



CCPA NET Letter

Collin County
Psychological
Association

www.psychselect.com/ccpa

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GOING ON THE NET!

CCPA NEWS GOES ONLINE!!

WITH THIS ISSUE AND IN THE FUTURE YOU WILL BE ABLE TO FIND OUR NEWS AT:

www.psychselect.com/ccpa

The newsletter, programs, awards and workshop registration will all be online at our website. These materials will be available to download and print. 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



We wish to thank Robbie Malone, Atty, for an invaluable presentation on ethics and issues with TSBEP. Her timely explanation of duty, standards of care and duty to warn were richly illustrated and prompted many questions. Again, Robbie encouraged taking out additional coverage for legal defense fees. She also emphasized obtaining legal counsel when dealing with the TSBEP.

We recommend consulting with her as you have questions. Her phone number is: 214.346.2630 She also recommended www.findlaw.com for legal information.

"TPA UPDATE"

2/27—12 Noon Ψ ALAN HOPEWELL, PhD

**Join CCPA at Southfork (Harvey) Hotel, Plano
TPA faces critical issues particularly with Sunset Legislation coming up. DON'T MISS THIS!**

Please invite your colleagues and bring your questions!

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FUTURE MEETINGS:

- 3/26 8 AM-1 PM
Learning Disabilities Workshop
Southfork Hotel**
- 4/23 Building Private Practice
Southfork Hotel
12 Noon**
- 5/21 Psychiatric Update**

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.

Friday, March 26, 2004—Workshop

Assessing Learning Disabilities,
Cheryl Silver PhD

Friday, April 23, 2004

Building Private Practice— Important Information on HIPPA Compliance, Office Forms, Billing, e-filing, office management, marketing, etc. **Please send or bring your office forms; intake, interview, release, etc. to share with colleagues.**

Email to wichern@att.net!

May 11—Joint Social with DPA!

May 21—Psychiatric Update with Alan Koenigsberg, MD

VITAMINS TO THE RESCUE FOR ALZHIEMER'S DISEASE! Use of high-dose supplements of vitamins E and C is associated with a reduction in the prevalence and incidence of Alzheimer's disease (AD) in a select elderly population, according to the results of a cross-sectional, prospective study published in the January issue of the *Archives of Neurology*. "The public health threat of AD will grow as people live longer," write Peter P. Zandi, PhD, from the Johns Hopkins University Bloomberg School of Public Health in Baltimore, Maryland, and colleagues. **"Antioxidants may protect the aging brain against oxidative damage associated with pathological changes of AD."**

The authors followed aging persons with and without AD and found that those who reported taking an individual supplement of vitamin E or a multivitamin containing more than 400 IU of vitamin E and vitamin C of at least 500 mg of ascorbic acid had the greatest reduction in both prevalence and incidence of AD. "Our findings suggest that vitamins E and C may offer protection against AD when taken together in the higher doses available from individual supplements," the authors write.

"An ounce of prevention may be better than a pound of cure!"

APApractice.org

VISIT APApractice.ORG!

If you are not regularly visiting www.APApractice.org, you need to be! This is an fantastic website just for us practioners and we pay for it with our APA dues. Not only does it have practice tips and

HIPPA compliance recommendations, it also has information on getting paid.

Under HIPPA, insurance companies are only required to accept ICD-9-CM codes. Using the DSM codes may not get you paid! You can download a **Covered Diagnoses & Crosswalk of DSM-IV to ICD-9 Codes.** I was surprised at how many more codes were available on ICD 9. For example, DSM IV 300.4—O/C Personality breaks out in 9 to 301.4—compulsive personality disorder and 301.5—histrionic personality disorder. Generalized anxiety disorder—300.02 to 300.2— generalized anxiety disorder; 300.09—other; 300.1 hysteria; 300.10 hysteria, unspecified. Check out Mood disorder NOS—296.90; there are several more options. Adjustment disorder with depressed mood—309.21 has separation anxiety, emancipation disorder and specific academic or work inhibition added. There are many more and being current on these diagnostic codes is important.

We will have this available for discussion at our April Practice Meeting, but why not get online, download this file, and start getting paid now!



PRESIDENT'S COLUMN:

Greetings CCPA members! February 2004

Welcome to our first online edition of our CCPA Net Letter! If you are reading this, that means Frank Wichern has been successful in getting it on our www.psychselect.com/ccpa website, and we have your current e-mail address. We will be sending out an e-mail reminder each month when the latest newsletter has been published with a link to it so you can view it online or download it for saving and/or printing. Please let us know if your e-mail address ever changes.

We would like to welcome our newest member to CCPA, Michelle Lurie, Ph.D. Dr. Lurie is resuming her practice after taking a 2 year sabbatical to be with her children. She specializes in psychoeducational, neuropsychological and psychological testing with children ranging in age from 2 1/2 to 16 years old.

Thanks to Robbie Malone for her excellent presentation on legal and ethical issues psychologists face when working with clients, particularly with clients who threaten to harm themselves. This presentation provided members with 1.5 hours of ethics continuing education.

