

## SPRING/SUMMER 2022 NEWSLETTER



Happy Spring!

On behalf of the Board of Directors I want to welcome all new members, and of course say a warm hello to all who have been with us. There are some business things we are working on to make your membership as full and valuable as can be. We are hoping it will be possible to meet in person again for our Fall Membership meeting and a fall training. We understand some may not be comfortable with this, so our focus is to find a venue that will work for both in person and remote. An issue that will arise when we go in person is our costs which simply means there may be a charge for trainings. The Education Committee works hard to keep any cost at a minimum. If you have an interest in the Education Committee please reach out. Caryn Lowe has retired from that committee and Deb and Catherine could use some members. Thank you Caryn for all you have provided to this organization.

We welcomed Ken Tambe and Sheila Hatcher to our Board as we said goodbye to Lori Davidoff. The Board is working on updating the organization Bylaws which we hope could be completed by the Fall Membership meeting to be voted on and approved. We are taking in your feedback about the Website and are learning how to improve it not only for you but for clients. Web work is not always smooth, quick and or inexpensive so be patient with us. We are all volunteering with minimal part time paid help. Feel free to keep your suggestions and be aware not everyone likes things the same and we are looking at ways to work with the majority of you all.

By now our hope is the RedBook is in print and will go out very soon. That task seems to always take much longer than planned for. Remember you can always go into the website and change your profile as you want/need.

As always, thanks for all you do for our community. Take care of yourselves and those you love. Enjoy all the new hopes that spring brings and have a safe and summer full of health, joy and fun.

Paula

*Paula Nedelcoff MFT*  
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## **NCAMHP MEETING ANNOUNCEMENTS**

### **GENERAL MEETING**

The next General meeting will be on August 18th from 7-8pm. Kim Moor, LMFT, will speak on eating disorders.

A hybrid model (Zoom and in-person) for this meeting is being considered. Stay tuned for further information.

### **POSSIBLE OCTOBER MEETING**

The Education Committee is looking into the possibility of a 5-6 hour training in October. More information will be forthcoming.

### **COMMITTEE MEMBERS NEEDED**

The Education Committee is in need of additional committee members. Now is your chance to help out our organization and influence upcoming trainings! For more information please contact Debbie Elmore at 360-359-6427 for more information.



## **MEMBER ARTICLES**

### **What the Biden Mental Health Plan Means for Private Practitioners**

The following comes from an article published by Pollen Simple practice.

In his State of the Union address on March 1, 2022, President Biden took note of the mental health crisis in the US and announced an [ambitious plan](#) to address it. The White House followed up with a [fact sheet](#) providing more details. Considering its broad scope, how might the Biden mental health plan impact private practice therapists?

You can read the entire article here:

[https://www.simplepractice.com/pollen/?utm\\_medium=email&utm\\_source=sp-pollen&utm\\_campaign=20220402-paid-trial-leads-pollen-weekly-biden-mental-health-plan](https://www.simplepractice.com/pollen/?utm_medium=email&utm_source=sp-pollen&utm_campaign=20220402-paid-trial-leads-pollen-weekly-biden-mental-health-plan)

## Anthem Blue Cross Denial of Payment Update

*The following is information posted on the Listserv by Karla Howe, LMFT. Thank you, Karla, for sharing this information.*

Hi, some of you asked that I follow up on Anthem Blue Cross denial of payment.

I consulted with Barbara Griswold today and found it very helpful. I encourage those of you to check out her website. She offers phone consultations and various trainings related to documentation and navigating insurance plans.

Here's what she said.

Anthem has started auditing by requesting "the entire chart" for review for payments. This is something new. She told me a lot of providers are getting these requests from Anthem. She's not sure if the Anthem letter itself is poorly written, and Anthem is really **only** requesting the sessions denied. She also received an audit and decided to test her theory by only sending the note for the session audited. We're going to check in with each other later to see what happens.

Insurance companies, particularly "United Health Care Optum" are increasing audits and recouping back payments.

She said Anthem has the right, as do any insurance company, to conduct audits for client's that have been closed for years and recoup payments during an audit. She said that in the past this rarely happened, but is happening more frequently now.

PARTNERSHIP providers: Documentation for these clients is particularly stringent. In addition to a mental health assessment and client treatment plan (with observable, quantifiable goals and interventions), each note needs to have the following:

1. Medical necessity (this should change a bit from note to note) if it doesn't change, you need to at least document "medical necessity continues to be met due to....."
2. Each note should have at least 3 interventions (beyond empathic listening) something like, "Taught emotional regulation skills to target and reduce anxiety," "Utilized CBT to assist client in gaining awareness of their cognitive distortions which impact depression," Assisted client in making connections between their historical trauma and their current choices in abusive partnerships."
3. Document client response to the interventions.
4. Document plan for continued care.

## Responding to the Aesthetic Call

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The following are excerpts from a presentation given at the Humboldt Unitarian Universalist Fellowship by Laura Phelan-Shahin, LMFT.

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The following is the presenter's aesthetic response to dancing in her studio as the sun was rising one morning as she prepared to write this article.

