



CCPA NET Letter

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Collin County
Psychological
Association

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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 newsletters (past, too!), 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

Ethics in Office Procedures

At our last meeting the Exec committee presented on ethics in office procedures and practice. Forms relating to HIPPA, confidentiality, intake information and many other aspects of office management were presented. The variety of forms represented sole practioners to groups, hard copy to computer generated. Marketing through newsletters and web sites was also covered. The meeting was well attended and very interactive. A CD covering all of the materials which allows practioners to modify forms for their own use was also available and can be obtained through CCPA! Many Thanks to all those who contributed office forms and material!

"Psychiatric Drug Update"

5/21—12 PM **Ψ Alan Koenigsberg, MD**

**5/11—Join CCPA & DPA at Royal Oaks CC, Dallas for a fun evening of meeting and networking with our colleagues! Awards and More!
Please invite your friends!**

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FUTURE MEETINGS:

- 5/11 CCPA/DPA SOCIAL 7PM Royal Oaks CC
- 5/21 Psychiatric Update Southfork Hotel 12 Noon
- 6/25 Psych Evals for Gastroplasty 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.

May 11—Joint Social with DPA at Royal Oaks Country Club 7 PM

May 21—Psychiatric Update with Alan Koenigsberg, MD

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

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

Aug 27—Couples Therapy with Steve Sliwinski, PhD

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

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

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!

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

Send to: wichern@att.net



PRESIDENT'S COLUMN:

Greetings CCPA members! May 2004

Thanks to everyone who contributed to well-attended and very informative business practices meeting last month. The CD sold at the meeting containing helpful HIPPA, office and web forms is still available for sale for \$10 for CCPA members and \$25 for non-CCPA members.

On behalf of CCPA, I'd like to thank Carol Mohny for her dedicated service to CCPA. She concludes her sixth year as a CCPA board member this month, having served two times as President of CCPA. I asked her at our May board meeting if she would consider a "Three-peat," but she respectfully declined. She probably would reconsider after everyone else in CCPA has served two terms as President. Thanks for your hard work Carol!

CCPA would like to welcome one of our newest members, Elizabeth Lombardo, who has jumped right in to our organization and offered to serve as Treasurer for the coming year.

Join us on May 21st (our meeting will be on the third Friday of the month in May due to Memorial Day weekend) as Dr. Alan Koenigsberg returns to update us on the latest developments in psychopharmacology.

Our joint social with DPA will be held this Tuesday evening, May 11 at 7:00 p.m. at the Royal Oaks Country Club, 7915 Greenville Ave. in Dallas between Royal Lane and Walnut Hill Lane. Spouses are welcome. Come and network with our colleagues to the south!

I wasn't planning on writing about prescription medications again in this column until I had a discussion with a colleague in Houston about "Evidence Based Practice" (also referred to as "Evidence Based Treatment"). One person who attended a workshop on this topic at the APA's State Leadership Conference in March said that the presenters felt that this issue was going to have a major impact on our field, and that all practitioners are going to have to deal with it. Implications would be likely to mean therapists will have to keep data on outcomes of treatment, insurers will start to require proof of medical necessity for services to be rendered, and eventually they would only reimburse therapies qualified as Evidence Based Treatments.

A psychologist in a post to the New York State Psychological Association APA list serve gave his opinion that the origin of "evidence based practice" as it has been recently conceived came from the Texas Medication Algorithm Project (TMAP). His conclusion was based on a whistle-blower paper written by Allen Jones, an Investigator in the Commonwealth of Pennsylvania Office of Inspector General (OIG). The following are excerpts from Jones' paper (you can find it at <http://www.psychrights.org/> - click on articles, then Allen Jones to find it): TMAP is a Trojan horse embedded with the pharmaceutical industry's newest and most expensive mental health drugs. Through TMAP, the drug industry methodically compromised the decision making of elected and appointed public officials to gain access to captive populations of mentally ill individuals in prisons and state mental health hospitals. The pharmaceutical industry bypassed governmental safeguards and medical review by creating and marketing TMAP as a "treatment model" that was instituted in various states as an administrative decision by a select few politically appointed officials....

