



CCPA NET Letter

www.psychselect.com/ccpa

Collin County
Psychological Association

March 2007
Volume 16, Issue 3

LEGAL & ETHICS ISSUES UPDATE



R. MALONE & KENDA DALRYMPLE

ANOTHER TIMELY UPDATE FROM ROBBIE MALONE AND KENDA DALRYMPLE ON RECORD KEEPING, ASSESSMENT AND IMPORTANT PROFESSIONAL ISSUES. THEIR PRESENTATION IS FUN, INFORMATIVE

AND CAREER SAVING. WE ALL BENEFIT GREATLY FROM THEIR EXPERIENCE AND WHAT TSBEP IS CURRENTLY DOING IN ADDRESSING COMPLAINTS. WE VALUE HEARING FROM THE "GOOD GUYS"!

ARE YOU READY FOR THE IMPORTANT BILLING CHANGES COMING APRIL 1ST!

Join CCPA for lunch and a discussion of office management issues related to NPI and the new 1500 form on 3/23! We will be reviewing how to have a profitable practice and future trends, as well as how these new procedures will allow third party payers to track you.

SEE THE COURSE OUTLINE IN MENTOR'S CORNER!

Meeting at 600 W. Campbell Rd. #5 , Richardson

RSVP: wichern@att.net or 972.234.3178

"ETHICS IN BILLING & NPI"

3/23—12 Noon Ψ Frank Wichern, PhD

PLEASE PLAN TO ATTEND AND BRING YOUR COLLEAGUES

Inside this issue:

UPCOMING Meetings 2

Review your Listing! 2

IT IS TIME TO RENEW! GET your CCPA Membership Application!

See CCPA Website

Opportunities! Office Space, Groups and More 2

President's Column 3

Mentor's Corner NPI ISSUES 4

FUTURE MEETINGS:

- 3/23—NPI & Ethics of Billing—600 W. Campbell Rd. Ste 5—12 Noon LUNCH RSVP
- 4/27—TBA—12 Noon
- 5/19—TBA—TINO'S —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 TINO's Mexican Restaurant, Collin Creek Mall, Plano, unless otherwise specified. Tino's is in the South Main Entrance on the west side of 75. Members may order lunch from the menu, or just enjoy the presentation. 1.5 CEU credits are given to members for attending the meeting.

PLEASE CHECK YOUR REFERRAL INFO. ON www.psychselect.com/ccpa! We try to keep it up to date, but we need you to verify your location and phone info. Remember you need to be current on dues to be listed!

**March 23— NPI & Ethics for Billing—
Frank Wichern, PhD —12 Noon, 600 W.
Campbell Rd. #5, Richardson—FREE
LUNCH, RSVP: wichern@att.net
Ethics CEU!**

April 27— TBA - 12 Noon,

**May 18—TBA—12 Noon, Tino's, Collin
Creek Mall, Plano Ethics CEU!**

OPPORTUNITIES!

Office Space

West Plano 2300 sq. ft. office condominium has two spaces for lease to mental health professionals. The smaller office is about 172 sq. ft. in area and faces onto an eastern courtyard. The larger office has about 272 sq.ft. and has eastern and northern windows, a skylight, and built-in cabinets. Both have internet connections, phone hookups, recessed lighting, and soundproofing. The suite itself has a very nice and spacious waiting room, a nice admin area, file storage, a kitchenette, and interior restrooms for clients and staff. A separate exit is also provided for client and staff use. Free parking and easy access to all parts of the Metroplex are added features of this location. Please call Tom Van Hoose for more details at 972-250-2919.

West central Plano office for lease one bk. s. of medical center of Plano on coit rd., approx. 200 sq.ft. office and w.r., b.r., furnished; ALL INCLUSIVE w/ tel. and long distance, fax, frig., copier. meals not included though I may be able to help some with referrals. \$350/mo. Contact Dan Cox at 972-596-5960

Services -Groups

Gordon Sauer currently has groups running for 5th grade girls, 5th grade boys, 3rd grade boys, 7th grade boys and 10th grade boys. Contact Gordon at Gsauerphd@aol.com

Vickie Sutherland is accepting referrals for a FREE Adult Process Group!
Thursday evenings from 6:00 to 7:30 PM.

