

March 2017

Maine Psychologist Today



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

Changes to MaineCare Reimbursement for Psychologists

Burns and Associates, the consulting firm hired to revise rates for behavioral health providers, released their final report in January. As you will remember, the initial draft report released in 2016 recommended significant reductions in the rate for psychological services, especially psychological testing. We are pleased that based on our comments and a later face to face meeting with Burns personnel that all psychological services have been recommended to receive increases in the final report.

The consulting firm heard from more than 150 commenters, who submitted more than 500 pages of materials, on the draft rate models covering the behavioral health sections of policy. The final models reflected proposed rate adjustments for 38 services with 23 models receiving rate increases; 15 receiving rate reductions. Burns and Associates stated that they based the models on line-by-line cost assumptions and cost of service delivery.

There is a great deal of consternation among provider groups whose rates for services were cut, some dramatically. Nurse practitioners who do medication management saw almost a 40% decrease in their reimbursement levels. Other services such as case management and substance abuse services also saw reductions.

Because the rules are considered "minor technical", they do not need to go through the Administrative Procedures Act and a public hearing is not required. However, they did have to be presented to the Legislature's Health and Human Services Committee (on February 10). We understand that a bill imposing a moratorium on the new rates has been submitted to the Legislature, which will require a public hearing. We will keep you posted on any new developments.



Save the Date!

Planning for Retirement?

Attend the MePA Workshop
Friday June 2, 2017 | 8:45am-noon

Out of Practice? Into Retirement!

A Guide for Psychologists
Lise Motherwell, Phd, PsyD

Meet the New Continuing Education Chair:

Susan Lichtman
Maataoui, PhD



Tell us a little bit about yourself. I understand that you were President of MePA in the late 90's.

Yes, I was very involved with MePA for a number of years. I moved to Maine from the Los Angeles area, and was invited to get involved by a number of Bangor psychologists, including Beth Bohnet and John Lorenz. My first job was as Secretary/Treasurer, and then I served as President and later the Chair of the Legislative Committee. After a long break, I decided it was time to get involved again.

What drew you to the work you are doing now?

Gerontology and health psychology have been areas of clinical specialization for me for many years. I had been working in private practice and consulting at a medical specialty practice when the opportunity to re-focus my clinical work on geriatrics and clinical training became available at VA Maine two years ago. I have never worked in this setting before and being at the VA has been an amazing job. I am actively involved in a number of

clinical activities related to older adults, including being on the faculty of the VA/MMC End of Life/Palliative Care Fellowship and serving as a geriatrics representative on the Clinical Ethics Committee. Providing care to veterans and their families has truly been an honor.

What do you hope to accomplish as the new Continuing Education Chair?

First and foremost, I hope we can continue the long MePA tradition of providing high quality learning experiences to Maine psychologists. We are a very diverse group, and it will be a challenge to fill our calendar with offerings that address our wide ranging professional interests. It is also our goal to provide continuing education opportunities that help us meet our licensure requirements in areas such as ethics and clinical supervision. Finally, my hope is that our conferences and seminars provide an entry point for new members and can be an introduction to the benefits of MePA membership.

Ethics Committee Looking for New Member

This past year, Andy Wish, PhD., ABPP, our forensic psychologist, stepped down from the Ethics Committee. The current committee members represent health psychology, neuropsychology, forensic psychology, and child and adult clinical psychology. We would benefit from having a school psychologist join this committee. If you represent this specialty and would like to join the Ethics Committee, please contact Farhana Shah (207-865-9241, shah@sonnetpsych.com).

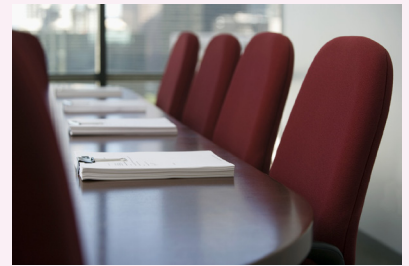


What's Happening at the Board of Examiners of Psychologists

At the February Maine Board of Examiners of Psychologists meeting members discussed the ASPBB Psychology Licensing Universal System (PLUS) program. This is an online system designed to allow individuals to apply for licensure, certification, or registration in any state, province, or territory in the United States or Canada currently participating in the PLUS program. Application information is saved and then can be forwarded to a licensing board, organization, entity, or individual, upon request. Currently 14 states are participating in the program and another 5 are poised to come onboard.

The Board also discussed proposed rulemaking for the Psychology Interjurisdictional Compact (PSYPACT) which has been created to facilitate telehealth and temporary in-person, face-to-face practice of psychology across jurisdictional boundaries. PSYPACT is an interstate compact, which is an agreement between states to enact legislation and enter into a contract for a specific, limited purpose or address a particular policy issue.

The next Board meeting is March 7 at the Office of Professional Regulation in Gardiner and is open to the public.



New Head of CMS Goes Before the Senate for Confirmation

Seema Verma, a health care consultant, is President Trump's pick to head the Centers for Medicare and Medicaid Services. Her firm, SVC Inc., worked with then Gov. Pence of Indiana to design that state's Medicaid expansion under the Affordable Care Act. The plan, named the Healthy Indiana Plan 2.0, requires individuals to pay a small monthly premium to participate. Failure to make a payment can result in a 6 month lock-out. Since this provision is not allowed under traditional Medicaid, Indiana asked for and received a federal waiver to institute the changes. Over 400,000 Hoosiers now take part in the program.

