinic model will remain strictly consultative, which means we can have 1-6 visits with clients who are referred to us. We can see clients with mental illness categorized as mild-moderate (based on Partnership Health Plan criteria). Our goal is to establish an effective medication regimen, then allow the primary care provider to take over longer-term prescribing of medications. If a client requires a higher level of psychiatric care, then we will make a referral for care outside of the Open Door system. I'm attaching our psychiatry clinic consent form so you can get a sense of the care we offer.

We can accept referrals from Open Door primary care providers. We cannot accept referrals from any other sources. If you have a client who is already established for primary care at Open Door that is interested in our services, then please have that client speak with their Open Door primary care provider about a referral.

An issue in our referral process, which may affect you, has come up in the last few months. When a client within Open Door is referred to our psychiatry clinic, that client will have a psychosocial assessment visit and be screened for exclusion criteria before seeing the psychiatric provider. This assessment is completed by an Open Door LCSW or LMFT. If a client is currently seeing you as a therapist in the community, then the assessment visit by our LCSW/LMFT may create a billing problem for you. We have heard that in some cases clients have lost their billing approval to continue seeing their community therapist, which may lead to reimbursement problems and necessitate new approval paperwork. In effort to avoid this problem for you and the client, we have created an exclusion criteria checklist. If you have a client seeking our psychiatric services, then please consider completing this checklist and faxing it to your client's Open Door primary care team. This would allow us to bypass our internal assessment visit, which has led to the billing and approval problems.

If you have any questions about this issue or about psychiatry services at Open Door you can reach us at the following numbers. For referral process and administrative questions, reach our referral coordinator, Mia Houlberg at 826-8633 (ext. 3233). For clinical questions about our services, you can reach me at 443-4666.--Dr. Jasen Christensen, Psychiatrist, Open Door Community Health Centers

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.)

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.



Fundraising for a Spanish DSM-V at the Library

Through my involvement with LatinoNet, our local Latino Community Providers' Network, I learned that there is a need for a Spanish DSM-V at the county library. My Librarian friend checked into it and found it would cost about \$165, including shipping, for a copy that could be kept at the main branch of the county library. If 16 people donated around \$10 each, it would be a way for us to support our local Latinx community. We can also get a bookplate stating it is a donatcion from NCAMHP. Please contact me if you are interested in participating in this donation. Emily Siegel LCSW 707-845-2401 or emilysiegellcsw@sonic.net



NCAMHP DIGITAL CONNECTIONS

Being Careful When Requesting Referrals on the NCAMHP Listserve

The Board wants to encourage NCAMHP members to continue reaching out to one another through the list-serve. We appreciate all being mindful of a few details. Please be as brief as possible concerning information about the referral, stating only such things as: age range, gender, reason for wanting therapy (symptom) and insurance. Then simply ask for anyone who may be interested to contact you the posting person. We urge you to leave out anything beyond the basic, especially first or other name and contact information of the patient. We are all concerned about our community and their needs. With that said, there is a two degree of separation in Humboldt and at times there has been too much information being put out on the list-serve. Thank you for the support and collaboration in this process.

How to Post Messages on the NCAMHP Listserv

If you have joined the NCAMHP listserv, then there are two ways you can post a message. One way to post is to simply send an email to the listserv group email address. Sending an email to ncamhp@groups.electricembers.net will post a message, and be sent to the listserv subscribers based on their preferences. You can also login to the Listserv website directly. From there you can make changes to your account, read messages, and post messages.

In order to login to the Listserv website, you'll need to create an initial password.

1. Go to: <http://groups.electricembers.net>
2. Click on 'New Login//Password Reset' at the top left.
3. Enter the email address you use for the Listserv and click the button to request a password.

Once your password is created, you can go to <http://groups.electricembers.net> and Login at the top right.

The NCAMHP Listserv link will then be available. Inside the group, you have options to Post Messages, view the Message Archive, change your Subscriber Options, or unsubscribe.

A word of advice: you might cc yourself on the message, as the listserv will not automatically send a copy to the poster of messages.

More help can be found at:

<http://electricembers.coop/support/groups/subscribers/>

Reminder: Update Ability to Take New Clients on NCAMHP Website

Please remember to update your NCAMHP website profile regarding ability to accept new clients. There have been a number of complaints about this issue lately.

Non-Licensed Clinicians Need to Include Supervising Information

Just a friendly reminder to those of us who supervise and those who are not yet licensed. The following is important to be and stay aware of. Any non-licensed clinician in training, must include their intern or assistant number, and their supervisor's name, supervisor's license number and clearly state the supervisor relationship. This needs to be on all business cards, web-sites, advertising and correspondence. I know we are all busy but these fine details can prevent legal errors. Thanks for correcting and updating if this concerns you.

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. 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>



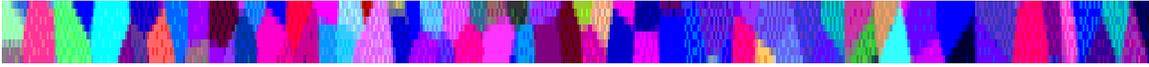
Internet Resources

A Little Help with Documentation:

I am new to private practice and the paperwork was and occasionally is really the most daunting aspect of my new business. Maelissa Hall PsyD has a lot of free resources that are very helpful. Her newest endeavor is her own YouTube channel. Videos can be viewed at her blog: <https://www.qaprep.com/blog/> --Kerima Furniss LCSW

Internet Articles and Occasional Free CEUs

I have enjoyed reading The Psychotherapy Networker for many years. The website <https://psychotherapynetworker.org/> offers long excerpts of their recent articles, short videos, and for those subscribed to the newsletter, occasionally one free CEU for viewing a clinician interview. These change but at this time it is Janina Fisher, who we just hosted locally, who speaks about the evolution of trauma treatment, quite interesting. The newsletter also offers a weekly digest of the articles (along with additional educational offers of course). – Kerima Furniss LCSW



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 Fall NCAMHP Newsletter is September 11, 2019.** 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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