



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

Greetings All!

What a beautiful fall we are experiencing. I want to make a special welcome to all our new members and thank you to all renewing members.

I know it has been a-little clumsy with the new website, your patience is so very appreciated. As many of you may know Suzanne Anderson, who has been with us for many years and who processes all our fees and checks and tracks memberships etc., is retiring. Some of us never quite realized how much we counted on her history of the organization and all the procedures that were put into place to help things run smoothly. She will surely be missed. I encourage you to contact a board member if you are experiencing any problems. One of us will get back with you and hopefully help address the issue.

This will be my last newsletter as the President. I will be stepping down in this role December 31. It is my intention to continue to serve on our Board and maintain my relationship with this wonderful group of folks. I want to encourage you all to get involved with the different committees. The more of us sharing in this organization, the richer it becomes.

Lastly keep us all abreast of current information in our field, our community and in your practice. I know we are all getting requests on weekly and even daily basis. It is nice to know who is open to a new client or two.

Thanks for all you do for our community. Please stay healthy and pace yourself as we come into the season of light and celebrations. Blessings to all.

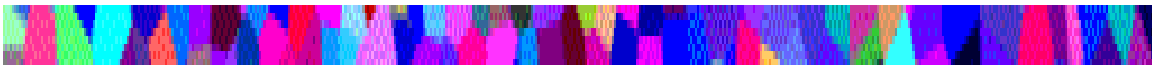
Paula Nedelcoff MFT
NCAMHP Board President
therapydok@sbcglobal.net

[Click Here to Download the Membership Application](#)



Use the NCAMHP Email Listserv

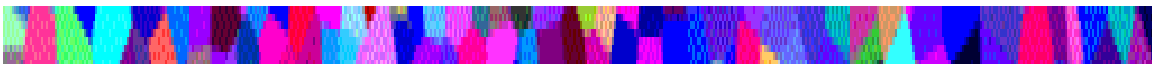
The NCAMHP email Listserv has been a big help in this time of COVID 19. Lots of helpful information and support has been exchanged on the Listserv. Most of the information in this newsletter came from the Listserv. All members, we encourage you to join the Listserv if you are not already on it. To join , you can contact Cheryn English or Paula Nedelcoff. Just make sure your membership is current.



Business Will Group

You are invited to attend a meeting of The Business Will Group. The next Zoom meeting is Saturday, December 4 at 10 AM. We are so far a small group of association colleagues who have been constructing our Professional Wills and a method for administering them as a collective. We would like to invite you to come and participate. See what we have put together and bring your questions. You may want to join us and attend to this task in a fairly painless way. There is no cost. We are all doing this as a collaborative effort. For more information or to get the Zoom invitation to the next meeting contact Cindy Siemens, LMFT casiemens1@gmail.com or Debbie Elmore LMFT at doyouknowsue@yahoo.com

Thus far we have constructed individual Professional Wills, arranged a method of coverage for members and are ready to share that process with others. It has been so much easier and more fun to attend to this responsibility and reassuring to cover all the questions that come up as a group of experienced private practitioners. We have used resources from seminars, online private attorneys and our personal experiences. It could be a stand alone directive in the event of incapacity. For many of us, this is in addition to a Living Trust or a Personal Will. What we do not offer is legal advice. What we do offer is an opportunity to attend to this responsibility in a fun, supportive and practical way.



Life Care Humboldt

by Cindy Siemens LMFT

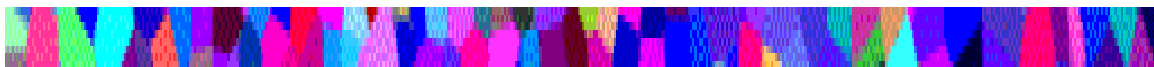
From Psychiatric Times—July 23, 2020— Available data indicate that anxiety disorders are the most prevalent of psychiatric disorders among older adults. The National Comorbidity Survey Replication (NCS-R) found that among individuals aged 60 years or older, the prevalence of any anxiety disorder was 15.3% The most common anxiety disorders in this age group are specific phobias and generalized anxiety disorder. Social phobia, obsessive-compulsive disorder, panic disorder, and post- traumatic stress disorder (PTSD) are less common.

Unfortunately, standard treatments for these disorders in older adults are modestly effective for pathological worry and rumination such as CBT, hypnotherapy, relaxation, trauma therapy, psychiatric medications and psychotherapy. New and effective psychosocial interventions are needed in addition. Aligned with the concept of client centered therapy is resident-led aging-in-place communities that address these issues

Life Plan Communities across the United States offer independent private residences, shared dining and activities, healthcare management, assisted living, and memory support, all in the one location. ***An LCH resident will not have to move if they, or their partners, need increased care. Which addresses elders top 2 primary sources of anxiety worries!!***

A Life Plan aging in place Community is being created in Humboldt County providing secure, accessible homes and environmentally responsible setting that supports independence, socialization, personal growth, wellness, community involvement, and intellectual stimulation. Life Care Humboldt will keep people close to their friends and families and provides a continuum of services to address changing needs over time. www.lifecarehumboldt.org for more information