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### The Sun (By Laura Phelan-Shahin)

Warmth and radiance soak my face.  
Streaming through the darkness, Gleaming warmth to my bones  
I do not ignore it or take it for granted... for, in my rushed daily life, in which I strive  
to do  
well, rushing from one place to the next...  
I'm moving. Moving. moving.  
This is not that. This is standing with the sun. Moving without a place to go.  
I'm dancing with the sun. Dancing with the warmth  
The sun is not separate from me. I thank the sun.  
My body is filled with warmth and light and love. The parent that gives me warmth  
and light and love  
and then,  
with care,  
allows room for me to go explore the darkness  
I explore the darkness because of the inner light the sun shares with me.  
The inner light the sun has shared with me.

\*\*\*\*\*

How do we start an Aesthetic response practice if we are newly reawakening to the world of creativity or if we want to deepen our practice? What are aesthetic responses? Why are they important and how can one develop the practice in one's own life? The following article will answer these questions.

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What is an aesthetic response? A lot of you already do aesthetic responses, but you've probably never called them that. An aesthetic response is feeling the tingling of the grass under our feet after we've finished dancing in the sun or noticing the smell of earth as spring wakes our mother up again. An aesthetic response is not worrying about the finished product of what you're making, but making a response to what

you've appreciated. Appreciating a conversation, appreciating a play, appreciating the world around us.

An aesthetic response is making art in response to an experience. We commonly think of art as just visual art. When I speak about art I am including visual art, poetry, dance, theater, music, gardening, cooking, fiber arts, ritual making, storytelling, writing and journaling. This is not a limited list, there are many more. Often in our society art is something that is polished and that only experts (or children) do. It is product focused. Focused on the shiny outcomes. Art for advertising, art for product, art for power, art for art's sake. This is not an aesthetic response. An aesthetic response is the unedited, unfiltered making in response to an experience. It is about image as an honoring of the experience, a meditation of the experience. Everyone can make art in this sense. I'm going to go a step further and say not only CAN everyone make art but making art is our birthright and an essential practice to getting into right relationship with the Earth and ourselves.

Paolo Knill, a founder of Expressive Arts Therapy writes "The ability to respond to the world is a fundamental aspect of what it means to be a human being. Thus it is our aesthetic responsibility, an ethical call, to respond to what is beautiful and to care for the beauty of life" (Akins and Snyder, 2018, Pg.73)

So, the poem that I started off this article with is an aesthetic response to an experience of noticing my relationship with the sun one morning. I am not a poet. I am not putting a judgment on if it is good or bad. That's not what aesthetic responses are about. Aesthetic responses are an intimate conversation between you and the experience you've had. A way to deepen intimacy and to learn to know in a different way.

When engaging in this aesthetic response, I noticed the beauty of the sun coming up from the east and decided to dance for a bit with the sun after noticing the beauty of the rising sun. Dancing with the sun deepened the initial experience of noticing its beauty into having a felt sense of relationship with the sun. This is important for two reasons: it leads into why noticing beauty is important and the importance of deepening our intimate relationship with our beyond human environment.

Why do we need Aesthetic responses?

Thomas Berry (an ecologist and theologian) says that humans have developed a syndrome in which we only listen and speak to ourselves rather than to the rest of the world. We have lost what Berry calls 'the great conversation' with the moon, with the trees, rivers, mountains and animals, with the more than human world. We have lost the understanding of ourselves as integral participants in the world, and we have stopped believing that plants and stones have something to teach us. Berry believes that this silencing of our capacity to participate in the great conversation is what allows us to poison rivers and oceans,

to cut down rainforests and to deplete the Earth's resources (Atkins and Snyder, 2018, P. 87).

We are not machines. We are not cogs in a machine. Matthew Fox states "To live inside a machine is scary business. Fear takes over. Anxiety increases. Numbness multiplies. Meaninglessness becomes more widespread than meaning. Coldness dominates. Sterility reigns. Creativity dies. Passivity becomes a virtue" (Fox, 2002, P. 23). When we view ourselves and the planet as a machine, with resources to be gathered, we grow a distance between ourselves and the earth. This is a false distance. The truth is that we are air around us and air inside our bodies. We are sacred waters around us and sacred waters inside of our bodies. We are not separate. But we are living in a paradigm that convinces us of our separateness. Beauty is not a valid enough reason to stop resource exploitation. Beauty has been minimized in the paradigm we are living in. Aesthetic responses are the medicine to waking up from this false paradigm and staying awake. Taking time to see the beauty around us. Taking time to feel the interconnectedness between us and all living beings. Taking the time to respond, is to honor the beauty we see. Honor the life forms, to connect and to have a conversation with the Divine.

Most indigenous cultures of the world do not have this false sense of separateness. Most indigenous languages of the world also do not have a word for artist. This is because making in response to their surroundings and having an intimate ongoing conversation with the world within and around them came and comes as naturally as breath (Atkins and Snyder, 2018) . Matthew Fox says it quite poetically when he writes:

"To be in touch with our hearts is to be in touch with the heart of the universe and the heart of the Divine Creator. Is this why indigenous peoples around the world put so much faith in the drum as the basic instrument of prayer? Because the drumbeat bespeaks the beat of the heart- not just our human heart but the heart of the universe, the heart of the Creator. To return to this heart is the purpose of all prayer and all meditation. When we return to this heart, the Divine creativity flows again." (Fox, 2002, P. 53).

Us westerners need to go back to our indigenous roots and learn this lesson again, for the health of the world.

David Abram (an Ecologist and philosopher) calls into question assumptions that the world is mechanistic and determined and that only humans have intelligent souls. He invites us instead into... participation with the flesh of the world. This is the experience that each of us, in relation to the other, is both subject and object. When we enter a forest we both see and are seen by the trees and plants and animals around us. This is our ancestral experience of reciprocity with the animate Earth, our "age-old reciprocity with the many-voiced landscape" (Atkins and Snyder, 2018, P. 88).