This consortium sought to "legitimize" the medications recommended in the model program's "drug menus". The group elected to utilize "Expert Consensus Guidelines", rather than clinical studies or drug trials to form these recommendations. Essentially, TMAP opted to "establish" new drugs as the best drugs for various illnesses by surveying the opinions of doctors and psychiatrists of TMAP's own choosing. No hard science, no patients, no study review, and no clinical trials - just the "Expert Opinions" of persons TMAP elected to survey.

Jones goes on to describe how by early 2001, TMAP and TCMAP (Texas Children's Medication Algorithm Project) had bankrupted the Texas Medicaid program and the budgets of the state's mental health and prison systems.

In my final column before passing the virtual gavel (and keyboard) to Steve Sliwinski, I'll talk about the spread of TMAP to other states and the implication for mental health, courtesy of "The New Freedom Commission." The NFC is an outgrowth of TMAP "purportedly formed to examine issues and provide guidance to the president relative to mental health treatment."

Speaking of drugs, join us for a psychopharmacology update with Dr. Koenigsberg at the Southfork Hotel on May 21st!

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!*

CCPA EXECUTIVE COMMITTEE

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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!

MENTOR'S CORNER: Beginning in this issue, CCPA will offer tips and advice on practice issues! We are fortunate to have a wealth of knowledge in our group and we solicit your suggestions, recommendations and Questions!

WHAT YOU MISSED AT THE

ETHICS IN OFFICE PROCEDURES MEETING!

APA Recommendations for Private Practice

APA.org—Converting DSM IV Codes to ICD 9

Guide to CCPA—Directory of Members, Sample Brochures, and more!

HPPA Forms

Group Practice Forms from Professional Psychological Services

Sole Practitioner Forms

Interactive Computer Forms

Newsletter Development

Web site Development

Online Billing—Procedures and Computer and Internet Requirements

All of this and more is still available on the CCPA CD!

Of course, what you also missed was the discussion and practical tips that came from those who attended!

CCPA provides a valuable network of psychologists that connect!

We hope you plan to join with us in future meetings!

JASON SIMPSON OFFERS THESE COMPUTER TIPS::

F-Secure <http://www.f-secure.com/> (the firewall & virus protection that I use in addition to the XP Professional's built in firewall that is mediocre.). I think it runs me about sixty-something per year, and updates automatically and daily (sometimes more than once). If you just want the virus protection with out the firewall, you can do so with less expense. When it updates, it truly is automatic, and does not require messing with further downloads. I have been very pleased with its performance. I keep it set on the high settings, which require me to allow any traffic out to be approved by me each time. However, you can globally approve traffic to specific sites if you wish. Only drawback I've found, is sometimes having to disable it to install or uninstall a program, but I think that's true of most. They also have a great info bank on viruses, including specifics of how to get rid of some of the more difficult Trojans.

Spybot – <http://beam.to/spybotsd> Search & Destroy is also freeware. It will clean out ALL spyware, malicious and “benevolent”. I use it once a month to see what I have permitted thru my firewall that is still there & dump what I don't need. I also use it immediately after going to a site that F-Prot has alerted me to, or that I need to use but know they use spyware. The first time you use it, you do need to be aware of what auto-settings you wish to keep. It will wipe out all memorized passwords and usernames, unless you direct it not to. If you chose to use F-secure, it will also pick up on “Back Web Lite”, which F-secure uses to update the virus protection, and disable it. Once you run Spybot the 1st time, you will need to check and make sure you have not disabled something that you need. If you have, it does has a rollback feature that allows you to enable what has been disabled. This program takes a little more knowledge to use without creating problems for yourself, but once you understand it and your computers needs, you will be pleased. To the point that Ad companies and others often will attempt to alter links and divert searches away from the spybot site to other program sites that do not work as well.