



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

Greetings NCAMHP Members and Welcome to the Season of Lights--

I hope this finds all of you keeping warm, having power, and surrounding yourself with those who you enjoy.

I want to thank all of you who came out and attended our Fall General Meeting. What a great presentation we all received by our clinical peer Steve Russin. Thank you to our Education Committee and all the volunteers who helped.

I also want to thank all of you who came out to our holiday social. It felt like everyone had a great time and enjoyed meeting old and new friends. An extra thank you to Lori and Kerima for getting it all together. The evening reminded me of why this community is so special and important. For those of you who were not able to join us, we will see you next time.

Keep your eyes and ears open to upcoming trainings and events.

It sounds as if most of us are keeping full schedules. Please keep in mind some of our community members may struggle this time of year. It seems for all our clients who take a break from therapy during the holidays, there are many more who need a safe space. I trust we are all making room as we are able.

As I look at my blessings, I include you all. I know we are all doing our best to care for ourselves, our families, friends and our community. Many of you are unknown heroes. Please know I see you and am so grateful for all you do. We are the community; the community is us.

Here's to ongoing good health to all and much joy mixed in. And to all of you, blessings as we end our calendar year and begin a new.

Paula Nedelcoff MFT

NCAMHP Board President
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Neurofeedback

When someone asks me what I do, I typically tell them I'm a counselor. If they inquire a bit further, I share with them the different modalities of therapy I practice like CBT, EMDR, Narrative and Play therapies, and Neurofeedback.

It's been my experience that the word "neuro" either concerns people or intrigues them. So, what is *Neurofeedback*? Well, Biofeedback is the process of gathering information about the body from the body, and we use tools to do it. For example, if I'm concerned my son has a fever, I might use a thermometer to check his temperature. The thermometer doesn't change his temperature, only provides me a tool to assess what his temperature is. Neurofeedback is biofeedback for the brain, only instead of a thermometer we something called an electroencephalogram (EEG) and instead of temperature, we focus on neurological activity.

It really isn't as scary as it sounds, in fact Neurofeedback carries concepts that date back far before the equipment was designed, in that it recognizes all parts of the body need support and strengthening. The brain is no exception, it needs nourishment and supportive activities, a good example of this would be mindfulness. This is the category that I would put Neurofeedback in; mindfulness with... hydraulics. Essentially, neurofeedback is a non-invasive way of allowing your brain to see its own activity and to self-correct. Nothing goes in the brain, you're training and strengthening healthy neural pathways so that the brain can regulate itself.

There are different types of Neurofeedback; I practiced one called the Othmer method. It was designed by Sigfried and Sue Othmer who happened upon Neurofeedback as a means to address aggressive seizure activity and mental health issues their son was experiencing in the 80's. Since then, this form of Neurofeedback has made significant gains in treating symptoms of anxiety, depression, PTSD, OCD, ADHD, memory, TBI, trauma, stroke, addictions, auto immune issues, migraines, vertigo, autism, and many more.

But how does it work? Well, the brain is quite brilliant, it is constantly picking up on frequency and assessing situations so rapidly that it feels seamless. While I would love to give an in-depth description of the mechanics of how Neurofeedback works, I'm afraid I'll run out of room on this article. So, for now I'll share with you how it works in my office.

Typically, someone comes in and we do a history and a mapping for where I'll place the EEG sensors. Once that is identified we schedule another session when we began neurofeedback for 30 minutes, focusing on the specific symptoms described during the intake. While the client is watching a monitor in a comfy chair, I introduce frequency to them through their senses of visualization, hearing, and tactile modalities. That is, they're **watching** a movie, Netflix, YouTube or a simulation, they're **listening** to the sound coming from the TV, and they're holding a bear that vibrates which provides the **tactile** sensation, all at the same frequency.

The same way your brain naturally adapts to the frequency when you walk into a quiet room or a crowded football stadium, your brain adapts to frequency of neurofeedback with the specific goals of physiological self-regulation, psychological resolution, reducing symptoms, improving function, and increasing wellbeing and quality of life. In other words, neurofeedback enhances our awareness of internal states, and supports the brain to detangle itself from unhealthy patterns such as hyper arousal or hypo arousal, calming the central nervous system. Nothing goes into the brain, rather your brain sees its own activity and self-corrects.