We are all artists. Being an artist is our birthright. Being able to experience and make in response to our interconnected relationship to our world, our mother, is integral to get back into right relationship with ourselves and the earth. The way out of this crossroads we're at right now goes beyond just finding technical fixes to climate change. There is a spiritual creative shift that needs to happen too. The way we can shift the psychospiritual paradigm we are living in is by acknowledging that we are nature's consciousness. We are not separate, we are nature and we have a birthright to notice nature around us and within us and make these impressions, these aesthetic responses as a prayer, a meditation, a practice, an honoring of the interconnected nature of all beings. Mirroring the beauty and elegance back to consciousness. This will start to move our collective consciousness back into right relationship to ourselves and the cosmos.

According to Jungian Psychologist James Hillman:

Images are an interpretation of our individual consciousness with the consciousness of the world. Aesthetic responding to the world involves responding to the sounds and smells, the shapes and gestures, and the languages of all of the things of the world. For Hillman, living with a vital aesthetic sensibility is particularly important in this time. Through aesthetic sensibility the soul experiences intimacy with the world and understands the world as more than objects to satisfy our consumer appetites or simply categories of scientific classifications. He says that without awareness of beauty and without imagination, the soul shrivels. The primary aesthetic response of breathing in, taking in and taking heart is our aesthetic response to the world (Atkins and Snyder, 2018, P. 73)

Joanna Macy and Matthew Fox make this point when they say "when your heart breaks, the universe can pour through... When the universe pours through, so, too, does the creativity of the universe" (Fox, 2002, P. 46). When we are making aesthetic responses, the universe is also making art. It is an on-going symbiotic relationship.

I believe that a practice of making aesthetic responses as meditation can start to bring us back into right relationship with the Earth, ourselves and all the creatures around us. I will outline the basic structure of an aesthetic response plus some examples so that you can start to build a practice today if you would like.

Notice nature with all your senses: sight, hearing, smell, touch, and taste, then write, paint or make a response. Your writing could be a journal entry, a short story or a poem. Whatever calls you. It's not about making a product; it's about the process. If you paint or draw I suggest staying away from drawing actual images, engage with colors and shapes and textures, focus on making abstract images or use collage material. We are so steeped in product as value in our society it will be very hard to keep the inner critic at bay if attempting to make representational images. As you move along in any artistic practice, ignore anything I say that doesn't fit for you. This



is a conversation between you and the Divine-who am I to interrupt and give instructions? These are just tips to get started.

Everything I list below are examples of how this basic practice can be interpreted. It can be interpreted an infinite number of ways.

1. Take off your shoes for a practice of 10 minutes a day. Walk in the grass, soil or sand. Notice the sensations. Write in a journal about it, make a collage or paint a painting.
2. Grow an herb in your garden or in a pot in your house (if you don't have any yard space). Add it to the food you make
3. Notice the feel of the air around you and the breath inside you, write about it or make an image in response
4. Go to the forest and find a secluded space off the main trail. Dance with the trees. Don't worry, no one is watching (except the trees).
5. Go to the beach, collect natural objects and arrange them in the sand close to the water. Watch as the tide takes the aesthetic arrangement back out to sea.
6. Build a fire, dance, sing or tell a story around it

Brian Swimm (a scientist) says "If you let hydrogen gas alone for 13 billion years it will become giraffes, rose bushes and humans". Matthew Fox writes that "creativity and imagination are not the frosting on the cake. They are integral to our sustainability. They are survival mechanisms. They are of the essence of who we are. [Creativity and imagination] constitute our deepest empowerment" (Fox, 2002, P. 31).

When asked where creativity comes from Dr. Apela Colorado (an Oneida woman and professor) responded that "we greet the sun every morning--the sun's rising is where creativity begins. Look to the moon and the stars for guidance from above---all this contains the story of our creativity" (Fox, 2002, P. 39). Go create a collaboration with the universe, go make some art.

## **References**

Atkins, S., Snyder, M. (2018). Nature-Based Expressive Arts Therapy: Integrating the Expressive Arts and Ecotherapy.

Fox, M. (2002). Creativity: Where the Divine and the Human Meet.



## **GENERAL ANNOUNCEMENTS**

### **New Practice Announcements**

#### **Liz Knight, LMFT**

My name is Liz Knight and I'm an LMFT in Eureka and recently began seeing clients in private practice. I specialize in childhood disorders, trauma, and parenting/family issues. I have advanced training in Trauma Focused CBT and Child Parent Psychotherapy. I am seeing clients via telehealth only, so while I am happy to see children, I am only doing so if they are a good fit for telehealth. Otherwise, I am seeing adults and adolescents. I am not accepting any insurance, but I am providing superbills.

As a bit of background, I've been a clinician at Remi Vista, a local agency serving children and families, since 2010 and been the clinical supervisor there since 2018. I'm still working at Remi Vista but expanding into private practice in addition. While I primarily joined NCAMHP to assist in my private practice, I'm happy to answer any questions about referrals to Remi Vista.

I also serve as a Subject Matter Expert for the BBS for the Law and Ethics exam development and enjoy that aspect of the field.

I'm looking forward to getting to know more of the private practice community.

