

Growing and Managing Your Practice



WASHINGTON STATE COALITION OF
MENTAL HEALTH PROFESSIONALS AND CONSUMERS

Advocates for Ethical Mental Health Care

www.wacoalition.org

Fall 2010

MH-PAC Rides Again!

Laura Groshong
MH-PAC Coordinator

As it has for the past 10 years (five major campaign seasons), the MH-PAC is deep at work reviewing candidates for the 2010 elections. MH-PAC, the Coalition-sponsored political action committee, has donated and collected almost \$30,000 since 2000 and more than 93% of MH-PAC-endorsed candidates have won their elections!

It is a piece of political wisdom that it is much easier to pass legislation

by electing candidates who support your goals than by educating legislators who are not familiar with your goals or oppose them. The questionnaires that MH-PAC has sent candidates over the years have given them a chance to consider the importance of mental health parity, licensure for mental health clinicians, the importance of confidentiality for mental health records, prevention of unfair insurance practices for mental health

benefits, and much more. MH-PAC has had a hand in electing the legislators who passed legislation to support these goals and oppose legislation that undermines them.

Of all the wonderful MH-PAC boards we have had, this one tops them all. The energy and support of this group is phenomenal. I want to thank Samantha

(Continued on page 2)

Save the Dates

- THE FRUGAL PRACTITIONER
SEPTEMBER 25 / PAGE 5
9:00 TO 12:00
- WHAT TO DO WHEN A COMPLAINT IS FILED
OCTOBER 30 / PAGE 5
10:00 TO 12:00

www.wacoalition.org

Coming Events

September 25

Saturday • 9:00-12:00

The Frugal Practitioner

October 30

Saturday • 10:00-12:00

What To Do When A Complaint Is Filed

Good Shepherd Center
4649 Sunnyside Ave N
Seattle 98103

See Page 5

From the Chair

Dear Coalition Members,

Hope all of you had a good Seattle summer. As we settle into our fall routines, you may recall the survey we sent out asking you, our members what concerns you had that you would like to see the Coalition address.

The two upcoming programs (details page 5) are directly related to the survey results. You said you would like to increase contact with other professionals and to network. The Frugal

Practitioner Panel (September 25) should be a most lively and helpful discussion of ways to effectively manage your practice while minimizing expenses. It will be a chance to meet and then share ideas with other practitioners about how they save money and/or reduce costs. The event will be a great opportunity to network.

A second concern you asked us to address is

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Laura Groshong

Ching, LICSW; Gail Katz, LICSW; Theresa Rogers, LICSW; Barbara Sardarov, LICSW (MH-PAC Treasurer); Blake Werner, PsyD; and Sue Wiedenfeld, PhD, for the amazing work they are doing. We are also fortunate to have the guidance of our outstanding consultant, Lonnie Johns-Brown, Registered Lobbyist. The creativity and time they are bringing to this task is incredibly gratifying and makes board meetings a pleasure.

Please do your part in supporting MH-PAC by sending in your donation today (see MH-PAC flyer insert.)

Keep ethical mental health treatment strong in Washington! ◇

From the Chair, continued from page 1

legal issues related to privacy of patient records. Legal issues and privacy always raise anxiety, and we are pleased to offer David Schoolcraft's experienced and wise perspective on such issues. Do attend if you can on October 30. He is an excellent presenter.

You will also read a bit about the very active and enthusiastic MH-PAC. Thank you to those who sent

donations to support these important political races.

Finally, we know that many (likely most) of us are anxious to see the details for the new administration of UMP by Regence. We are happy to be involved in current discussions about this plan with Regence and will share details as we come to know them.

Do let the Coalition board know of other concerns you may have that

we might address. And, as always, thank you for your continued membership in the Coalition and your on-going commitment to quality mental health.

Sue Wiedenfeld
Coalition Chair ◇

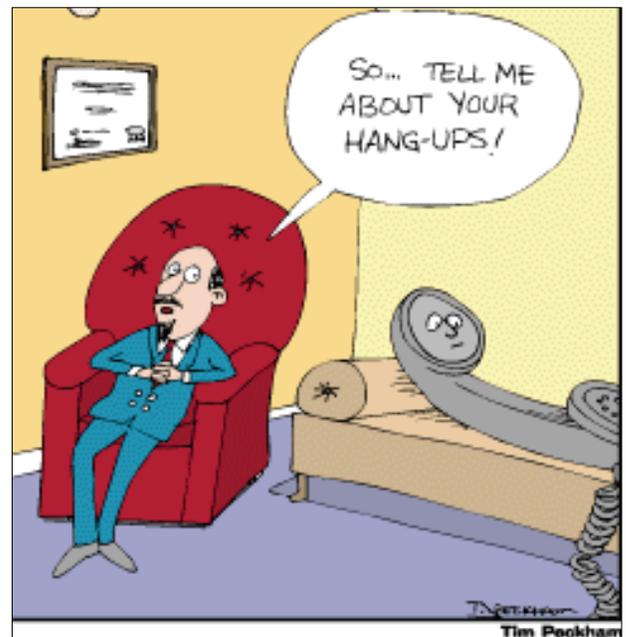
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Newsletter
Blake Werner, PsyD Editor
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Health Professionals and Consumers

IF YOU ARE NOT GETTING E-MAILS ABOUT OUR EVENTS, please E-mail us with your CURRENT E-mail address: wacoalition@verizon.net. This is the best way to get Coalition news.