I'm arranging Virtual House Parties to answer more questions and direct you to links for future activities. Please let me know if you would like me to contact you with further information. --Cindy Siemens --casiemens1@gmail.com



Reasonable Accommodations and Emotional Support Animals

The following are some excerpted parts of an article written by Ann Tran-Lien, JD, CAMFT Managing Director Legal Affairs. This article is for educational purposes only, not legal advice. You can read the entire article at: <https://www.camft.org/Resources/Legal-Articles/Chronological-Article-List/reasonable-accommodations-and-emotional-support-animals>

Letters from health care and mental health providers are generally requested to show that an animal provides a disability-related benefit to an individual. Therefore, it is becoming more common for clients to ask their therapists to provide such documentation. This article will provide a brief summary of the relevant laws and discussion of some legal and ethical issues for therapists to consider when responding to this type of request.

... Federal and California laws recognize emotional support animals as reasonable accommodations for people with disabilities for purposes of housing and travel. Letters from health care and mental health providers are generally requested to show that the animal provides a disability-related benefit to the individual.

... Assistance animals or emotional support animals are defined as animals that work, provide assistance, or perform tasks for the benefit of a person with a disability, or animals that provide emotional support that alleviates one or more identified symptoms or effects of a person's disability. Emotional support animals perform many disability-related functions, including, but not limited to, providing emotional support to persons with disabilities who have a disability-related need for such support. Emotional support animals are not generally trained to perform specific tasks to assist persons with a psychiatric disability, but they must provide a disability-related benefit to such individuals. ... emotional support animals may be allowed to reside with individuals as reasonable accommodations for the individual's disability. Furthermore, federal regulations related to air travel require that service and emotional support animals be reasonably accommodated on all flights.

... If an individual is seeking reasonable accommodation for an emotional support animal for housing, a landlord or homeowner's association may require the individual to provide documentation of the individual's disability and the disability-related need for the animal. The letter may be written by the individual's primary care physician, social worker, psychiatrist, or other mental health professional and should state that the animal provides support that alleviates one or more of the identified symptoms or effects of an existing disability.

... The following are some issues to consider when presented with a request from a client who desires a letter seeking reasonable accommodation for an emotional support animal.

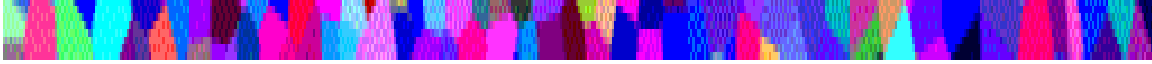
The following are some issues to consider when presented with a request from a client who desires a letter seeking reasonable accommodation for an emotional support animal.

- The letter must state that the animal provides a disability-related benefit to the individual with a disability. Is it your professional opinion that the animal provides a benefit or assistance related to the individual's disability?
- Did you prescribe an animal to help support or assist the client's disability or was the animal incorporated in a treatment process to assist in alleviating the symptoms of the client's disability?

- Does your treatment plan for the client include an animal to support the client's disability?
- Have you witnessed interactions between the client and the animal or has the client discussed in length what the animal has done to support or assist the client's disability?
- Occasionally, you may be presented with the request from a client and have no knowledge or familiarity with the client's relationship with his or her animal and/or the client's need for the emotional support animal. In these situations, you may not be in the best position to provide such an opinion and you may decide to deny the request. If there are other health care providers involved in the client's care, perhaps such providers may be in a better position to provide a professional opinion and documentation about the client's need for an emotional support animal. However, if you want to assist your client in this process, you may decide to clinically work with your client in order to adequately express a professional opinion concerning this issue. The CAMFT Code of Ethics provides that you should take care not to assess, treat, or advise individuals on problems that are beyond your level of competence as determined by your education, training and experience.¹⁶ Hence, if you incorporate an emotional support animal in your client's treatment plan and/or choose to express a professional opinion about your client's need for an emotional support animal, you should ensure that you are practicing within your scope of competence. Familiarizing yourself with literature and studies concerning the therapeutic benefits of emotional support animals for people with disabilities is recommended.
- The letter must also identify that the client has a mental-health disability listed in the DSM IV. While the letter does not have to provide details about the client's diagnosis and treatment, information about the client's disability will need to be disclosed to ensure that the client meets the definition of disability under the law. Airlines, however, are not allowed to require documentation to specify the specific type of mental health disability, e.g. panic attacks. Make sure that you obtain appropriate written authorization from your client before providing the letter. It is recommended that you discuss with your client the implications of sharing this information with third parties.
- Although unlikely, if the request for reasonable accommodation for the client's emotional support animal is denied, the client may take legal action against the landlord, homeowner's association, or airlines. If this should occur, it is possible that the client's psychotherapy records may be sought by one or both parties involved in the legal matter. You may also be called to testify in this case. This means that you must be ready to answer questions about your reasoning and professional opinion on this matter.