#### **Clara Allen, LMFT**

My name is Clara Allen, and I am an AMFT working under Jessica Lara, Psy.D. in private practice. During my graduate training I completed my practicum at CAPS at HSU and went on to work at Open Door Community Health Clinic for the past 2 1/2 years. During my first year at Open Door I worked as the School Based Health Clinician where I focused primarily on adolescents/teenagers. As my time at Open Door continued, I gained additional experience working with adults of vary backgrounds and presentations.

Private practice is providing me the opportunity to focus on more depth work with a psychodynamic and attachment approach. I'm looking forward to all there is to discover. I have all of my required hours completed and am planning on taking my licensing exam by the end of the year. Currently, I am accepting private pay patients with the option of providing a superbill. I enjoy working with teenagers and young adults who are interesting in gaining insight regarding complex relational dynamics, as well as individuals going through challenging transitions in their lives. I also enjoy

working with people who are struggling with identity, and feeling stuck in certain aspects of their lives. I'm glad to be part of this community.

## **Jennifer Brown, AMFT**

Hi NCAMHP, this is a introduction message from an associate I'm now supervising in my private practice. She has applied to be a NCAMHP member and she is awaiting access to have an NCAMHP provider profile and get on the listserv so I'm posting this on her behalf. Thanks for reading!

Hello NCAMHP Community,

My name is Jennifer Brown, and I recently moved into the private practice of Ned Peck LCSW as an associate MFT. At the peak of the pandemic, I trained at Humboldt Family Service Center, providing low cost, affordable care to our community while completing my Master's degree at Meridian University. My husband and I have lived in Humboldt County for 12 years, and after raising our son here and starting a small business, have become well rooted in this community. I am looking forward to building my practice here for years to come, and am also excited to connect to you; therapists and colleagues who reside in our area.

My previous career includes 2 decades of yoga instruction as well as being a practitioner of Phoenix Rising Yoga Therapy. Yoga and the mind body connection have influenced my approach to therapy which emphasizes subscribing to the wisdom of the body. I enjoy working with clients who are open to this idea, and also feel passionate about introducing somatic concepts to folks who live cut off from their bodies. Couples work is particularly intriguing to me and I recently began a training with Ellyn Bader to help build skills necessary to feel more at ease and competent in this arena. I also enjoy working with teens and individuals.

I recently applied for Beacon coverage and expect to be able to bill Partnership this summer. Currently, I am accepting a few more new clients, but for private pay only. Please feel free to share my information with clients needing care [here on psychology today](#), or on the NCAMHP website where you can find more details about my approach.

You may also refer any clients to me directly at (707) 572-4024.

I look forward to connecting,

Jenni Brown

## **Training Opportunities**

### **Cal Poly Humboldt Extended Education and Dr. Terri Jennings Presents:**

“Equine Assisted Services and Therapies” June 6 – August 1. See flyer at end of newsletter for additional information.

### **Are You Committing Insurance Fraud?**

Our thanks Karla B. Howe, LMFT, for the following information:

I recently took this training and highly recommend it, even if you are not paneled with insurance. The cost is \$576 with 2 CEU credits, \$32 without the CEUs. The class is pre-recorded. Here's one thing I learned: If you provide superbills for clients, your charts are subject to insurance audits. Here is a link to the class information:

<https://theinsurancemaze.com/product/fraudwebinar/>

## **Member-Hosted Groups and Meetings**

### **Humboldt NeuroHealth Presents:**

Healing with Nature: A 10 Week Summer Ecotherapy Group for Women. Fridays from 11-12 pm. See flyer at end of newsletter for additional information.

### **Humboldt NeuroHealth Presents:**

Mindfulness & Self Compassion in Nature Ecotherapy: Skills Group for Teens with ADHD. Fridays June 1-August 5, 2022, 3:30-r:30 pm. See flyer at end of newsletter for additional information.

### **Event for LGBTQ+ youth July 9**

Local therapists, Larissa Hul-Galasek, LMFT and Abigail Hudson-Crim, LCSW are collaborating to offer a daylong for LGBTQPNB2S+ youth ages 11-14 yrs old on Saturday, July 9th from 10am-5pm at the Arcata Community Forest Park. Queer, trans and gender expansive youth have higher rates of mental health issues, substance use abuse, homelessness and suicide than their cisgender/heterosexual peers. Larissa and Abigail both identify as part of the LGBTQ+ community and are committed to providing support and serving the local community. The intention for this day is: ~To cultivate a sense of community and peer support ~To guide conversations around tough topics like: alcohol/substance use, relationships, safe sex, discrimination and a positive sense of self. ~To empower youth to advocate for themselves and each other locally and federally ~To build accessible coping skills to

ease stress ~To have fun!

Pre-registration is required. Find more information and register at:  
[www.lhgcounseling.com/rainbow-village](http://www.lhgcounseling.com/rainbow-village) Feel free to contact Larissa if you have any  
questions: [lhgcounseling@protonmail.com](mailto:lhgcounseling@protonmail.com) or 707-572-6541 Please, share with  
anyone whom may benefit.



## **RESOURCES**

### **NCAMHP RESOURCES**

#### **Internet Library**

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

#### **Listserv**

*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.

There is more information about the Listserv in the section below "NCAMHP Digital Connections."