Most people notice the difference neurofeedback makes in their life within the first three sessions. It's not uncommon for me to hear something like, "I just feel calmer throughout my day, I'm not so agitated" or "I'm sleeping so much better" Some people who don't notice a somatic change will say something like, "I don't know that it's neurofeedback, but I called my mom for the first time in 15 years" or "I noticed I haven't been biting my nails" or "I haven't noticed much, but my wife told me yesterday that I've been easier to have conversations with lately, and you know... we have been laughing a lot together lately."

What sets Humboldt NeuroHealth aside from traditional Neurofeedback is the integrity of maintaining the therapeutic relationship between the client and the clinician. Our clinicians are trained not only in Neurofeedback, but EMDR, mindfulness, CBT, IFS, CRM, and other modalities that focus on attunement. This relationship is essential, because it is the connection that helps find the frequency that is right for the client.

To learn more about neurofeedback and what services we offer at Humboldt NeuroHealth, please feel free to contact us. Also, thank you all for your hard work and service to our community. --Larissa Krause, MSW, PPSC, ASW Neurofeedback Provider, Humboldt NeuroHealth



It Was a Good Time at the Winter NCAMHP Holiday Social

Old and new friends met for a good time at the Winter NCAMHP Holiday Social on December 12th, The Griffin, a delightful bar and restaurant in Arcata. Snacks and finger foods were provided by NCAMHP as well as three locally purchased door prizes to NCAMHP members to celebrate the holiday spirit. Keep your eyes open for future NCAMHP socials. We all know the importance of staying social and supported.



Mental Health Volunteers Needed for Local Red Cross

About a year and a half ago, I began the process of becoming an emergency mental health responder for the American Red Cross. I still have yet to have conditions align where I can be deployed for a response effort. Wanting to at least get to know a few local Red Cross faces, I went to the Humboldt / Del Norte Red Cross holiday gathering. I learned there that the local Disaster Action Team (DAT) currently does not have any mental health volunteers to consult (which can be by telephone) about the welfare of local disaster victims. They said it's 99% house fires to which the DAT responds. The response is something like: checking in, tending to medical needs, giving the family / individual an American Red Cross debit card to purchase immediate basic essentials of living: toiletries, clothes, I don't know what else. Sometimes, it seems like the survivors could use someone to talk to about what happened.

The DAT lead for Humboldt county said they used to have a local volunteer therapist to speak with / ask to call the survivors of local disasters. That therapist moved away in recent years. So, they don't have anyone. I just googled resources, and I am going to offer the DAT lead this resource, The Disaster Distress Helpline, at <https://www.samhsa.gov/find-help/disaster-distress-helpline> to every family/individual they work with. To me, that seems like a good first step. However, it sounds like our local Red Cross doesn't have any mental health volunteers for actual deployment, on-the-ground, during disaster response. I don't want to be the only one.

Does anyone else want to on-board w/ the Red Cross? I can link you to them (probably in January!)

It takes maybe a few hours to get your online portal set up and have some phone calls w/ lead volunteers. Once you are in the online system, you get email notices of emergent situations that need volunteers, and you also can set up your "available" time in your online profile and get contacted when help is needed in your window of availability. It takes a few more hours to do the online emergency response trainings through the portal. On-the-ground deployments are a minimum of 12 (?) days long and your travel expenses during the deployment are covered by the Red Cross.

If you are interested in getting linked to the Red Cross or have more suggestions of local / national resources to offer the local DAT team, let me know! Please send me an email at a.decleyre.mft@gmail.com and I will reach out in January / February to all respondents as a group.

Smiling--Andrea de Cleyre, M.A., LMFT



Articles on Aging, LGBTQ Rights, Authenticity and More

Here are some of the online links to features in the latest issue of [Social Work Advocates](#). This issue focuses on aging. Even if your clients are not older, they often have aging parents and are therefore affected by these concerns.

Aging in America: Staying Active and Involved is Key to Productive Aging
[<https://www.socialworkers.org/News/Social-Work-Advocates/2019-December-2020-January/Aging-in-America-Staying-Active>] Social work's efforts to ensure that older Americans remain engaged can help those who are aging feel more vital and part of communities. This in turn can help reduce social isolation and change societal attitudes about aging.

Aging in America: Need for Caregivers Grows as Population Ages
[<https://www.socialworkers.org/News/Social-Work-Advocates/2019-December-2020-January/Aging-in-America-Need-for-Caregivers-Grows>] Social worker Pamela Braun, who has spent her entire career in the field of aging, says many people don't realize the amount of energy and care the aging population requires.