Keep in mind that if you determine you are not competent to or comfortable with providing such a letter, you are not legally required to do so. However, you should consider the positive and negative ramifications, that writing the letter or declining to write the letter, may have on the therapeutic relationship. Understanding the relevant laws

and carefully considering the clinical, legal and ethical implications can help you be better-equipped when responding to a client's request for this form of documentation.



New Practice Announcements

Julie Branson LMFT

I'm very excited to announce that I am now available to serve people in our community in my newly opened private practice. My specialty areas include Maternal Well-Being and Early Childhood Mental Health. I am a particularly good fit for: Women with young children who are looking for a soft place to land as they sort out the challenge of balancing their own needs with the demands of motherhood; Children (ages 2-7) with challenging behavior who may benefit from participating in Parent Child Interaction Therapy with their parent(s); Anyone in need of a therapist who is warm, authentic, patient, and supportive. I am not currently accepting insurance, but I am able to provide clients with a superbill, which they can submit to their insurance company for possible partial reimbursement. (I'm hoping to be able to accept Partnership starting in late 2021.) Covid Precautions: I am currently offering sessions via phone or video appointment only. If you know of someone who is in need of some extra support, please direct them to my website to schedule a complimentary phone consultation: www.juliebransonmft.com Licensed Marriage and Family Therapist (License #47188) since 2009, Infant-Family and Early Childhood Mental Health Specialist, Certified in Parent Child Interaction Therapy (PCIT) 707-502-2085

Morgan Lea Eubank LMFT

Hello!--My name is Morgan Lea Eubank (often referred to as Moe), and I am a LMFT in Arcata. After working as a Mental Health Clinician in Same Day Services (Humboldt County Behavioral Health's crisis walk-in service) for the last 3 years, I am making the transition into private practice by scheduling clients in August and starting to provide therapy in September. So far, my therapy career has been primarily working with adults; I especially enjoy working with folks between the ages of 18 and 30. Presently I am offering tele-health services only and taking clients who will either pay cash or who are covered by Partnership insurance. A little bit of background... I graduate with my Bachelor of Arts in Psychology from the University of South Florida, Tampa, and my Marriage & Family Therapy Counseling Master's Degree from Humboldt State University. I accrued my post graduate clinical hours in a variety of settings: Humboldt Family Service Center, Sempervirens Inpatient Psychiatric Hospital, Humboldt State University's Counseling &

Psychological Services, and Humboldt County Behavioral Health's Same Day Services. I became licensed in 2019 and continued to work in Same Day Services in the crisis mental health field. My therapeutic style is client-centered, relational, and strength-based. I enjoy running, getting messy creating art, horseback riding, traveling. I grew up as a Third Culture Kid, meaning I was born in the United States but lived in Zagreb, Croatia and then Johannesburg, South Africa until I was 18 when I moved to Florida to go to university. And I live with my beloved senior cat, Toast. You are welcome to contact me at 707-383-6982 and/or morganeubanklmft@gmail.com.

Inessa Freya Lieberman LMFT

My name is Inessa Freya Lieberman and I am a new member. I'm also a recent transplant from Miami Beach where I was an LMFT in private practice. I'm dually licensed in Florida and California and recently opened my new practice in a beautiful office here in Arcata. I'm excited about building my practice and open to receiving referrals for adults, teenagers and couples. A little more about me: During my time in private practice in Miami Beach, I was also the resident LMFT on an integrative team of experts at Canyon Ranch—the "original trailblazer of integrative wellness." Three times a week, I taught classes about meditation, the mind, body and soul reconnection and the art of Feng Shui. I'm committed to an integrative approach to therapy. My first master was in Spiritual Psychology and my second was in Depth (Jungian) Psychology from Pacifica Graduate Institute. I offer a client-centered, compassionate and integrative approach to therapy with a focus on the transpersonal- the aspect to each one of us that transcends our traumas. When clients access this part, then they can have a deeper and more meaningful relationship with themselves and life. When working with clients, I draw upon psychodynamic, family systems and transpersonal modalities, which include: guided meditation, dream-work, visualization, mindfulness practice, inner child work, holographic memory resolution of traumas, the Release Technique, Inner Bonding and somatic (body focused) practices. 425-891-6242 <http://www.illuminatedcounseling.com/>

Victoria Shuts, LMFT

I'm new to Humboldt County, originally from Santa Cruz County but recently moved here from Bellingham Washington where I lived and worked for the past 3+ years. I just had to get back to California! I'm a LMFT and just recently "retired" into private practice after working in public education as a Mental Health Specialist for 13+ years. My areas of practice have been treating trauma (PTSD), childhood trauma, depression, anxiety, LGBTQ populations (high school students), ADHD, Autism spectrum, addictions, and more. I'm trained in EMDR, teach and practice mindfulness, meditation and breathing methods for anxiety/ self-regulation. My approach is client centered/ humanistic, CBT, DBT, positive psychology and eclectic - pulling from many approaches based on client need. The preferred age groups I work with are anyone 12 years of age and over. Please visit my bio on the NCAMHP

or Psychology Today for more info on me. Thank you and I'm hoping to meet you at some point. 831-222-0658 victoriastherapy29@gmail.com



