

Maine Psychologist Today

Welcome to the Maine Psychologist Today, MePA's new online newsletter!

President's Message



A true tale: I was consulting in a rural Maine school district recently. At lunch period, I always eat with the kids to familiarize myself to them and for sheer enjoyment. At this time, I approached a table of Kindergarteners. I leaned forward to them and stated: "I am 7 years old...can I eat with you?" The majority giggled and nodded assent. However one young lady scowled at me and stated: You're not seven, you're SEVENTEEN !! 😞 Well, I suppose that sheer enjoyment and vitality generated by my role as president is beginning to show!

An update for us all, for much is occurring of late. Conferencing is proceeding well. As you know we had a packed Fall conference with Eric Youngstrom titled "Mood Assessment 2.0" Our next regards a timely topic: "Pharmacology Update: How Medications Work, Effective Collaboration with Prescribers and Current Ethical Guidance." This is scheduled for Friday 6/22nd at Colby College.

A related topic of advancement: two individuals have very kindly agreed to serve as MePA – Graduate Student liaisons. These are Dr. Jamie Pratt (USM) and Dr. Fayeza Ahmed (UMO). Much appreciation and admiration to both of you for taking on this role. How is this topic related to conferencing? Well, our Continuing Education Committee is collaborating with these individuals in hopes of having formal graduate student poster

presentations at the June conference. What a wonderful means of involving and simultaneously benefitting from our next generation of researchers and clinicians! As an aside, Daniel Schwarz, M.S., USM student representative, has recently informed us that 6 further students have joined recently. Thanks for your representation Dan!

Yet another related topic: you are likely aware that our Policy Council has approved free one-year membership to all graduate students. Thank you, members for this foresight.

Recent collaboration has also transpired with Dr. Glen Davis, Chair of the Board of Examiners of Psychologists. Very positive discussion took place between Glen, myself, Tom Cooper (President Elect) and Sheila Comerford (boss) in April. Focus was upon methods in which MePA and the Board can maintain their respective roles and services, yet communicate and cooperate more closely with one another. Actions currently in place are monitoring of Board communications (Sheila), and provision of a tab on the MEPA website (go to MePA > For Psychologists > Licensing Board). Further collaborative steps are being planned. Stay tuned! Enough for now. Thank you all for your affiliation with MePA, for your service to our Maine community, and your ethical practice. Say, I think that we all are "looking younger!"

Tom Collins, EdD
President

Kimmel Receives Lifetime Achievement Award



Doug Kimmel, Psy.D., long-time MePA member and Chair received Equality Maine's Lifetime Achievement Award last month at a gala fundraiser in Portland.

Dr. Kimmel, who currently serves as the Chair of Peace and Social Justice Committee, was honored in front of hundreds of supporters who noted his long involvement in working for LGBTQ rights-most notably the founding of the organization SAGE, Seniors in a Gay Environment in New York City in 1978.

Here in Maine as part of MePA, he and the Peace and Social Justice Committee over the years have worked on legislation and ballot initiatives on a variety of LGBTQ topics.

At the gala, Dr. Kimmel joked that "For me to be recognized with a lifetime achievement award at the age of 74 feels a little bit like early retirement!"

Congratulations, Doug!

MePA Leadership Meets with Board of Examiners Chair to Discuss Communication

President Tom Collins, President-elect Tom Cooper, and Executive Director Sheila Comerford met recently with Board of Examiners of Licensure of Psychologists Chair, Glen Davis, PhD to discuss topics of mutual interest and to explore avenues for better communication between the Maine Board and the professional organization representing Maine's psychologists.

The group explored some ways that the Board could assist psychologists in keeping up to date on practicing responsibly. Some of the ideas generated are: including more information in the quarterly Board minutes posted on the Business and Professional Regulation website; increasing informal communication about possible rule changes; Board presentations at MePA conferences; and posting Board information and links on the MePA website.

Members of MePA's Reimbursement Oversight Committee Meet with Representatives of the Bureau of Insurance

Tom Cooper PsyD, Patrick O'Connor Psy.D. and Sheila Comerford met recently with Joanne Rawlings-Segunda, Director of the Consumer Division and Legal Counsel to the Bureau, Pam Stutch to discuss how the Bureau could assist Maine psychologists navigate more successfully through the private health industry in Maine. Drs. Cooper and O'Connor noted that not all of their patients have the capability to advocate for themselves when it comes to insurance, and that it is becoming increasingly more difficult to find the needed assistance to sort out problems with claims. The group reiterated that customer service names and contact information often cannot be found on websites or in insurer literature, so having a telephone number and a contact name would make it easier to begin the problem resolution process. Ms. Rawlings-Segunda indicated the Bureau's willingness to help us get the important contact information.

Dr. Cooper also shared with the Bureau staff attending a copy of the results of the recent Milliman study on parity which indicated that the difference between medical/surgical and behavioral provider payments which varied greatly across the country. We indicated that we would appreciate assistance from the Bureau to decrease the continuing disparity between physical and behavioral health reimbursements. Hopefully, this will further the larger goal of having full insurance parity.

Sheila will be contacting the Bureau to follow up on progress on our mutual goals.

