



CCPA NET Letter

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Collin County
Psychological
Association

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CCPA ONLINE!

Now you can read and print, old and new newsletters, programs, awards and workshop registration online. You will also be able to find referral information on our members! We will notify by email when a new information is available and provide reminders of our meetings. Please be sure to keep us informed of your current email address. You can send us questions and email addresses at wichern@att.net

Also please renew your membership for the 2004-05 Year!



Psychiatric Drug Update!

Our thanks to Psychiatrist Alan D. Koenigsberg for presenting another informative program on medications. Dr. Koenigsberg has been in practice 20 years and combines psychotherapy and medication management. His presentation combined facts and anecdotes with

humor to provide important tips! He offered that meds such as Zyprexa and Seroquel will cause significant weight gain, something several attendees had observed. He focused on Chronic Pain, Anxiety and Insomnia. A drug that may be new to some of us, Gabatril, is helpful in calming down patients because it increases GABA. And Gabatril when used in small dosage, 22 mgm, may provide significant relief with an antidepressant in fibromyalgia. He also recommended that we ask and follow patients of all ages when taking psychiatric drugs for suicidal issues. Visit him at: www.dr.koenigsberg.org

“Pre-Surgery Psychological Evaluations”

6/25—12 PM **Ψ Andrew Block, PhD**

TIME TO RENEW YOUR MEMBERSHIP WITH CCPA!

PLEASE JOIN US FOR ALL OF OUR MEETINGS AND GET CEUs!

Please invite your friends!

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It's time to Renew your CCPA Membership! See CCPA Website for application

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FUTURE MEETINGS:

- 6/25 Pre-Surgery Psychological - Southfork Hotel 12 Noon
- 7/23 Advances in Neuroscience - Southfork Hotel 12 Noon
- 8/27 Couples Therapy - Southfork Hotel 12 Noon

UPCOMING MEETINGS—SCHEDULE THESE NOW!

Our monthly meetings are held from 12:00 noon to 1:30 p.m. on the 4th Friday of each month at the Southfork Hotel Plano, unless otherwise specified. The Southfork Hotel is on the east side of 75, 1 block north of 15th Street in Plano. Meetings are usually held in the Hackberry room. Members may order lunch from the menu, or just enjoy the presentation. 1.5 CEU credits are given to members for attending the meeting.

June 25— Psychological Evaluations for Gastroplasty with Andy Block, PhD

Please attend to Vote for New Officers:

Steve Sliwinski, President

Jason Simpson, President Elect

Sarah Spreda, Secretary

Elizabeth Lombardo, Treasurer

July 23—Advances in Neuroscience with Lawrence Cauller, PhD, UTD

Aug 27—Couples Therapy with Steve Sliwinski, PhD

Sept 24—Collaborative Divorce with Bob Matlock, Atty.

Oct 22— To be Announced

OPPORTUNITIES!

Office Space

Several large offices with waiting area available . Located in Richardson near UTD. Office with other mental health professionals.

Contact: Frank Wichern (972) 234-3178

Two story, reasonably priced (\$950), 1200 sq ft office for rent. Four offices, waiting room, break area, rest room. 1325 19th St. Ste. 4B, Plano

Contact: Dan Perkins 972-562-9140

Rooms for rent at Private Psychology Practice in N. Plano. Beautiful, new office condo, \$550-750. Contact: Grace Chew, 469-467-7595

Services

Groups

Sarah Spreda, PhD and Misty Hook, PhD will be offering several coping skills and support groups for 2004! These groups will concern anxiety, depression, pregnancy, body image and adolescent issues. Contact them at 972.377.4262 Or 214.244.5835 email:mistyhook@comcast.net

CONGRATULATIONS TO: Gayla Sahl Clough, Graduate Student, Texas Woman's University; "Does Mentoring Make a Difference?"; An Evaluation of a Mentoring Program. FOR WINNING CCPA'S RESEACH AWARD!

LET THIS SPACE WORK FOR YOU!

Advertize your specialty or service so our members can refer or utilize it!

Send to: wichern@att.net



PRESIDENT'S COLUMN:

Greetings CCPA members! June 2004

Thanks to Dr. Alan Koenigsberg for his excellent update on psychotropic medications. Dr. Koenigsberg discussed current psychiatric medications for treating chronic pain, anxiety and sleep disorders, with a special focus on medications that regulate GABA.

Our next meeting is Friday, June 25, 2004 at 12:00 noon at the Southfork Hotel in Plano. Andrew Block, Ph.D. from the Texas Back Institute will discuss Pre-Surgery Psychological Evaluations.

I have enjoyed my tenure as President of CCPA. It has been a very rewarding experience on many levels. I'd like to thank all of our CCPA Board members for their hard work this past year. Attendance at our meetings has been up due to the interest in the speakers and topics we have had. We plan to continue to offer timely and relevant programs, and we always welcome input regarding topics you would like to see covered.

CCPA had its first joint social with DPA last month at the Royal Oaks Country Club. CCPA would like to thank DPA for hosting it and Bob Matlock and Kevin Roberts for sponsoring it. Gayla Clough from Texas Woman's University received the CCPA Graduate Student Research Award for her study *Does Mentoring Make A Difference? An Evaluation Of A Mentoring Program* and presented a brief summary of her findings. Congratulations, Gayla!

In my May column, I talked about the Texas Medication Algorithm Project (TMAP) and how TMAP was created and marketed with the support of the pharmaceutical industry as a treatment model. TMAP is now being instituted in several states. (<http://www.psychrights.org/> - click on articles, then Allen Jones.)