The Science Behind Staylistening

Therapists are aware of current understandings from neuroscience about the importance of attachment, connection, and new ways to look at emotions. When big emotions come, we know that humans cannot be rational. Supporting our clients understand and this and learn to listen to big upsets and tears empathetically is challenging, especially for parents. The following are some excerpted parts of an article written by Lyra L-Estrange PhD about the science behind this kind of listening, here called Staylistening, a tool of Hand in Hand Parenting. You can read the entire article at:

<https://www.handinhandparenting.org/article/science-behind-hand-hand-parenting-tool-staylistening/>

... The underlying principle of the tool of Staylistening is that crying is a natural recovery process. Allowing our children to cry and tantrum can be a powerful way to heal hurts, restore good judgment and bring closeness to the parent-child relationship. ... Developmental psychologist and founder of Aware Parenting, Aletha Solter, writes in her book *Tears and Tantrums, What to do When Babies and Children Cry*, that “not all crying is an indication of an immediate need or want. Much of it is a natural stress-release mechanism that allows children to heal from the effects of frightening or frustrating experiences that have occurred previously.” In other words, babies and children do cry to communicate unmet needs, however it’s not the only reason — they also cry to release stress and strain resulting from physical or emotional tension.

Crying can also bring us closer to those around us. It is an important communication mechanism for building a strong attachment and understanding between children and parents (Solter, 2009; Nelson, 2005). This is particularly evident when those close to us can be supportive when we cry, allowing the healing benefits to kick in (Bylsma, 2011).

... Listening to tears helps children feel more relaxed and restores their sense of equilibrium. Neuroscience can help explain the mechanisms behind Staylistening. The limbic system, the social and emotional hub of the brain, fully developed at birth, is wired for emotional connection. In fact, humans are biologically programmed to be in close proximity to each other as a way of regulating and

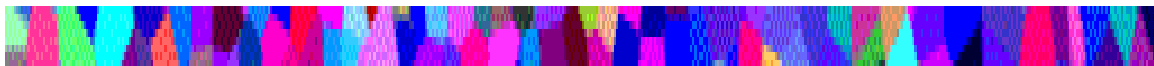
aligning our inner emotional and physical states (Lewis, Amini & Lannon, 2000; Graham, 2008).

The limbic system is always tuning in to the surroundings, looking for connections. When the limbic system senses connection and safety, it can coordinate other functions of the brain, including the higher processing centres like the prefrontal cortex. This is the hub of reasoning, logic, and good judgement. When the limbic system cannot sense connection, these functions are limited. For example, when you have repeatedly asked your four-year-old to stop pulling the cat's tail, and he is not listening, his limbic system may be so full of emotional tension from small hurts that have built up during the day that he cannot remember that it's not okay to hurt the cat, nor can he hear what you are saying. His higher processing centres of reasoning, memory and judgement are impaired in that moment.

When an upset child is listened to with warmth and connection, the limbic system senses this, and the child can use this limbic connection to steady and release the emotions that flood the system (Lewis, Amini & Lannon, 2000). When emotions are acknowledged and validated, it allows the healing process to kick in. First there is the joining and attunement to the other, "I hear you, I see you are upset," then the offering of connection and holding the space, "You are safe now, I know you can get through this. You are loved." This process actually allows new circuitry within the brain to be built, and recovery to take place. Recent findings in interpersonal neurobiology are leading toward the perspective that we are not entirely separate beings; our minds are connected and we can play a powerful role in healing through tuning in to each other (Siegel, 2010).

... Solter (2009) reviews numerous studies that have shown that crying has been linked to parents feeling exasperated, anxious, depressed, resentful and has even led to child abuse. The intense feelings that arise in us when our children cry or tantrum can be explained by our own unmet needs for emotional release. Often our own memories are triggered and we cannot separate the past from present, leading us to "lose it" with our children; we are unable to respond in a productive way (Siegel & Hartzell, 2004). Siegel and Hartzell further explain the importance of reflecting on and integrating these early emotional experiences so that they don't affect our present relationships so much. Through the understanding of ourselves, we give our children the space to develop their own emotional selves.

... Responding with warmth and empathy to an upset child is not sanctioning bad behaviour, rather it is allowing the healing process to be activated. ... This is a different way of looking at crying and tantrums. It's a way that's not always accepted in our culture. But I feel a shift in our society, as more and more people are moving towards connection and away from punishment. Not just in parenting. It always inspires me to hear of others questioning the underlying cause of people's actions, and wanting to shift things at the emotional level, rather than handing down the traditional solution of punishment, which creates further hurt and disconnection.



“Our Pathways to Health” Chronic Disease, Diabetes, or Chronic Disease Self-Management Workshops

To Our Community Partners:

The Humboldt IPA will regretfully no longer be offering in-person “Our Pathways to Health” Chronic Disease, Diabetes, or Chronic Disease Self-Management Workshops.

Please remove any Pathways brochures or branded messaging from your client-facing areas.