NASW Remains an Advocate for LGBTQ Rights
[<https://www.socialworkers.org/News/Social-Work-Advocates/2019-December-2020-January/NASW-Remains-an-Advocate-for-LGBTQ-Rights>] NASW President Kathryn Conley Wehrmann, PhD, LCSW, writes: "Our association fights for social justice on behalf of its members and the individuals, groups and communities they serve."

The Power of Authenticity [<https://www.socialworkers.org/News/Social-Work-Advocates/2019-December-2020-January/The-Power-of-Authenticity>] NASW CEO Angelo McClain, PhD, LICSW, writes: "Authenticity is fundamental to communication, relationships, and real human connections. Authenticity begins with self-awareness: knowing your values, emotions, and competencies."

More in the December 2019 – January 2020 digital edition:

- Aging in Place Programs Take Root
- The Millennial Shift: Preparing for the Future of Technology and Mental Health
- Older Clients: Getting Social Work Students on Board

- NASW Active in Immigration Policy
- Resource Promotes Engagement in Climate Change Awareness, Actions
- Webinar Offers Insight into Helping Couples Address Difficult Conversations
- Foundation Announces Latest Social Work Pioneer Inductees
- NASW-PA: Laughter Yoga Provides Health Benefits
- and more

To see the full digital edition, please visit this link

[<https://www.socialworkers.org/News/Social-Work-Advocates>]



Trainings

Working with Trans Identifying Clients in a Mental Health Setting

Open Door Community Health Centers in collaboration with NCAMHP is putting on a free training “Working With Trans Identifying Clients in a Mental Health Setting” to provide up to date information surrounding the ever changing landscape of trans affirmative care, give affirmative letters of support and to build community with mental health providers in our area. The training features Jessie Rose Cohen LCSW , local community therapists and community folks.

The training is on Friday, January 17, at 1- 4 pm at Hospice of Humboldt, 3327 Timer Fall Court, Eureka. The training is free unless you want CEUs. You must register to attend. 1 CEU costs \$10 for NCAMHP members and \$15 for non-members. Contact Tai Parker, open door Trans Halt Case Manager (707)-633-8145; email tparker@opendoorhealth.com

Presenter Jessie Rose Cohen, LCSW is a Trans Nonbinary Clinical Social Worker and has worked with children and families nearing twenty years. J. serves as the Social Worker on the UCSF Child and Adolescent Gender Center and also the Director of Community based Clinical Services and Training for the UCSF Child and Adolescent Gender Center. Jessie is also a Psychotherapist and Gender Specialist in Private Practice in the Bay Area, CA.

As a result of this training you will be more able to:

- Examine internal biases surrounding binary notions of gender and gender identity
- Bear witness to the struggles trans/gender expansive folk experience in our current culture
- Recognize the systemic barriers put in place that make access to care difficult for this population
- Provide gender affirming care to clients identifying as trans/gender expansive

- Understand the legal requirements for writing letters of support for gender affirmative surgery
- Be able to write gender affirmative letters of support
- Connect clients with resources specific to their needs
- Connect with other mental health clinicians in the area who are doing this work

**Interested in laying the foundation for an
“Early Childhood Informed Community?”**

We extend an invitation to participate in our Learning Community

Plan to join us as we *go further upstream* to promote resilience in the Northern California Region by focusing on early childhood mental health in a 4-Part Series entitled:

“Using the Centrality of Relationships as a Protective Factor in Building Resilience: Infusing Early Childhood Mental Health Principles and Practices Across the Care Continuum for Children and Families”

SAVE THE DATES:

September 19, 2019; November 7, 2019; February 20, 2020; May 7, 2020

The series will feature Barbara Ivins, Clinical Director/Program Manager Early Intervention Services UCSF Benioff Children’s Hospital Oakland. The Northern Region Strategies 2.0 Learning Community is working in partnership with a regional initiative implemented by the Early Childhood Mental Health Consortium UCSF Dept. of Psychiatry: Child Trauma Research Program/Infant Parent Program/Early Intervention Services. We will promote the centrality of relationships and socio-emotional development as both foundation and protective factor in the treatment of trauma and the strengthening of resiliency in children and families. The interactive series will build a framework for understanding how Early Childhood Mental Health (ECMH) can be infused into all types of intervention, including promotion, prevention, treatment and policy. Attendees from all systems of care will be able to see where their work fits on the ECMH care continuum. The overarching goal of the series is to create a vibrant, aligned, interconnected and multidisciplinary community of providers with a common ECMH language, well informed, and able to intervene early to strengthen young children and their families.