Policy Council Approves 2018 Budget and Takes Steps to Ensure Future Fiscal Health

At the March meeting the Policy Council approved the 2018 budget of \$74,700. This included increases in advertising rates for the newsletter and the website. The Board, recognizing that there has been no increase in dues since 2011, while all other costs have increased, voted for a nominal increase in dues for 2019.

A Sudden Interruption of Psychological Practice

by Dennis Carrillo, Esq.

The idea of jogging at dawn was inspiring until the alarm went off. Dr. Garcia hesitated, savoring the flannel sheets, but then dutifully rose from bed. Quietly, trying not to wake up Astrid and the dog, he dressed and laced up his new running shoes, which looked like they'd been designed by a piñata manufacturer. He gulped some coffee, stepped out the front door, and gradually accelerated from a shuffle to a trot down the empty sidewalk.

It was first light, there was dew on the grass, and the only sounds were birds chirping and an occasional car heading to a job that starts early. Dr. Garcia had come to enjoy this morning ritual, but he needed to keep it short. He had a busy day ahead, with individual psychotherapy sessions, a couples' session, and supervision of a graduate student.

He picked up the pace to see how closely he could chase his glory days on the high school cross-country team. Not bad for fifty, he thought. He sprinted for a few blocks, but then started to feel nauseated. He slowed to a walk, hunched over with his hands on his hips, gasping for breath. He had a creeping feeling that something was not right. He turned around and tried to walk home. Soon after, a passerby found him collapsed on the sidewalk and called 911.

Like many of his colleagues, Dr. Garcia had no plan for an unexpected interruption in his practice. Ethical Standard 3.12 of the "Ethical Standards of Psychologists and Code of Conduct" (American Psychological Association 2002), incorporated into Maine's State Board of Examiners of Psychologists Rules, at Chapter 9, Section 1, however, requires that psychologists "make reasonable efforts to plan for facilitating services in the event that psychological services are interrupted by factors such as the psychologist's illness, death, unavailability, relocation, or retirement. . . ."

In a recent Maine consent agreement on this topic, the parties agreed, among other things, that the psychologist would "develop and implement a written protocol describing the safeguards in place to ensure that all of his professional responsibilities are handled properly in case of any future interruption of his psychological practice." In re: Jonathan Heeren, Ph.D, Complaint No. 2016-PSY-12144. This is a good idea for every practitioner. At a minimum, recruit a trusted colleague to be prepared to contact clients in the event of an unplanned interruption, protect confidential records until they can be transferred or destroyed, and serve as a transitional therapist for clients as needed.

Dr. Garcia's heart attack disrupted both his personal and his professional life. With the help of a colleague, he was able to keep his clients from harm. With a new appreciation of life's unpredictability, he planned for any future disruption and for his eventual retirement. He asked me to assure you that he is recovering well and to remind you to plan for professional interruptions—and to exercise regularly, but without overdoing it.

Welcome New Members!

Member

Donna Hastings, Psy.D. Merrimack, NH

Students

Aaron Pomeranz Portland

Clelia Sigaud Rockland

Hannah Luken West Gardiner

Benjamin Hutchins Brunswick

Melissa Bubier Sabattus

Jessica Arnott Gorham



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Online at members.mepa.org

Call the office at 1-800-287-5065

Return the renewal form you received via email

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Central Maine Medical Center's Family Medicine Residency seeks a full time Behavioral Science Director to join our dynamic Faculty group with the retirement of our current BS faculty after 26 years of service. Responsible for administrative oversight of all educational activities pertaining to the education of Family Medicine Residents. Active involvement in recruitment, selection, instruction, supervision, evaluation and advancement of residents and teaching medical students. Reports to the Residency Director and collaborates with physician faculty, program administrator, patient educator, nursing staff, and other team members to achieve patient care and academic goals. Collaborates with onsite resources (community social worker and integrated behavioral health clinician) and is engaged in system and community wide offerings. We offer a highly competitive compensation package, comprehensive benefits and generous continued medical education funding.

Requirements:

Candidates should have a doctoral degree in clinical psychology (PhD or PsyD) and be licensed to practice in Maine (or be immediately eligible for licensure). Preference will be given for prior experience in integrated behavioral health, health psychology/behavioral medicine and family systems. Prior experience in medical education is also preferred. Consideration will be given to master's level social workers with prior experience as a Behavioral Science Faculty.

The Lewiston/Auburn community is centrally located in Maine and is the second largest metro area in the state. Two hours north of Boston and close to the ocean, lakes, and mountains, this opportunity offers the outdoor enthusiast unlimited recreational possibilities. Please visit our website at <http://recruitment.cmmc.org/> to complete an application or forward your CV to: Donna Lafean, at email: LafeanDo@cmhc.org, or fax: 207/344-0658, 1-800/445-7431.



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About Doyle & Nelson...

Based in Maine's capital city, Doyle & Nelson has been a part of Maine's history for nearly a half century. Senior partners *Jon Doyle* and *Craig Nelson* are former members of the Maine Attorney General's office and have served as legal counsel for the Maine State Legislature and its committees. Their colleagues *Dennis Carrillo* and *Teresa Cloutier* have added a new generation of proven legal and public policy expertise to the firm.

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