#### **Membership Application**

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

## **BOARD of BEHAVIORAL SCIENCES (BBS) RESOURCES**

### **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](http://www.bbs.ca.gov)

### **BBS Website**

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

### **BBS Contact Information**

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

### **BBS Newly-Required Supervisor Self-Assessment Report**

The BBS is now requiring supervisors fill out a Supervisor Self-Assessment Report. The report is for the purpose of affirming a licensee's qualifications to be a supervisor. Supervisors will submit this form only one time to the Board—it is not to be submitted for each new supervisee. A Supervision Agreement, also available on the Board's website, does need to be submitted for each new supervisee.

Submission of the new Supervisor Self-Assessment Report is required as follows:

- Licensees who were supervising one or more supervisees as of January 1, 2022: Must submit a Supervisor Self-Assessment Report to the board by January 1, 2023.
- Licensees NOT supervising as of January 1, 2022: Must submit a Supervisor Self-Assessment Report to the board within 60 days of commencing supervision for the first time.

Instructions for submission are provided within the form, available at: [https://www.bbs.ca.gov/pdf/forms/supervisor\\_self\\_assessment.pdf](https://www.bbs.ca.gov/pdf/forms/supervisor_self_assessment.pdf)

### **Spring 2022 BBS Newsletter is Availale**

The Board has recently uploaded the Spring 2022 Newsletter to our website. Some important articles include:

Regulation changes  
Status of Temporary Law Waivers Due to Covid 19  
2022 Legislation updates

Supervisor Self Assessment Report  
Supervisory Plan  
No Surprises Act

You can access the newsletter here:

<https://bbs.ca.gov/pdf/newsletters/spring2022.pdf>

Thank you to Fionna Davis, LCSW, for providing this information.

## **LOCAL RESOURCES**

### **Drug Treatment Programs in Humboldt**

HRC is a residential program: <http://humboldt-recoverycenter.org>

Waterfront offers a detox program and a residential program:

<https://www.waterfrontrecovery.org>

Healthy Moms is an outpatient/intensive outpatient program for mothers with young children: <https://humboldt.gov/417/Healthy-Moms-Program>

The county has an outpatient Dual Recovery Program:

<https://humboldt.gov/344/Dual-Recovery-Program-DRP>

Humboldt Recovery Center has an outpatient recovery program:

<https://humboldt.gov/411/Substance-Use-Disorder-Services>

### **Humboldt Senior Resource Center**

Humboldt Senior Resource Center, located in Eureka, is now offering therapy to individuals 55 and older in Humboldt County. Services provided include EMDR, hypnosis, relaxation training, ACT, family systems, recovery treatment etc.

Hi everyone, I wanted to introduce myself and let everyone know that Humboldt Senior Resource Center now offers therapy to individuals 55 and older in Humboldt County. I noticed a few recent request for referrals were for folks 70 and older and wanted to let the NCAMPH community know about us. Accepted insurances are: Anthem/Blue Cross, Beacon, Blue Shield, Medicare, and Tricare. For more information visit:

<https://www.humsenior.org/programs/behavioral-health-services/eligibility-payment-referrals/>

### **Partnership Providing Transportation**

Partnership Health Plan of California (Medical/Medicaid) pays for non-emergency transportation to local and non-local appointments. See the full-page announcement at the end of this newsletter for more information.

## **ONLINE RESOURCES**

### **Eating Disorder Support Groups**

Niki Dubois has created a list of online groups for those with Eating Disorders. Our thanks to Kim Moor, LMFT for making us aware of this resource:

[https://docs.google.com/document/d/11IsP3yKZlUwW\\_hP4180BFLN8dOFvy6faxiTwCkZ6x4Q/edit?usp=drive\\_web](https://docs.google.com/document/d/11IsP3yKZlUwW_hP4180BFLN8dOFvy6faxiTwCkZ6x4Q/edit?usp=drive_web)

### **Letters for Gender Affirming Medical Care**

If you get requests for letters supporting trans clients' gender-affirming medical care but have never had formal training in best practices around those letters, this course can be helpful: <https://www.simplepracticelearning.com/courses/referral-letters-gender-affirming-medical-care>

### **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.

### **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/>

### **News Articles Regarding Privacy Concerns**

Our thanks to Paula Nedelcoff for sharing the following articles with us:

<https://www.buzzfeednews.com/article/richardnieva/lyra-health-ethical-conflicts-google-facebook>

<https://www.politico.com/news/2022/01/31/crisis-text-line-ends-data-sharing-00004001>

### **Prolonged Grief Disorder: Does This New Diagnosis Help or Hurt? Video by the Psychotherapy Networker**

The Psychotherapy Networker has just uploaded this video to YouTube. Our thanks to Kerima Furniss, LCSW, for bringing it to our attention. The video is a discussion between David Kessler (Grief.com), Zach Taylor, MA, LPC (Psychotherapy Networker), Donna Schuurman (The Dougy Center) and Frank Anderson, MD. Lasting a little more than an hour, the video discusses what the diagnoses of prolonged grief disorder means to clinicians and to grieving individuals. The link to the video: [https://youtu.be/i\\_huqVolQzA](https://youtu.be/i_huqVolQzA)

## **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](mailto: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.

## **CONTACTS**

### **Beacon/Partnership Representative**

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](mailto:greta.blixt@beaconhealthoptions.com) (It is generally more useful to contact our local area representative than the people at the 800 number.)

## **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](mailto: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 Listserve 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.



## **JOB POSTINGS**

### **Cal Poly Humboldt**

Humboldt Cal Poly has a vacancy announcement for Case Manager. If you are interested or know someone who is please go to the Counseling and Psychological Services website at <https://counseling.humboldt.edu/open-positions> (the opening is job #7065).