All sessions will convene from 1:00 – 4:00, registration at 12:30

Site locations: Eureka/McKinleyville, Lakeport, Redding, Siskiyou, Ukiah and online

Child-Parent Psychotherapy

The Infant/Early Childhood Mental Health Consortium will be holding an **18-month** long Child-Parent Psychotherapy (CPP) Learning Collaborative in northern California beginning in April, 2020. CPP is an intervention model for children aged 0-5 who have experienced traumatic events and/or are experiencing mental health, attachment, and/or behavioral problems. This CPP LC is being sponsored by the Substance Abuse and Mental Health Administration (SAMHSA), so it is being offered *free of charge* to participants.

More Information here:

https://docs.google.com/document/d/1LoFgM8Y8Ip9joww_WfM1s2g_gtNhApEHH5CzrMkXs0s/edit?usp=sharing

If Interested

Please ensure that your agency leadership and all members of your team who might be part of the training are aware of the core components and minimum training requirements for a CPP Implementation Level Course:

<http://childparentpsychotherapy.com/providers/training/lc/>

They will also be completing the CPP Training Agreement and should review it at:

<http://childparentpsychotherapy.com/wp-content/uploads/2018/03/CPP-Training-Agreement-2018.pdf>

Please complete the expression of interest survey here:

<https://forms.gle/o8LJzDwrZkausQcGA> to indicate your interest and to acknowledge that you have reviewed and are able to engage in all the training components and that you believe your team members meet eligibility criteria.. A member of the UCSF team will follow up with you.

For additional questions or more information contact Brooke Kimbro, Dissemination Coordinator, at brooke.kimbrow@ucsf.edu.

HDVS Community Network Gathering

An important element of addressing Intimate Partner Violence, Domestic Violence, and Sexual Violence in our community is creating a blanket of support for those affected by these forms of violence. We are seeking to create a space where that blanket of support can be extended and strengthened by hosting a Community Network Gathering. Originally scheduled for the end of October, we unfortunately had to reschedule this event because of the public safety power shutoffs. It is now Wednesday, February 5th, 2020 from 12:30pm-3:00pm, at Humboldt Area Foundation, Emmerson Room.

Our gathering is taking place on *Wednesday, February 5th, 2020 at the Humboldt Area Foundation in the Emerson Room from 12:30pm-3:00pm*. Snacks and beverages will be provided at the gathering, but please feel free to bring your own lunch. Snacking and networking will take place from 12:30pm – 1:00pm, and the activities of the gathering will officially commence at 1:00pm. We will commence with a panel of professionals who can answer any questions that you might have about working with or encountering survivors, or families who are experiencing violence, and then will commence with interactive activities to facilitate a conversation among participants about potential solutions each can implement in their own work. We are requesting that you RSVP to the gathering via phone or email. Please also find attached the flier for our event.

The goals of this gathering will be to:

- (1) Educate individuals who encounter domestic violence, intimate partner violence, and sexualized violence in their work on how to best respond to those situations
- (2) Connect local services providers, agencies, groups, and organizations in order to collectively identify barriers that survivors face when seeking services in the community, as well as
- (3) Identify barriers and issues that service providers, agencies, community groups, and organizations face when working together
- (4) Formulate and work towards implementation of solutions to issues that are identified

We are extending this invitation to you because we feel that your presence at our gathering is important to help reach our shared goals of strengthening our communities. We hope that some members of your organization are able to attend. Because our goal with these gatherings is to formulate and implement concrete solutions, it will be valuable to have individuals attend who are in positions that are familiar with administrative details and can facilitate those types of organizational changes (i.e. executive directors, program directors and coordinators, board members, etc.).

To RSVP, or for more information, please call HDVS at 707-444-9255 or email ariel@hdvs.org.



