

Maine Psychologist Today

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

Message from President Tom Cooper, PsyD

Dear Colleagues,

What a few months it has been! There has been no shortage for essays, critiques, and exposés about how we are living in unique times. Many fascinating articles and resources have been shared on our listserv and I will spare you by putting my soap box away.



I do, however, want to take this opportunity to say thank you. I have been blown away by the number of members who have been active on the listserv, who have worked hard to share resources with each other, and who have challenged themselves to support others through this crisis. As stressed and overwhelmed as I have felt at times over the past month, I have found opportunities for gratefulness to be extremely helpful. At the risk of sounding self-serving, the work we do is very important. During the crisis, I have found myself feeling grateful for this work. I would encourage all of us to take small moments to practice gratitude and not take the things we do for granted.

With that in mind... a man walks into a dentist's office. He sits down on the chair in the exam room and says, "Doc you've got to help me."

The dentist asks what's wrong and the man says, "I think I'm a moth."

Puzzled, the dentist says, “I’m a dentist, you need to see a psychologist.”

“I know” the man says, “but your light was on.”

Yours Respectfully,

Thomas Cooper, PsyD

APA partners with mental health leaders to launch COVID-19 Resource Hub

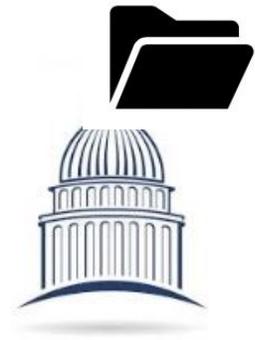


The [Resource Hub](#) is a collaboration among several leaders in the mental health community, including Psych Hub, the American Foundation for Suicide Prevention, American Psychological Association, Mental Health America, and the National Alliance on Mental Illness.

Telehealth Guidance by State during Covid-19

In response to the pandemic, some state governors (including Maine) have issued emergency orders to increase access to telehealth services and the pool of available health care providers. This APA update provides answers to several important questions regarding telehealth policies by state: <https://www.apaservices.org/practice/clinic/covid-19-telehealth-state-summary>

Governor Mills' Executive Order Suspending Licensing Statutes



To facilitate continuity of care during the state of emergency, the governor has announced:

- All Maine licensed psychologists and psychological examiners may provide services through all video and audio, and audio-only, electronic media.
- Any licensed psychologist who, within three years, held an active Maine license and was in good standing, shall have his/her license immediately reactivated upon request and remain valid for 60 days after the state of emergency ends.
- Any licensed psychologist who holds an active license in another state that is not conditional, and with no disciplinary action in the past ten years, may apply for a [temporary Maine license](#) valid until 60 days after the end of the state of emergency. Services can be provided in person in Maine and or across state lines using telehealth.
- Any licensed psychologist who has a license scheduled to expire during the state of emergency shall have their expiration date extended until 30 days following the end of the emergency.

Providers Guide: Telehealth Reimbursement Coverage in Maine During COVID-19

[This Provider Guide](#), also available on the MePA member-only website portal, is designed to keep healthcare providers informed about telehealth payment changes in Maine. Policies are changing rapidly, and this document will be updated frequently as new information and policies become available. The table summarizes where policies currently stand for Medicare fee-for-service, MaineCare, and commercial carriers in Maine.

Public Mental Health Crisis during Covid-19 Pandemic



Given lessons learned from past outbreaks in China and other parts of the world, public mental health interventions should be formally integrated into public health and emergency response plans to curb all outbreaks. As the virus spreads globally, governments must address public mental health needs by developing and implementing well-coordinated strategic plans to meet these needs during the pandemic. [Read Full CDC Article](#)

Continued Health Coverage for Displaced Workers



The Maine Bureau of Insurance has issued an order that if an employer lays off or furloughs a worker and wants to continue offering employer-sponsored group health insurance coverage to the worker, the company's health insurance provider can't deny coverage. [Read the Portland Press Herald coverage.](#)

Programs seek to address ME youth suicide



The suicide rate in Maine is one of the highest rates in the nation and the second leading cause of death among kids and people between the ages of 10 and 35. According to the 2019 Maine Integrated Youth Health Survey, there has been a significant increase in students with mental health issues. In Sagadahoc County alone, nearly 36 percent of students reported negative feelings, and more than 19 percent considered suicide.

[Read on »](#)

Spotting Signs of Child Abuse and Neglect During the COVID-19 Emergency:



The Maine Department of Health and Human Services (DHHS), Office of Child and Family Services (OCFS), relies on professionals, community and family members, and others to recognize and report child abuse and neglect concerns. Here's information and an [Updated Guide](#) for professionals and others who care for Maine children.

NAMI Maine Announces the Teen Text Support Line

Many things are different for teens in Maine due to COVID-19, and that can feel overwhelming. This peer support text line is for youth 14-20 years old and staffed by individuals between 19 - 23 years of age every day from 12pm - 10pm. Send the Teen Text Support Line a text at (207) 515-8398.



Wellness Webinars for Psychologists

These are challenging times and self-care is more important than ever.

Sign up for virtual wellness classes. [Read More.](#)

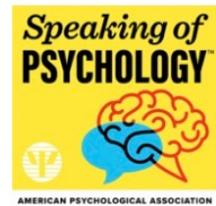


CORONAVIRUS ANXIETY

Coping With COVID-19

Carnegie Mellon University's Dr. Baruch Fischhoff talks about taking care of ourselves during these alarming times.

[Read more.](#)



Guiding States and Health Providers to Avoid Disability-Based Discrimination

APA joined over 90 organizations in a [statement](#) to the Department of Health and Human Services offering guidance to healthcare professionals on how to avoid disability discrimination while treating patients with COVID-19. The statement comes at a time when hospitals are being forced to [ration care](#) when treating COVID-19 patients, to help physicians and triage teams be aware of conscious and unconscious biases against people with disabilities.



Neuropsychological and psychological testing during COVID-19

Billing and other guidance for psychologists who provide psychological and neuropsychological testing services. [Read More.](#)



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¹ Available in amounts up to \$1,000,000. Coverage is individually medically underwritten. Policies issued by Liberty Life Assurance Company of Boston, a member of the Liberty Mutual Group. Plans have limitations and exclusions, and rates are based upon attained age at issue and increase in 5-year age brackets.

² Inflation Safeguard offers additional insurance coverage and the premium will be added to your bill.

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