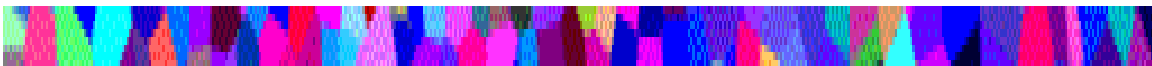
Fortunately, these resources are still available to those who can benefit from these effective and evidence-based programs that were developed at Stanford University. No-cost online and phone workshop options, available in both English and Spanish, are being offered by our colleagues at Partners in Care Foundation.

More information can be found here:

Partners In Care Website

For questions, or to register for one of these classes,
call Partners' Community Wellness at:
818-403-5452 or email: ebprograms@picf.org

Humboldt Del Norte Independent Practice Association
2662 Harris Street, Eureka, CA 95503
707.443.4563
www.humboldtipa.com



Online Digital Resources

St. Joseph Health #Work2BeWell

Providence and St. Joseph Health-Humboldt County are excited to bring the #Work2BeWell digital wellness and empowerment program to our community, which focuses on positively impacting the emotional well-being of teens and promoting mental health. The platform offers access to our free curriculum, resources, and implementation tools to make an impact as a student mental health advocate, educator, or parent. Work2BeWell bridges the conversation around difficult topics and partners with experts to provide access to credible resources including crisis lines, clinical leaders, and educational resources. Work2BeWell is committed to anti-racist work. We bring a diversity, equity, inclusion lens to

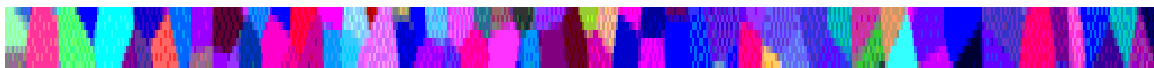
programming and are working to expand our resources for BIPOC teens. We are strategizing culture and language specific resources for the future as we work to reduce mental health stigma and promote teen wellness.

Please review the below resources, and then don't hesitate to reach out with questions.

- Work2BeWell <https://work2bewell.org> empowers teens to thrive through access to mental health resources, authentic connections with peers and educators, and digital platforms for resiliency.
- Visit our new website to access free mental health curriculum <https://work2bewell.org/curriculum> and tools specific to educators and teens.
- COVID-19 continues to exacerbate teen mental health concerns. Work2BeWell tools build mental health resiliency and support teens and educators with resources and relationships to change the conversation within mental health during virtual learning. See our virtual tools and learn about our Work2BeWell school model here: <https://work2bewell.org/implementing-work2bewell/>

Gender Spectrum

Gender Spectrum <https://genderspectrum.org/> works to create gender sensitive and inclusive environments for all children and teens. They have online trainings for professionals and online groups for pre-teens, teens, parents, caregivers, and other family members. (Thanks to Thomas Kelem LMFT)



COVID 19 Resources

--Friendship Line California

As many older and at-risk Californians continue to stay home to minimize exposure to COVID-19, feelings of isolation and loneliness may be increasing. To offer support, the Institute on Aging and the California Department of Aging want to share with you all additional resources to bring awareness to the toll-free warm line, Friendship Line California: <https://www.ioaging.org/friendship-line-california> . As you may know, Friendship Line California is both a crisis intervention hotline and a warmline for non-emergency emotional support calls connecting individuals to a friendly conversation 24/7.

--Community Mental Health Support Warm Line for COVID 19

Professional staff are available if you are feeling anxious, worried, or depressed related to the current health crisis and need someone to talk to. Two outpatient Humboldt County clinicians teamed up to create a county warm line, available at 707-268-2999, M-F 8 AM – 5 PM. They have done a lot of crisis and same day counseling work. They recognized a need for a place for people who need to talk to someone about their concerns about COVID 19 and sheltering in place, even if they do not feel they are in crisis. They also wanted to keep the county crisis line open for people who really are in crisis and need that service. The warm line is available for people who are distressed about what is happening, for example: feeling isolated and needing to reach out, or needing help breathing through anxiety or dealing with panic and anxiety attacks or are stressed parents. The warm line also helps people who are already living in crisis, so they don't think of the COVID 19 situation as a crisis because they are used to crisis as part of their regular life, such as people living with their abuser. They also are ready with referrals for whatever is brought up such as housing help filling out unemployment forms and food help resources. They are also referring people to the NCAMHP website as a mental health resource. So far, a lot of the warm line calls are people who are just worried. They can answer questions about COVID 19 within their scope of practice and also refer people to the county public health COVID 19 line 707-445-6200 or their email covidinfo@co.humboldt.ca.us for medical questions and information. The public health people also refer people to the mental health support line as well. So far it is working well. There are plans to make other clinicians available for the mental health support COVID 19 warm line in the future.