Job Openings

Humboldt NeuroHealth Therapeutic Services Job Openings

Humboldt NeuroHealth Therapeutic Services has had a busy year! A lot of exciting things have been happening and we have grown as a team. There are now 6 clinicians in our practice. In July we were approved as a 501C3. We have recently expanded and in October we opened up a second location in Fortuna, this space is ADA. We have office space to hire several more clinicians. We have also launched our WRAP program called Wired Together. We will be hiring for support staff to help with that in the near future. If you know of anyone that is interested here is a link to 3 positions:

https://www.indeedjobs.com/humboldt-neurohealth-therapeutic-services/_hl/en_US?cpref=JXWAtnzf3XW5aRnY2g_zom2bgyBz8ZTNNzKNCpNHrBU

We are hiring Therapeutic Skills Coaches FT/Non-Exempt/\$18.00-\$20.00- Requires a B.A

Provides direct oversight, supervision and care for each individual child in WiredTogether.

Provides cross-setting care and supervision as well as interventions to youth aimed at

stabilizing their behavior(s) and teach functional skills that enable the youth to mitigate the

behaviors identified as reasons for being at risk of losing their placement in home so that the

youth can remain in a family setting. We are also hiring another intern and licensed clinician. --Jennifer Brown, LCSW, Humboldt Neurohealth Therapeutic Services, 707-296-9295

HSU CAPS Post Graduate Residency Openings

Humboldt State University, Counseling and Psychological Services (CAPS) has 3-4 full-time post-graduate residency positions for the 2020-21 academic year (beginning August 10, 2020 and ending May 21, 2021). The residency is for the academic year, with the usual academic breaks. Residents will be responsible for providing: (a) short term individual, couples, and group therapy; (b) intake and referral services; (c) crisis intervention and daytime on-call services; (d) outreach programming; and (e) psychological consultation to the campus community.

Residents will also work closely with medical providers in the Student Health and Counseling Center on shared cases that involve a mental health

component. Residents will also have involvement in training and mentorship of master's level practicum students through Humboldt State University's Counseling and / or Social Work programs. Residents will receive both individual and group supervision commensurate with the requirements for licensure. Please click on these links to see the [Training Program Brochure](#) or

<https://counseling.humboldt.edu/node/624>. For more information contact Shane Calhoun, PsyD, Interim Training Director/Staff Psychologist,

<http://www2.humboldt.edu/counseling> , 707-826-3236 or Paula Nedelcoff MFT, therapydok@sbcglobal.net



Announcements

DSM V in Spanish

Many thanks to a collaborative effort of members of LatinoNet and NCAMHP, money has been raised from a number of generous NCAMHP members and sent to the Humboldt County Library to purchase a copy of the DSM V in Spanish. The library is now in the process of going through their procedures to purchase this book which will be kept in the reference section of the Eureka main library. We will let you know when it is purchased and put onto the library shelves.

The GALAP (The Gender Affirming Letter Access Project)

The GALAP (The Gender Affirming Letter Access Project) announces a movement organized by a group of trans, nonbinary, and allied clinicians to re-envision assessments and letter writing for gender-affirming care.

The GALAP (The Gender Affirming Letter Access Project) <https://thegalap.org/> is a movement of clinicians organized to address the legacy and present-day practices of gatekeeping through a commitment to an informed consent model of care as well as a commitment to provide free and low-cost letters for gender affirming medical care. Most healthcare systems continue to require that individuals seeking gender affirming care obtain assessments and letters from mental health providers. This requirement can be a significant barrier to care for many reasons, including cost. By organizing together, providers can stop participating in and profiting from a system that is exploitative and disempowering.

We have committed in our own practices to discontinue charging fees for letter writing for gender affirming care and offer at least one spot in our practice each month for a pro bono assessment and resulting letter.

We invite you to:

1. Commit to a practice of providing care based on an informed consent model when conducting gender affirming medical care consultations, informing sessions, and letter writing.
2. Create space in your practice for at least one pro bono letter per month for clients seeking gender affirming medical care that requires a therapist letter.

3. Sign on to the statement and join the GALAP community.

If you are interested, please visit <https://thegalap.org/> and sign the pledge. Please share/forward with your networks.--Sand Chang, Ph.D., Licensed Psychologist – PSY 22098, 166 Santa Clara Avenue, Suite 201 Oakland, CA 94610, (510) 545-2321; www.sandchang.com

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>



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 led 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.

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—www.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 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.



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 Listserve

If you have joined the NCAMHP Listserve, then there are two ways you can post a message. One way to post is to simply send an email to the Listserve 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 Spring NCAMHP**

Newsletter is March 11, 2020. 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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