Meetings will focus on personal discovery and growth.

Contact Vickie @ 972.231.7782

LET THIS SPACE WORK FOR YOU! Advertise your specialty or service so our members can refer or utilize it! Send to: wichern@att.net

CCPA PRESIDENT'S COLUMN: Greetings CCPA members!

March 2007

It was great to have a large turnout for the February meeting with Attorneys, Kenda Dalrymple and Robbie Malone's presentation, "How Did We Get Here? Legal Liabilities for the Professional- Mental Health and the Law in Texas; and A Review of the Board Rules Pertaining to Psychological Tests." Their presentation was engaging and informative.

My March article will focus on Men and Depression after I stumbled upon a well written article published, February 26, 2007 in Newsweek, entitled, "Men and Depression." According to the National Institution of Mental Health, more than 6 million men suffer from depression in the United States. Many men don't recognize or acknowledge symptoms of depression such as irritability, short tempered, easily frustrated and fatigued. Depression often can be masked in men taking on other forms of problems such as alcohol or drug abuse, gambling, or becoming a workaholic.

So why is depression in men so hidden and untreated? First can you picture the Marlboro man in therapy? A picture of masculinity is tough, independent, and unemotional. These strong held societal beliefs, according to an article published in the American Psychological Association's Monitor on Psychology, June 2005 discussed the impacts of males lack of seeking help may be linked to socialization and society demands on men to exhibit touch and successful portrayals. This negative stigma has severe consequences for all of society. Depressed men may be living with secret feelings of inadequacy and may remain silent about feelings as a result. Men, wives, children, families, and the workforce may suffer as a result.

Men, who do seek treatment for depression, may do so in secret. According to the February 26, 2007 Newsweek article, a prominent Massachusetts State Senator, Bob Antonioni struggled with depression and didn't even recognize his symptoms initially. After his brother committed suicide in 1999, he sought treatment for his own depression, but paid cash for therapy so there would not be a record and drove twenty miles from his home to obtain medication at a pharmacy so he would not be recognized. Some men seek treatment because their wives become fed up. An even more startling realization according to the article is that some men would rather kill themselves than acknowledge openly the fact that they feel despondent or depressed. This may have implications on statistics that show men commit suicide with greater rates than females or other clinical groups. According to the article, over the past 50 years, American men have committed suicide at four or more times the rate of women.

Unfortunately, mental health professionals, including psychologists have been slow to recognize depression in men. It was long believed by mental health professionals that men experienced depression at lower rates than females. For many years attention given to causes of depression were related to female or hormonal fluctuations relating to puberty, childbirth, or menopause. What we now may be recognizing is that men have been better at hiding feelings or living with "secret" symptoms. The failure to recognize and diagnose depression in men may have large scale consequences. Depression has been linked to heart disease, heart attacks, and strokes, which tend to affect men and at earlier ages than women.