### **Open Door is Seeking Psychologist Supervisor**

Open Door is seeking a psychologist (PhD, or PsyD) to supervise psychology graduate students with their therapy cases. The understanding is that it would entail about 2 hours of supervision weekly, and the supervisor MD for more details at <mailto:johnemus@opendoorhealth.com>



## **POSITIONS WANTED**

### **KAYLA ESCOLA**

My name is Kayla and I am interested in finding an agency or private practice looking to hire a new AMFT. I have recently graduated from the Cal Poly Humboldt Master's in Counseling program, as of May 2022. I am currently in the process of applying for my associated number and am interested in beginning work as soon as possible under the 90 day requirement as outlined in the BBS.

So far, I have worked with young adults, students on campus through CAPS, and have acted as a lead therapist for a skills based workshop with groups of clients. I hope to begin working with children, adolescents, and families; but, I am more than open to working with a variety of populations in order to increase my experience in the field. I am open to different modalities and orientations, I find myself leaning towards the humanistic approach and person-centered techniques in each session, integrating in CBT, DBT, and ACT skills as needed throughout sessions.

Please feel free to email me at [kne93@humboldt.edu](mailto:kne93@humboldt.edu) or call me at (707)357-5438 to reach out for more information or to view my CV. Thank you!



## **Board of Directors**

Past President: Paula Nedelcoff  
Treasurer: Michelle Lee  
Secretary: Jacquelyn White  
Kerima Furniss  
Sheila Hatcher  
Kelly Noble  
Peter Moore  
Ken Tambe

## **NCAMHP Committees**

### **Membership and Outreach Committee**

Paula Nedelcoff  
Cheryn English, Coordinator

### **Newsletter Committee**

Sheila Hatcher LMFT, Editor  
Emily Siegel LCSW

### **Education Committee**

Debbie Elmore  
Catherine Munsee  
Samantha Summers, Coordinator

### **Ethics Committee**

The Ethics Committee is composed of interested Board members. If you have a concern that you would like the Ethics Committee to address, please call and leave a message at the **NCAMHP** message center (707) 441-3832; or email [info@ncamhp.org](mailto:info@ncamhp.org). You may also send a letter to:

NCAMHP

PO Box 5363, Eureka, CA 95502.

Your message will be delivered and someone from the Ethics Committee will get back to you.



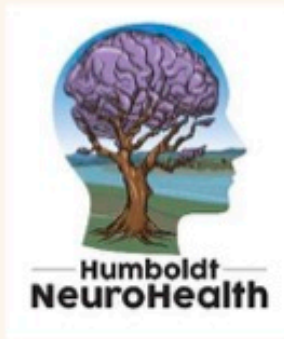
### **Your Voice is Important! Contribute to This Newsletter!**

Contributions are always welcome; anything from a paragraph to a couple of pages would fit well in the newsletter. **The deadline for the 2022/2023 Fall/Winter NCAMHP Newsletter is December 9, 2022.** Send your articles and announcements to the newsletter committee: [NCAMHP.newsletter@gmail.com](mailto:NCAMHP.newsletter@gmail.com). Please send them in either a Word document or typed directly into an email. PDFs cannot be accepted at this time.

Please give us feedback about this newsletter: [NCAMHP.Newsletter@gmail.com](mailto:NCAMHP.Newsletter@gmail.com).



## **EVENT BROCHURES**



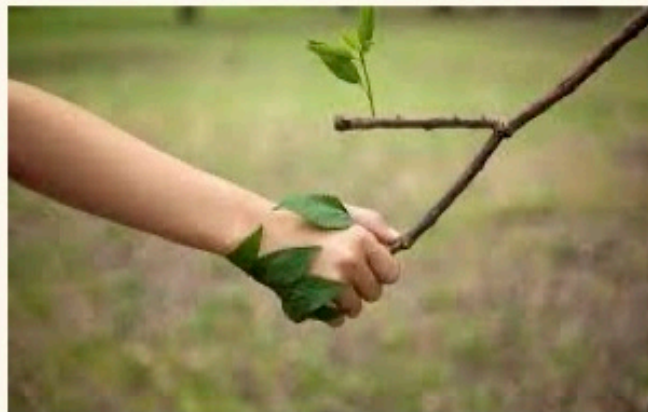
# **Healing with Nature:**

## **A 10 Week Summer Ecotherapy Group for Women**

# **Fridays 11-12pm**

**June 1, 2022 - August 5, 2022**

Location: Various Beaches/ Nature Trails in and around Arata/ Eureka/ McKinleyville.



### **Weaving together tools from:**

- Ecotherapy
- Yoga and Somatic Therapy
- Parts Work/IFS
- Comprehensive Resource Model

### **Please contact:**

**[BriAnne@humboldtneurohealth.org](mailto:BriAnne@humboldtneurohealth.org)** or  
**[Allison@humboldtneurohealth.org](mailto:Allison@humboldtneurohealth.org)**  
to sign up!

***Cost: \$25 per session, Medicare/Medi-cal (Partnership) Insurance Accepted***  
**Participants must commit to attending 8 out of the 10 sessions.**



**Group Overview:** This 10-week Ecotherapy group will provide a safe and supportive environment for female identified individuals to engage in reflective group therapy practice aimed to develop a deeper sense of compassion and nurtured acceptance of self. Rooted in trauma-informed care with skilled and registered mental health clinicians, this group will provide foundational principles of Ecotherapy, Yoga and Somatic experience to cultivate a safe and inclusive container for participants to build inner resources for healing and personal growth while strengthening bonds to natural landscapes in our community.