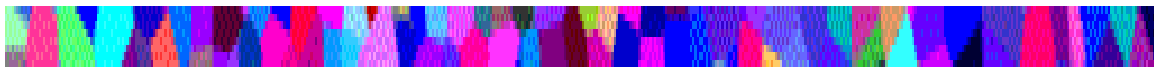
--California Board of Behavioral Sciences

To Stay Abreast of Changes, Subscribe to Email Alerts from the CA Board of Behavioral Sciences (BBS)

Stay abreast of the many updates and changes during the COVID-19 pandemic by subscribing to receive automated email alerts from the BBS. More than ever before, licensees and associates must be aware of the response to pandemic and how that impacts licensing regulations and requirements. To subscribe to the automated email list serve today, visit <https://www.dca.ca.gov/webapps/bbs/subscribe.php>.

BBS Website: New information and publications are available under the Coronavirus (COVID-19) mid-page on the BBS homepage at www.bbs.ca.gov.

BBS Contact Information: <https://www.dca.ca.gov/webapps/bbs/contact.php>



Surge in New-Onset Tics in Adults Tied to COVID-19 Stress

An unusual surge of new-onset tics in patients with no prior history of these disorders, has been tied to the psychological stress associated with the COVID-19 pandemic, new research suggests. Results from a large, single-center study show several cases of tic-like movements and vocalizations with abrupt onset among older adolescents and adults during the pandemic. None had a previous diagnosis of a tic disorder. Among 10 patients, two were diagnosed with a purely functional movement disorder, four with an organic tic disorder, and four with both.

"Within our movement disorders clinic specifically...we've been seeing an increased number of patients with an almost explosive onset of these tic-like movements and vocalizations later in life later than what is typically seen with organic tic disorders and Tourette syndrome, which is typically in school-aged children," said study investigator Caroline Olvera, MD, Rush University Medical Center, Chicago. "Abrupt onset of symptoms can be seen in patients with tic disorders although this is typically quoted as less than 10%, or even 5% is more characteristic of functional neurological disorders in general and also with psychogenic tics," she added. The findings were presented at the virtual International Congress of Parkinson's Disease and Movement Disorders (MDS) 2021.

Anxiety, Other Psychiatric Conditions

Tic disorders typically start in childhood. However, the researchers observed an increase in the number of patients with abrupt onset of tic-like movements and vocalizations later in life, which is more often characteristic of functional neurological disorders. To examine the profile, associated conditions, and risk factors in this population the investigators conducted a thorough chart review of patients attending movement disorders clinics between March 2020, when the COVID pandemic was officially declared, and March 2021. Patients with acute onset of tics were identified using the International Classification of Diseases codes for behavioral tics, tic vocalizations, and Tourette syndrome. The charts were then narrowed down to patients with no previous diagnosis of these conditions. Most patients were videotaped for assessment by the rest of the movement disorder neurologists in the practice. Since the end of the study inclusion period in March 2021, Olvera estimates that the clinic experienced a doubling or tripling of the number of similar patients.

In the study cohort of 10 patients, the median age at presentation was 19 years (range, 15 - 41 years), nine were female, the gender of the other one was unknown, and the duration of tics was 8 weeks (range, 1 - 24 weeks) by the time they were first seen in the clinic. Four patients reported having COVID infection before tic onset. All exhibited motor tics and nine had vocal tics. Two were diagnosed with a purely functional neurologic disorder, four with only an organic tic disorder, and four with organic tics with a functional overlay.

Reprinted from : Medscape Medical News © Sep 21, 2021. by Daniel M. Keller PhD <https://www.medscape.com/viewarticle/959190> (Thanks to Sheri Graham Whitt LMFT for sharing this article)



Trainings

******FYI: There are no NCAMHP sponsored trainings or meetings scheduled for this Fall. NCAMHP is planning for possible winter and spring trainings and meeting.***

Changing the World for Our Most Challenging Clients: Making Sense of Lifelong Challenges that Occur as a Result of Prenatal Alcohol Exposure

December 8, 2021, 10:00 - 11:30 am (PST). A California Institute for Behavioral Health Solutions/ CIBHS.ORG, Virtual Training with Kathryn Page, Ph.D., President of FASDNorCal, a parent-professional collaborative aiming to raise California's ability to diagnose, serve and prevent further generations affected by prenatal alcohol exposure.

Fetal Alcohol Spectrum Disorders (FASD) affects roughly half of children in care but is only really recognized in three states and Canada. FASD is lifelong brain damage from prenatal alcohol exposure causing impairment in thinking, self-regulation, and the ability to manage one's life in a developmentally appropriate manner. With recognition, we can put supports in place that will clear the path to a healthy adulthood—without these, often children are misunderstood, blamed, and frequently misdiagnosed, and go on to have interactions with the law and even experience homelessness. Layers of trauma and chaotic parenting compound the challenges experienced by children with FASD—and their caregivers. You will come away from this talk with an overview of FASD, and most importantly, what we can do to help.

Have you worked with clients, children and adults, whose actions seem completely illogical and self-defeating despite your best efforts to help? Would you like to be able to recognize the signs of the brain damage from prenatal alcohol exposure that underlies much of these behaviors? Would you benefit from principles of intervention and specific tips adapted to FASD?