Excerpted from Barry Erdman, LCSW Website
www.Bouldertherapist.com
Mental Health Humor. Check it out!

How the New Health Care Law Affects Working Families and Individuals

From Washington Office of the Insurance Commissioner website at <http://www.oic.wa.gov/consumers/reform/workingfamilies.shtml> on July 30, 2010

Beginning July 1, 2010:

Employers can apply for federal funds to help cover their retirees' health care costs.

In early August 2010:

- The Affordable Care Act includes a new temporary health plan for people who've been uninsured at least six months and who have a pre-existing medical condition.
- Washington state has collaborated with our current high-risk pool, the Washington State Health Insurance Pool (WSHIP), to run this new plan, called the Pre-existing Condition Insurance Plan.
- Approximately \$102 million will be available from the federal government to fund Washington state's program until 2014, when reforms take effect and people cannot be denied because of a pre-existing condition.

Applications will be available in early August, with coverage beginning September 1.

Many of the new benefits listed below take place at different times, depending on whether you have an individual plan or get your health insurance from your employer.

Beginning Sept. 23, 2010:

When your **employer-sponsored health plan** renews, your plan cannot:

- Charge out-of-pocket costs for preventive services.
- Cap Lifetime benefits. (Caps of \$1 million or \$2 million are now common).
- Cancel or rescind a policy, except in the case of fraud or misrepresentation.
- Refuse to cover pre-existing conditions of enrollees under age 19.
- And young adults may be covered on their parents' plan until the age of 26, unless they get a job that offers health insurance.

If you were enrolled in your employer plan before March 23, 2010, your plan is considered grandfathered and isn't required to include these benefits.

Beginning Jan. 1, 2011:

If you have an **individual plan**, your plan cannot:

- Charge out-of-pocket costs for preventive services.
- Cap lifetime benefits. (Caps of \$1 million or \$2 million are now common).
- Cancel or rescind a policy, except in the case of fraud.
- Refuse to cover a child's pre-existing condition.*
- And young adults may be covered on their parents' plan until the age of 26, unless they get a job that offers health insurance.

* If you were enrolled in your individual plan before March 23, 2010, your plan is considered grandfathered and isn't required to include these benefits.

In 2014:

- Health plans cannot exclude coverage for pre-existing conditions.
- Health plans must accept every employer and every individual who applies for coverage, although they may create special enrollment periods.
- Health plans cannot require individuals to take a health questionnaire or deny them coverage because of their health condition.
- Individuals and families can receive subsidies, based on their income, to help buy coverage from their state's health insurance exchange.
- Also, income-based caps on out-of-pocket medical expenses take effect. ◇



On-line Directory

To better reflect our dynamic membership as well as to provide members with a quick and easy way of contacting each other, we are preparing an electronic directory of our members. The directory can be accessed via our Web site, www.wacoalition.org. Members who do not want to be listed in this manner should call us at 206-444-4304. ◇



Meet New Coalition Board Member

Hello, my name is Heidi Wasch. As a new board member, I want to provide a brief biography.

I am a clinical psychologist in private practice with a main office in Wallingford and a satellite in West Seattle. I've been in private practice since 9/11 (can't seem to forget that date) and prior to that I was the mental health care provider for the Homeless Youth Clinic based at the 45th Street Clinic. I received my PhD from the University of Connecticut and did my pre-doctoral internship at the UW Department of Psychology and my post-

doctoral fellowship at Children's Hospital, based at the Alder Street Juvenile Detention Center.

My current practice is a mix of adolescents and adults. I also am on the clinical faculty at UW, supervising graduate students in the Psychology Department. I recently completed a training through the Human Rights Clinic and am looking forward to providing evaluations of people seeking political asylum.

I live in West Seattle with my husband, Bob Leversee, and our 11-year-old daughter Maya. We love our dog Molly, eating good Chinese food, riding bikes, and travelling. During the 2008/2009 school year, we lived in Chengdu, China, where the food was seriously good. While there, I also had the chance to see what it was like to be a mental health volunteer in the earthquake zone of a country without a mental health care system.

As someone who has seen the effects of our

struggling public mental health care system and who works within the often limited and frustrating privately-insured system, I am deeply committed to the pursuit of quality mental health care for all. As someone who appreciates the value of many different perspectives and viewpoints (I was a college history major), I am also excited to serve an organization that is committed to working across disciplines and guilds. Please don't hesitate to contact me.