#### About the Facilitators:



**Allison Lundahl, LCSW :** My clinical practice is based on a relational approach, in order to cultivate a connection with my clients and facilitate a positive healing experience. Once this foundation is established, we will collaborate on strategies to improve the clients quality of life using their insights and tailored therapeutic interventions. Academically, I have a Bachelor of Arts degree in Sociology from the University of California,

Santa Barbara; and Master of Social Work degree from Humboldt State University, which focused on best practices when working with rural and Indigenous communities with an emphasis on mindfulness. Prior to joining the Humboldt NeuroHealth team, I supported people on their end of life journey at Hospice of Humboldt. During this profound experience, I was able to witness the restorative power of vulnerability and compassion.



#### **BriAnne Hutchinson, APCC**

My approach to therapy is humanistic and compassion driven. I truly believe the client is the true expert and wisdom keeper in their own lives and I feel it is important to consider the social, cultural and environmental context of a person's experience during therapy. My previous role as a clinician was with an outpatient nature based therapy center in rural Oregon where I worked with kids, teens, families and adults as a certified Ecotherapist. I received my BA in Community Studies at UC Santa Cruz and my MS in Counseling

Psychology from Lewis & Clark Graduate School of Education & Counseling in Portland OR. My research at Lewis & Clark was looking at Somatic Experiences of Microdosing Psilocybin for mental health concerns. I am a registered Yoga Instructor-ERYT, and I carry certifications in Ecotherapy and Yoga for Trauma/PTSD.





## Mindfulness & Self Compassion in Nature Ecotherapy Skills Group for Teens with ADHD

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**June 1- Aug 5, 2022**

**Fridays, 3:30-4:30pm**

**\*Ecotherapy Campout & Rafting Trip July 29-30\***

**Location:** Various Parks and Trails throughout Humboldt County, schedule and itinerary given upon registration.

**Contact [brianne@humboldtneurohealth.org](mailto:brianne@humboldtneurohealth.org) to sign up**

***Fee \$25 Per Session (MediCal Partnership Accepted) + \$115 Rafting Campout Fee***

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### Group Overview:

- Learn & develop coping skills and tools that participants can practice to find balance and empowerment as they navigate life with ADHD. Teens will learn skills around mindfulness, self compassion and somatic movement based interventions to help regulate symptoms.
- Provide psychoeducation of Attention Deficit Hyperactivity Disorder (ADHD) diagnosis and its unique presentations to help group members understand how ADHD impacts their life.
- Provide education on Mindfulness and Ecotherapy tools and their benefits for mental health and symptoms occurring with ADHD.
- Create a safe and supportive environment for teens to connect with peers who navigate similar mental health concerns.
- Foster communication between teens and their parents to help parents understand how to best support their teen who struggles with ADHD.

### Therapy Modalities:

No two brains are the same. This group will draw upon the different therapeutic tools listed below, to help each teen in the group develop their own unique "tool box" they can use for managing symptoms of ADHD as they are uniquely present in each teen's life.

- Eco therapy
- Mindfulness Based CBT
- Feminist Therapy
- Art Therapy

### Location & Schedule:

June 3- Humboldt Neuro Health, Eureka  
Office (2313 I street)  
June 10- Sequoia Park  
June 17- Humboldt Neuro Health  
June 24- Samoa Dunes  
July 1- Chah-GAH-Cho Trail  
July 8- Ma-le'i Dunes Park

July 15- Humboldt Neuro Health  
July 22- Cooper Gulch  
**July 29-31: Skunk Point  
Campground/ Trinity River in Big  
Bar, CA**  
Aug 5: Arcata Community Redwoods  
Park

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### About the Group Facilitators:



**BriAnne Hutchinson, APCC:** My approach to therapy is humanistic and compassion driven. My aim is to connect with clients exactly where they are at and support them in a safe and empowering way to find balance and wholeness. I truly believe the client is the true expert and wisdom keeper in their own lives and I feel it is important to consider the social, cultural and environmental context of a person's experience during therapy. My previous role as a clinician was with an outpatient nature based therapy center in rural Oregon where I worked with kids, teens, families and adults. My focus there was on trauma-informed care, and assisting clients as they navigated symptoms associated with PTSD, anxiety,

depression, ADHD, persistent mental illness, attachment injuries, grief counseling and other big life transitions such as birth, death, divorce, breakups, coming of age and career changes. I received my BA in Community Studies at UC Santa Cruz and my MS in Counseling Psychology from Lewis & Clark College in Portland OR. I am a registered Yoga Instructor-ERYT, and I carry certifications in Ecotherapy and Yoga for Trauma/PTSD.