Topics will include: Screening, Misdiagnoses, Relationship of FASD and trauma, Interventions and strategies to support your clients that address sensory, communication, affective, cognitive and biochemical modalities. Learning

Objectives: (1) Participants will be able to explain the prevalence and pattern of Fetal Alcohol Spectrum Disorder. (2) Participants will be able to use an "as if"

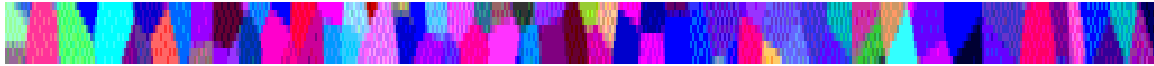
model in the absence of diagnosis. (3) Participants will be able to design their approach to reflect the particular needs of the clients with likely FASD, whether

adult orchid. (4) Participants will be able to informally screen for this disorder. The cost of the webinar is \$60 per person, or \$75 including continuing education credit. To register:

<https://cibhs.networkofcare4elearning.org/EventDetail.aspx?pId=1051&OrgId=223>

What is Systemic Racism?

“What is Systemic Racism?” <https://www.raceforward.org/videos/systemic-racism> is an 8-part video series from race forward <https://www.raceforward.org/>. It shows how racism shows up in our lives across institutions and society: Wealth Gap, Employment, Housing Discrimination, Government Surveillance, Incarceration, Drug Arrests, Immigration Arrests, Infant Mortality. It is free and you can listen to which ever segments you want in whatever order you wish.



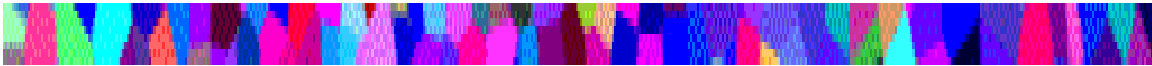
New Practice Announcements

Larissa Hul-Galasek LMFT

I am very pleased to join the NCAMHP community as I launch my private practice, LHG counseling. At the moment, I am offering telehealth only and am an out of network provider. I have a sliding scale from \$60-140. I also offer gender affirming medical intervention support letters on a pay as able to scale/single session meeting. I graduated from California Institute of Integral Studies with a MA in Counseling Psychology with a specialization in Expressive Arts Therapy in 2017. The foundation of the way I work is rooted in Liberation psychology and social justice. I have 70+ hours of didactic training working with LGBTQIAP+ community and have worked at the LA LGBT center and Rainbow Community Center as a therapy intern. I have experience working with folks experiencing health issues such as chronic pain, cancer, Alzheimer's through Contra Costa County medical center. I also have 200+ hours of training in nature-based expressive arts & aim to provide support for those impacted emotionally by the climate change catastrophe. Lastly, prior to branching out to private practice, I worked at Humboldt County CFS, the CWS/foster care unit and have experience with kids, teens and families who were involved in all stages of the foster care and adoption system. As you might have already surmised, I enjoy a variety of offerings and working with people from all different arenas of life. I am looking forward to engaging in creative endeavors with the community. Learn more and connect with me here: www.lhgcounseling.com or 707-572-6541.

Inessa Freya Lieberman LMFT

My name is Inessa Freya Lieberman and I am a new member. I'm also a recent transplant from Miami Beach where I was an LMFT in private practice. I'm dually licensed in Florida and California and recently opened my new practice in a beautiful office here in Arcata. I'm excited about building my practice and open to receiving referrals for adults, teenagers and couples. A little more about me: During my time in private practice in Miami Beach, I was also the resident LMFT on an integrative team of experts at Canyon Ranch—the "original trailblazer of integrative wellness." Three times a week, I taught classes about meditation, the mind, body and soul reconnection and the art of Feng Shui. I'm committed to an integrative approach to therapy. My first master was in Spiritual Psychology and my second was in Depth (Jungian) Psychology from Pacifica Graduate Institute. I offer a client-centered, compassionate, and integrative approach to therapy with a focus on the transpersonal- the aspect to each one of us that transcends our traumas. When clients access this part, then they can have a deeper and more meaningful relationship with themselves and life. When working with clients, I draw upon psychodynamic, family systems and transpersonal modalities, which include: guided meditation, dream-work, visualization, mindfulness practice, inner child work, holographic memory resolution of traumas, the Release Technique, Inner Bonding and somatic (body focused) practices. Contact me at :425-891-6242 or my web site: www.illuminatedcounseling.com



Announcements

Partnership Humboldt County Contracted Telepsychiatry Services

Here are the contracted telepsychiatry services covered by Partnership Health Plan for Humboldt County for Partnership clients seeking a psychiatrist. Thanks to Karla Howe LMFT who shared this information on the Listserv after speaking with a Beacon representative. These are covered by Humboldt County Partnership Health plan: Telemed2you (916) 740 3721; Cognitive Health Solutions (858) 227 0887. Partnership also covers transportation for clients to behavioral health appointments and medical appointments. The contracted agency is MTM and their phone number is 1-888-828-1254

North American Mental Health Psychiatric and Other Services

North American Mental Health Services' Eureka office is seeing clients in the office. They have onsite psychotherapy and two on site psychiatrists, one of which works twice a month at the clinic. There is an additional psychiatrist who only provides