Our next meeting is Friday, February 27, 2004 at 12:00 noon at the Southfork Hotel in Plano. Please join us to hear TPA President Alan Hopewell, Ph.D. update us on TPA activities as well as relevant professional issues. This meeting will also count towards our ethics continuing education requirement.

In my October 2003 column, I discussed the *Worst Pills Best Pills* newsletter published by the Health Research Group of Public Citizen. (www.worstpills.org) The Health Research Group also publishes a free online "eLetter on Drugs for Severe Psychiatric Illness" at: <http://www.citizen.org/eletter/> Listed below are some of the topics related to psychotropic medications covered in recent issues.

- FDA issues public health advisory on antidepressants and suicide risk in pediatric patients being treated for major depressive disorder: Celexa, Prozac, Luvox, Remeron, Serzone, Paxil, Zoloft and Effexor. Only Prozac was found effective in pediatric MDD patients, with no reports of completed suicides in children ages eight to 13 and adolescents 13 to 18 years old. Luvox is not approved for depression in the U.S. The Health Research Group has petitioned the FDA on two occasions to have Serzone removed from the U.S. market as it is associated with potentially fatal liver toxicity, and liver function tests cannot be used to reduce the risk of liver failure. (December 2003 issue) The FDA opened public hearings on February 2 on the question of whether antidepressant medications increase the risk of suicide when given to children.
- Wyeth Pharmaceuticals issues warning of increased adverse effects such as suicidal ideation and self-harm as well as hostility with the use of Effexor and Effexor XR in children and adolescents. (October 2003 issue)
- Categories of drugs associated with the serotonin syndrome: analgesics; MAOIs; SSRIs; tricyclic antidepressants; antidepressants – others (Wellbutrin, Remeron, Serzone, Desyrel, Effexor); anti-nausea drugs; antipsychotics; Parkinson's Disease drugs; migraine headache drugs; illegal drugs; other drugs (including Buspar, Tegretol, Lithobid, Meridia, St. John's wort). (September 2003 issue)
- Seizure medication Lamotrigine (Lamictal) approved for use in bipolar disorder is associated with risk of life threatening rash; FDA issues safety advisory recommending against the use of Paxil in children based on increased suicide risk. (August 2003 issue)
- Evidence linking the newer "atypical" antipsychotic drugs to diabetes: (Zyprexa, Seroquel, Risperdal). Also suspect: Abilify, Clozaril and Geodon. (August 2003 online issue)
- Avoid use of "new" isomer drugs, which are simply chemically identical compounds that are mirror images of the original drug and have no proven safety record or therapeutic advantage over the original drug: Dexmethylphenidate (Focalin) and Methylphenidate (Ritalin); Escitalopram (Lexapro) and Citalopram (Celexa); Nefazodone (Serzone) withdrawn from all European Countries after concerns about liver toxicity (March 2003 issue).
- Drug induced psychiatric symptoms (multiple drug categories listed) (October 2002 issue)

If you have patients on medications that may pose potential health risks, you can inform them of the latest clinical findings and they can take the information back to their prescribing physician with their questions and concerns.

Please join us at the Southfork Hotel (the old Harvey Hotel) on the 27th!

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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www.psychselect.com/ccpa

*The network of psychologists that
connects!*

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**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!

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

Office Space for sub-lease in North Dallas. Small, cozy, large window, 2nd floor. Contact: 972-239-2490

Services

I would also like to tell you about a new service that I am providing, which I call The Front Office. It is a unique service designed to duplicate 95% of an office manager's services, but at a much more affordable price. You provide the therapy, we provide the rest!

The services include:

- Patient scheduling
- Insurance claim submission (billing)
- Insurance verification and preauthorization
- Accelerated insurance claim payment
- Record keeping
- Answering service with call screening and triage
- Appointment reminder calls and emails
- Help with managed care session reauthorization

...and more! Because The Front Office is Internet-friendly, we provide conveniences that no other service can provide, including:

- A virtually paperless office. No charts, no filing cabinets, no billing software to buy!
- Full HIPPA compliance (including separate storage for administrative and therapy records)
- Secure "anywhere" access to your appointment schedule and client records
- Multi-layered protection ensures confidentiality at a level unmatched by paper records
- Patients can change or set appointments online-even at midnight!
- A professional web page for your practice
- a 70% cost savings over hiring a full time office manager

Traditional telephone-based services are provided for patients without Internet access.

**call Bill Whitehead at 972-818-3993, or
email (wcw@psychselect.com).**

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

Jobs

Denton County MHMR Center Request for Applications

The Denton County MHMR Center (Center) issues this Request for Applications (RFA) to develop a network of **PSYCHOLOGISTS OR PSYCHOLOGICAL ASSOCIATES** to provide one or more of the following:

Determinations of Mental Retardation (DMR); Psychological Testing; Preparation of Behavior Management Plans for persons with mental illness and mental retardation.

The Center is a government entity established by the State of Texas for the purpose of providing medical, therapeutic, and residential services to the target population served by the Center that consists of mentally ill and mentally retarded persons who are residents of Denton county.

To request an RFA copy or for further information, please contact the following Center staff member: Melissa Eckstein, Administrator, Essential Services, Denton County MHMR Center, 2519 Scripture Street Denton, TX 76201-2324 940-381-5000