**Janiel Giraldo, AMFT :** I am a bilingual English and Spanish speaking Associate MFT. After graduating from Humboldt State University in 2019 with a Master's in Psychology with an emphasis on counseling, I worked as a post graduate resident therapist for HSU's counseling center. There I helped facilitate trans and Latinx support groups, trauma therapy groups, and workshops on anxiety and depression. After this I worked with Latinx children, teens, and families doing teletherapy. As an intersectional feminist I integrate a variety of approaches that include a culturally-humble, strengths-based, somatic, and trauma-informed perspective in therapy. I am passionate about healing internalized

colonialism, capitalism, and fatphobia. I love helping people shine a light on their darkness and encouraging them to have compassion for themselves while also holding themselves accountable. A little bit about myself: My pronouns are she/they, and I identify as South American Indigenous and was raised Latine. I have lived in Florida, New Jersey, Utah, and have been in Humboldt for 14 years. In my free time I am a multimedia artist and I

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particularly enjoy ceramics. I also love being in nature, dancing, biking, reading, playing music and video games, and my spiritual practice.

#### **About Mindfulness & Ecotherapy:**

Ecotherapy and Mindfulness Skills are evidence based therapeutic modalities for treating ADHD. Research has found that time spent in nature has a powerful restorative effect on focus and attention. Teens in present time have experienced a substantial amount of stress and trauma from COVID-19, this has been particularly distressing to teens who live with ADHD. Research shows that time in nature can be restorative after stressful life events , but also helps adolescent age youth develop skills that foster personal empowerment, boost confidence and self esteem. For someone navigating ADHD, time in nature can help develop communication skills, restore focus and attention, increase motivation towards other life goals, decrease impulsive behavior and increase everyday cognitive functioning <sup>1</sup>. Additionally research on Adverse Childhood Experiences (ACE's) suggests a strong connection between childhood trauma and ADHD presentations. Ecotherapy experiences can support healing of a number of mental health concerns such as anxiety, depression, PTSD and complex trauma, symptoms that often come alongside ADHD.

**Recommended Book for Group:** Mindfulness & Self Compassion for Teen ADHD by Mark Bertin, MD & Karen Bluth Phd

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<sup>1</sup> Roberts, A., Hinds, J., & Camic, P. M. (2020). Nature activities and wellbeing in children and young people: A systematic literature review. *Journal of Adventure Education and Outdoor Learning*, 20(4), 298-318.



## Training Opportunities

# Introduction to **Equine Assisted** Services & Therapies

**June 6-August 1**

**With Dr. Terri Jennings**  
Founder & Psychologist at  
Healing Strides Psychotherapy, Inc.





# Introduction to **Equine Assisted Services & Therapies**



**With Dr. Terri Jennings, Founder & Psychologist at Healing Strides Psychotherapy, Inc.**

This non-credit course provides an overview of the types of equine assisted services and therapies currently practiced. Students will learn about the history of using horses and other equines in healthcare for humans, and develop an understanding of the characteristics of horses and other equines that allow for their participation in therapeutic settings. The selection, care and welfare of equines in this industry will be discussed.

This course includes experiential learning opportunities in equine communication, safety, and handling. Experiential learning can be completed at any PATH certified equine facility. Participants in this class do not need to be located near Cal Poly Humboldt.

**Dr. Terri Jennings** is a licensed psychologist with over 25 years of experience. She received her Ph.D. in counseling psychology from the University of Miami. After 12 years of successful practice in south Florida, Dr. Jennings moved to Humboldt County in 2014 and founded Healing Strides Psychotherapy, Inc., in Arcata. Dr. Jennings sees children and teens with a wide range of diagnoses; she specializes in anxiety disorders, autism spectrum disorders, and depression. She has published numerous peer-reviewed articles in the areas of HIV, substance abuse, and diabetes. She also volunteers with local non-profit organizations that serve the autism community.

**June 6-August 1 • \$325 • Course #: 31180**

REGISTER: **[humboldt.edu/extended/equine](https://humboldt.edu/extended/equine)**

A photograph of three horses grazing in a green field. The horse on the left is light brown with a red halter. The horse in the middle is dark brown with a white patch on its side. The horse on the right is dark brown. In the background, there is a dense line of green trees.

**SUMMER 2022**

COLLEGE OF  
**Extended Education & Global Engagement**

**CAL POLY HUMBOLDT**

VISA, MC, DISCOVER • CAL POLY HUMBOLDT IS AN AA/EQ EMPLOYER • DISABILITY ACCOMMODATION MAY BE AVAILABLE, CALL (707) 826-3731

## Informational Flyers

### Have Partnership? Need a ride?

Did you know,

That Partnership Health Plan of California (Medi-Cal /Medicaid) pays for non-emergency medical transportation to local and non- local appointments?

#### Have you been referred to?

San Francisco, Stanford, UC Davis, Santa Rosa, OHSU, Reno NV, ETC..... They even provide transportation for local in town appointments as well. Doctor, lab, X-ray /imaging, pharmacy, dental, dialysis, chemotherapy, radiation. Aegis clients, bariatric, psychiatry, rehabilitation, psychology/counseling, and hospital discharge. As well as seminars and support groups.

~ This service is provided to Partnership members 24hrs/ 7 days a week at no cost to the member!! ~

The following Counties are covered by Partnership:

**Northern Region:** Del Norte, Humboldt, Lassen, Modoc, Shasta, Siskiyou, and Trinity counties.

**Southern Region:** Lake, Marin, Mendocino, Napa, Solano, Sonoma, and Yolo counties.

**Please call MTM 888-828-1254 to schedule your FREE RIDE:**

**All you need is:**

- Partnership member ID number.
- Name, phone number, and address of the medical facility.
- Date and time of your scheduled appointment.

*\*Please note: there must be a 5-day advanced notice given before the date of your appointment.*

**if you have trouble with MTM scheduling call  
Partnership at 800-863-4155**