So what can be done? New treatment approaches have been emerging and great attention with large scale national studies have been forthcoming. One interesting new development has been a new screening tool for primary-care physicians. Dr. Kurt Kroenke, an Indiana University researcher helped design the questionnaire that asks men to make ratings about depressive symptoms. The questionnaire has a 0 to 27 point rating. The physician can give concrete feedback to the patient and can view their scores, just as they would with a blood-sugar or cholesterol level score. Scientists have also been exploring new possibilities with drug treatments. According to the Newsweek article, researchers at the NIMH have been experimenting with fast-acting anti-depressant medications to help relieve symptoms in a few hours instead of the typical eight weeks. Scientists have been experimenting with Ketamine, an animal tranquilizer, administered in a single, IV- administration and have found reduced symptoms of depression in two to three hours with lasting long term effects. This form of treatment is still experimental and requires a highly controlled environment for administration. Additionally, Canadian researchers have been experimenting with deep-brain stimulation techniques and finding some success as well. This is a procedure that implants two thin electrodes in the brain, sending a continuous electrical current to an area in the brain thought to play a role in controlling emotions, Area 25. Their findings have shown subjects reporting relief in mood within six months and some reporting being "cured" from depressive symptoms. Another positive and encouraging development is that social stigmas are beginning to be addressed. The article reports that colleges and universities have been emphasizing mental health with greater importance. The University of California-Los Angeles (UCLA) moved its Student Psychological Services from a basement office to a bright building in the center of the campus. According to the center director, Elizabeth Gong-Guy, noticed that every person in the waiting room was male, a phenomenon she declared was not something she would have seen even three years ago. Even the U.S. Army is utilizing a new, enhanced screening program for soldiers returning from Iraq to better detect depressive symptoms.

Social stigmas may be changing for the better. Many more CEO's are acknowledging the pressures and stigmas to be successful with devastating mental health consequences. In 2003, the National Institute of Mental Health launched a national media campaign, "Real Men. Real Depression" to raise awareness. Even the National Football League has begun to address male depression. The NFL launched a campaign to encourage men to be more proactive in managing their health, including mental health. A website from the NFL included a depression self-screening test.

As I conclude this article. I encourage you to think about your own practices and become more aware of whom your clients are. Are you treating more men? According to the APA Monitor on Psychology article (June 2005), "Helping Men to Help Themselves," suggestions for therapists include advertising services to encourage men to seek therapy using phrases that tend to be more acceptable for males such as "consultation" versus "therapy" and emphasizing achievement and self-help. We can all help in reducing the stigmas of mental health not just for men but for everyone.

Sarah Spreda, Ph.D.



**Collin County
Psychological Association**

600 W. Campbell Road
Suite 5
Richardson, Texas
75080
www.psychselect.com/ccpa

*The network of psychologists that
connects!*

CCPA EXECUTIVE COMMITTEE

Jason Simpson, Psy.D.

Past President

Sarah Spreda, Ph.D.

President

Gary Chase, Ph.D.

President Elect

Gary Grossman, PhD

Secretary

Frank Wichern, Ph.D.

Treasurer

**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!

**PLEASE
RENEW YOUR
CCPA
MEMBERSHIP!**

**Application at:
www.psychselect.com/ccpa**

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!

OUTLINE FOR 3/23 MEETING

ETHICS IN BILLING & NPI

HOW DID CCPA COME ABOUT?

CHALLENGES OF HMO'S IN 1990

SUPPORT FOR LOCAL AFFILIATION AND MARKETING

WHAT HAS HAPPENED SINCE 1990

INSURANCE CO.S ARE IN FOR THE PROFIT

MENTAL HEALTH PARITY BILL

THE GRIM FUTURE FOR PHD'S VS MA'S

CAN PHD'S BE PROFITABLE WITHOUT A LARGE MARGIN OF PRIVATE PAYS

WHAT IS A NATIONAL PROVIDER IDENTIFIER (NPI)?

THE NPI IS A UNIQUE 10 DIGIT ASSIGNED TO EACH PROVIDER OR ENTITY

NPI'S ARE NECESSARY BY 5/23/07

ATTACHED TO ALL INS BILLING 4/1/07

SOLE PROPRIETOR NEEDS NPI, GROUP NEEDS NPI

WHAT IS A TAXONOMY CODE?

LISTING PROVIDER NUMBERS FOR INSURANCE CO.S

WHAT IS THE CMS 1500?

OUT WITH THE OLD, IN WITH THE NEW

WHAT IS NEW?

USING ADOBE ACROBAT AND THE FILL IN TEMPLATE

THE APRIL 2 DEADLINE FOR FILING NEW 1500

HOW TO GET THE NEW FORM FROM CCPA

RECOMMENDATIONS FOR RECORDS AND SECURITY