It is certain that foes and advocates of the Affordable Care Act will be asking pointed questions at her upcoming hearing about the direction she wishes to lead the Center in as head of CMS.



Susy Sanders, Ph.D. Explores the Unconscious with Her Rich and Beautiful Paintings

by Laura Slap-Shelton, Psy.D.

President Elise Magnuson has announced that Tom Cooper, PsyD has been named the new Susy Sanders, Ph.D. is bringing her deep understanding and exploration of the unconscious with a Jungian perspective to her rich, mystical paintings which inspire imagination and deep emotional connections. In her well attended talk about her paintings at the Sugarwood Gallery in Farmington, Maine on January 22, 2017 Dr. Sanders explained her creative process, which she calls “emerging imagery”. She noted that she starts with “not knowing,” and uses “active imagination,” creating as she goes. As a clinician, Dr. Sanders helps her clients have conversations with their unconscious and engage with creative imagery. Dr. Sanders paints first and then explores the meaning of her paintings, sometimes sharing this exploration with her mentors, including John Peck, Jungian analyst and poet. Dr. Sanders led the audience through a fascinating exploration of the elements of her paintings and how she came to understand their meanings. She has discovered deep myth and fascinating personal family history going back to the 1500’s as well as important personal revelations. I hope she will share her work and ideas at a future MePA conference!



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2017 MaineCare Survey

As you may know, the Maine Dept. of Health and Human Services recently has contracted with an out of state firm to develop new rates of reimbursement for behavioral health providers in the state. These new rates (which we anticipate will be reductions) will go to the legislature before being implemented. In order for MePA to advocate as vigorously as possible in the legislature for Maine psychologists, it is critical that we have an idea of what you are doing with regard to the program.

Please take a moment to fill out the short survey and either return by mail to P.O. Box 5435 Augusta ME 04332, fax to MePA at 622-6228, or email your responses to mepa@gwi.com as soon as possible.

I am currently enrolled as a MaineCare provider. _____Yes _____No

What setting describes where you practice?

___Private practice ___ Hospital ___ Clinic ___ Other (_____)

If you are a MaineCare provider,

What percentage of your caseload is MaineCare? _____

Do you see: ___older adults ___ adults ___ adolescents ___ children

Are you taking new MaineCare clients? ___Yes ___No ___ As a secondary payer only.

Why or why not?

Do you do MaineCare evaluations? ___Yes___No

Why or why not?

If no,

Were you ever a MaineCare provider? _____Yes _____No

If yes, when did you drop out of the program and briefly, why?

Name_____ (optional)

Town_____



Winners Named in Psychologically Healthy Workplace Awards



The Maine Psychological Association is proud to announce that Spurwink Services, Community Health Options and Community Housing of Maine were named the 2016 recipients of the Psychologically Healthy Workplace Award.

The program, supported by the American Psychological Association, was created to recognize organizations that have demonstrated a commitment to programs and policies that foster employee health and wellbeing, as well as organizational performance

Community Housing of Maine won the Psychologically Healthy Workplace Award for their exceptional attention and efforts in fostering a supportive and psychologically healthy workplace environment for all of their employees.

Spurwink Services was chosen because they demonstrated excellent communication of goals and values within the organization, building a strong sense of unity and consistency in their objectives. Staff reported an environment that was supportive and trusting, allowing flexibility for a healthy work-life balance.

In difficult times, Community Health Options was chosen because it demonstrated a commitment to programs and policies that foster employee health and wellbeing while enhancing overall organizational performance. The organization continued to support a flexible work environment for its employees that supported work-life balance.

“We are so pleased to recognize these employers who understand the importance of the health and wellbeing of their employees” says Dr Magnuson, president of the Maine Psychological Association.

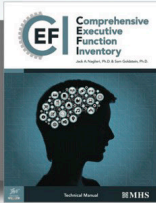
Numerous studies have supported increased productivity, low absenteeism and turnover, recruitment advantages and a reduction in healthcare cost, when a psychologically healthy workplace environment is created. It is understandable that employees who are less stressed will be more satisfied with their jobs and will tend to stay with the organization and support its goals.

Failure to provide a psychologically healthy workplace can impact the bottom line. A number of polls conducted by the American Psychological Association have found that one in four employees have taken a “mental health” sick day. According to the Journal of Occupational and Environmental Medicine, healthcare expenditures are nearly 50% greater for workers who report high levels of stress.

Award applicants were evaluated on workplace practices in the following areas: Employee involvement, health and safety, employee growth and development, work-life balance, and employee recognition. These organizations with a comprehensive set of workplace practices that foster employee health and well-being, while enhancing organizational performance, were selected for recognition.

Winners received their awards on November 18th, 2016 at a ceremony held at the Glickman Library at the University of Southern Maine in Portland.

For more information about the Psychologically Health Workplace Awards program, contact Dr. Ron Breazeale from the Maine Psychological Association at (207) 773-7993, Ext. 25, or rlb@gwi.net or online at www.phwa.org.



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