TMAP elected to utilize "Expert Consensus Guidelines" rather than clinical studies or drug trials to form its recommendations. TMAP opted to establish the best drugs for various illnesses by surveying the opinions of doctors and psychiatrists of TMAP's own choosing. TMAP essentially requires doctors to treat their patients with the newest, most expensive pharmaceuticals available.

State budgets have incurred a huge drain by implementing TMAP. For example, California, now in the process of implementing TMAP, spent over 500 million Medicaid dollars alone in 2003 on the atypicals Risperdal, Zyprexa and Seroquel. The wholesale price for Haldol is \$0.02 per 5 mg tablet. The wholesale price for Zyprexa is \$4.84 per 5 mg tablet. If you are the drug company, which drug are you going to push?

The New Freedom Commission (NFC) was purportedly formed to examine issues and provide guidance to the president relative to mental health treatment. Critics believe that NFC is another "Expert Consensus" panel with a pre-set mission to create an aura of legitimacy for TMAP and to also push plans to implement Mental Health Parity legislation requiring Medicaid, Medicare and private insurers to pay for expensive mental health drugs.

On July 22, 2003 the NFC issued its recommendations for redesigning the mental health network in all fifty states. Not surprisingly, TMAP was recommended as the model program for each state to follow. The NFC recommendations prominently included mandatory mental health screening for all high school students, with follow-up treatment as required.

A recent study showed that Americans spent more money in 2003 on drugs to treat behavioral disorders in children than on asthma medications or antibiotics to treat common childhood infections. Researchers found prescription drug spending for behavioral conditions, such as ADHD, depression, and autism, rose by 77% between 2000 and 2003 due to both higher drug costs and wider use of these medications.

The largest increases in drug spending were for medications used to treat ADHD, with spending for these drugs increasing by 183% for all children and by **369% for children under age 5**. (emphasis added)

On June 7, ABC news reported on a New Mexico father who took his 12-year-old son off Ritalin because his son was losing weight and was not eating or sleeping well. The son then began sleeping better and his appetite returned. School officials reported his parents to New Mexico's Department of Children, Youth and Families after the child's disruptive behavior returned and they learned that the Ritalin had been stopped. A detective and social worker made a home visit. The father was told if he did not medicate his son, he would be arrested for child abuse and neglect.

This is why I believe these issues are important to our profession.

Join us and vote on our new CCPA Board and hear Dr. Block at the Southfork Hotel on June 25th !

Bob Weiner, Ph.D.

Suggestions, comments? Please contact me at 972-596-0272 or by e-mail at drbobw@flash.net

**Collin County
Psychological Association**

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*The network of psychologists that
connects!*

CCPA EXECUTIVE COMMITTEE

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Secretary

**ANNOUNCEMENT OR OTHER
RELEVANT INFORMATION,
CONTACT CCPA: wichern@att.net**

BOARD MEETINGS:

Please attend!

600 W. Campbell Rd #5,
Richardson

NOON – First Friday of month!

***MENTOR'S CORNER: CCPA encourages it's members to
build profitable, ethical practices. These tips are timely and
we solicit your suggestions, recommendations and Questions!
Copies of the CCPA Office Practices CD are still available!***

***COMING SOON NATIONAL PROVIDER NUMBERS! National
Provider Numbers will be required for HIPPA Covered Entities.***

More to come and how to apply!

***Credit or Debit Card payments to you for "Professional services"
with date amounts are not PHI and are not covered by HIPPA!***

***Use ICD-9 Codes for billing. The Mental Health DSM IV to
ICD-9 codes are available on our CCPA CD or from APA.org.***

***FREE CEU WEBSITE: www.psychlink.com Carol Mohney offers a
new source for free cues. Check it out!***

From apa.org, tips for your practice!

***Start with your professional image. Every person you interact with
is a potential client or referral source. Every document and communica-
tion from your practice is a marketing tool that can make or break a po-
tential referral.***

Define how you want others to perceive you and your practice,
and be sure your materials and the way you present yourself are consis-
tent with that image. Systematically evaluate your promotional materi-
als, letters, reports, voice mail messages, office decor, and the way your
office phone is answered. Make any necessary adjustments to fit the im-
age you want to convey.

***Develop a "sound bite." Be able to explain who you are, what you do,
and the benefits of your services in less than 30 seconds. Many opportu-
nities will arise where you need to be able to give a concise summary of
your practice. Write it down and rehearse it until it rolls off your tongue
effortlessly.***

***Use a business card. Business cards are very inexpensive marketing
tools, and every professional should have them. You must distribute
your cards to make them effective. Always carry your business cards
with you and give them out liberally.***

***Use your promotional materials internally. Your current clients
are one of the best sources of new referrals in the future, and word of
mouth goes a long way. Put your marketing materials in your waiting
room. Arrange stacks of your business cards, brochures, and other pro-
motional materials in your waiting area so your clients can easily pick
them up and give them to friends, family members and coworkers.***

***Identify potential referral sources and start building relation-
ships. Get to know primary care physicians, obstetricians and gynecolo-
gists, school principals and counselors, lawyers, religious leaders, and
other mental health professionals in your area. Connect with these po-
tential referral sources both informally through community involvement
and more directly by sending them a brief introductory cover letter
along with information about your practice.***

Give psychology away.

Identify a variety of topics that you are an expert on and can talk about
for at least 30 minutes. Offer to give free lectures, workshops, and pres-
entations for PTAs, chambers of commerce, and other community
groups. Many APA members have found it helpful for gaining commu-
nity visibility and referrals to become involved with the association's
public education campaign. Talk to Someone Who Can Help.

More Next Newsletter!