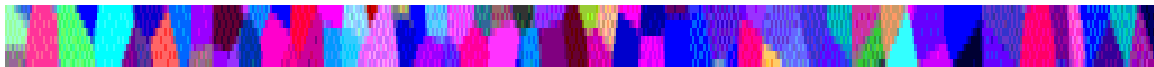
telehealth services. Services onsite at the clinic are for Partnership clients only, however, if a client elects telehealth , they also accept Blue Shield and Magellan. 707-296-7660, 434 7th St Ste B, Eureka 95501 (Thanks to Karla B. Howe, LMFT for this information)

Lyra Health Recruiting Providers

Lyra Health <https://www.lyrahealth.com/> is transforming mental health care through technology with a human touch to help people feel emotionally healthy at work and at home. Lyra helps employers, like Providence and Starbucks, and their employees access effective mental health care from evidence-based therapists. There are many potential clients in need of services in the Eureka area and Lyra is actively recruiting individuals interested in joining their provider network at this time. As a provider at Lyra, you will meet with clients face-to-face from your own office and/or via video, and receive new client referrals matched to your expertise, with no expectation of minimum hours. Invoices are submitted online and you will receive fair market rates for your services in just a few days, while enjoying the peace of mind that comes with case management support for your clients. Please direct any questions to Michelle Gonzalez at mgonzalez@lyrahealth.com or [apply online directly](#)

New Requirement for Existing Licensees and Applicants for Licensure: Suicide Risk Assessment and Intervention

Last year, the Legislature passed AB 1436 (Chapter 527, Statutes of 2018). Under this new law, effective January 1, 2021, the Board will begin requiring both applicants for licensure and licensees to have completed a minimum of six hours of coursework or applied experience under supervision in suicide risk assessment and intervention. This link has more information: https://www.socialworkweb.com/cfs/files/filestore/XAYoHiNcnYgBrmhdS/suicide_prevention_requirement-1.1.2021.pdf



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.

Keep Up with All the Changes -- Subscribe to Email Alerts from the CA Board of Behavioral Sciences (BBS)

Stay abreast of the many updates and changes during the COVID-19 pandemic by subscribing to receive automated email alerts from the BBS. More than ever before, licensees and associates must be aware of the response to pandemic and how that impacts licensing regulations and requirements. To subscribe to the automated email list serve today, visit <https://www.dca.ca.gov/webapps/bbs/subscribe.php>. BBS Website: New information and publications are available under the Coronavirus (COVID-19) mid-page on the BBS homepage at www.bbs.ca.gov

Humboldt Coronavirus Mask Makers

This Facebook group

<https://www.facebook.com/groups/humboldtcoronavirusmasks/about/>

is very active, includes call outs for masks from local hospitals and “was formed for seamstresses and others who want to support local and national clinics and hospitals amid the Coronavirus with handmade masks. This group is not donating to non-medical businesses, our focus is medical staff working on the front lines of the virus. Procedural medical masks are already in short supply so let’s do our part to help during this crisis! The masks will be used for medical providers and immune-compromised patients during the Coronavirus epidemic. ... Please note: The handmade masks do NOT replace medical grade procedure and N-95 masks. They are to be used when these supplies run out or to augment supplies to free up medical-grade masks for medical staff and providers.” (Thanks to Faith Mason LMFT)

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

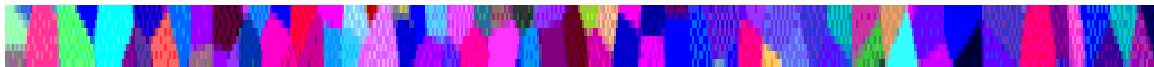
providers. This requirement can be a significant barrier to care for many reasons, including cost. By organizing together, providers can stop participating in and profiting from a system that is exploitative and disempowering.

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



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

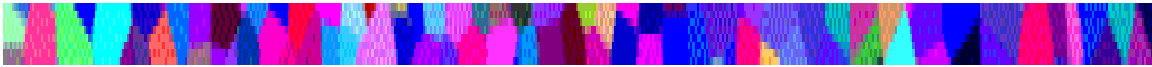
Please remember to update your NCAMHP website profile regarding ability to accept new clients. There have been a number of complaints about this issue lately.

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>



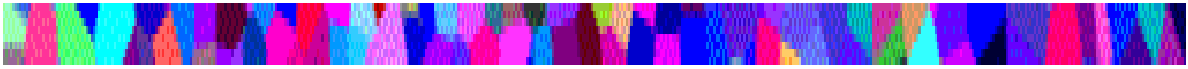
Your Voice is Important! Contribute to This Newsletter!

Contributions are *always* welcome; anything from a paragraph to a couple of pages would fit well in the newsletter. **The deadline for the Winter NCAMHP Newsletter is December 29, 2021.** Send your articles and announcements to the newsletter committee: emilysiegelcsw@sonic.net . Please send them in either a Word document or typed into an email so they can be copied and pasted into the Word document that becomes this newsletter. The information in flyers and PDF documents need to be changed into either an email or a Word document in order to be copied into the newsletter.

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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