Yours, Heidi

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www.heidiwasch.com

4511 Densmore Ave N, Suite A
Seattle, WA 98103

Westside Counseling Services
3614 California Ave SW
Seattle, WA 98116 ◇



Who Ya Gonna Call !?!?!?!?

Coalition Helpline: 206-444-4304

**Who's My Legislator: 1-800-448-4881
(State and Federal)**

Legislative Hotline: 1-100-562-6000

Update: Regence developing UMP implementation

The Coalition is spearheading a joint effort with other mental health groups to meet with Regence while they are developing the plan for administering the UMP benefits.

We are meeting with Carson Graves and the Behavioral Health Team at Regence to discuss ways the implementation can be developed as fairly as possible.

Regence plans to disclose the specifics of their administration of the UMP benefits sometime in October. Watch for further news on this! ◇

Announcing Upcoming Events

THE FRUGAL PRACTITIONER

SEPTEMBER 25

9:00 — 12:00

Do you feel a need to sharpen your bottom line?

We have assembled a panel extraordinaire to share user-tested, high- and low-tech tips to save you time and money in growing and managing your practice.

Get ideas about inexpensive calling plans, professional insurance, brochures/marketing, business cards, website developing and hosting, and resources for supervision and professional development.

An Office Ally representative will also be on hand to talk about their products.

Our Panel Members:
Robert Odell, MSW, LICSW
Robin Shapiro, LICSW
Jay Gelzer, MSW
Simon Connor, MSW
Heidi Wasch, PhD ◇

EXPERT HEALTH CARE ATTORNEY DAVID SCHOOLCRAFT TO TALK TO THE COALITION

OCTOBER 30, 10:00 – 12:00

2 ethics CEUs (Master's) will be offered for this event

The Coalition is pleased to present a talk on "What to Do When A Complaint is Filed: Basics for Mental Health Clinicians" with David G. Schoolcraft, J.D. This is an excellent opportunity for all clinicians to learn how to prepare to handle this difficult situation that affects about 50% of all clinicians some time in their career.

Mr. Schoolcraft is a member of the law firm Ogden Murphy Wallace, with a law practice that focuses on healthcare and information technology. He represents hospitals, physician groups, and other medical-related businesses in transactional and regulatory matters. He also works with software companies and other information technology service providers on general

business, data privacy and security, and technology licensing issues. He is licensed to practice in Washington and Oregon, and is a member of the King County and Washington State Bar associations, the Washington State Society of Healthcare Attorneys, the Healthcare Information Management and Systems Society, and the American Health Lawyers Association. He was named a "Rising Star Super Lawyer" (*Washington Law & Politics*) by his peers in 2004, 2007, and 2008.

Mr. Schoolcraft received his bachelor's degree, magna cum laude, from the University of Washington. He received his law degree, cum laude, from Seattle University, where he was an associate editor of the *Law Review*. ◇



Join the Coalition Dues

Member	\$65
Student	\$15
Consumer	Free
Organization	\$124

Both events will be held at the
Good Shepherd Center
4649 Sunnyside Ave. North
Seattle 98103

Space is limited.
RSVP to cynthiastover@hotmail.com

\$25 Members, \$40 Non-members
FREE for individuals who join the Coalition the day of the event!

Bring a colleague or two!

As with all our events, these are excellent opportunities to meet and greet other mental health professionals. ◇

BOARD MEMBERS NEEDED



The Coalition represents a multidisciplinary group of professionals and consumers addressing a broad range of mental health needs in children, adolescents, and adults.

Our board is equally diverse. Board members have included psychiatrists, psychologists, MFTs, LCSW, LMHC, and other professionals. They also bring a wide range of experience and special interests that serve to broaden the knowledge base of our members, such as skills with special populations, use of

the Internet, and understanding of legal and ethical issues associated with mental health.

From time to time, we have a need to replace a board member. Are you interested in:

- Preserving choice, confidentiality, integrity, and quality in our mental health services?
- Lobbying to educate legislators about quality mental health care?
- Educating and supporting mental health professionals and

consumers?

- Influencing political and insurance industry policy to include mental health as a vital component of health care?
- Empowering mental health consumers to influence health care reform?
If so, please consider becoming a member of the Coalition Board! No pay, but great rewards! Please contact Sue Wiedenfeld, Coalition Chair, 206-323-6909 or swiedenfeld@earthlink.net. ◇

Coalition members and friends!

Renew your membership today! Keep yourself up to date regarding changes in mental health related to health care reform, and state issues like the changes in the Uniform Medical Plan. Read the several articles in this newsletter about these topics. Don't miss a future Newsletter! This is a time when you will want to track what the Coalition is doing to preserve and protect quality psychotherapy.

Invite a friend to join the Coalition. Forward the on-line newsletter that describes what we do. Remember, The Coalition represents all disciplines. **More members strengthen our message.** ◇

RENEW TODAY!!

Be sure to give us all your information so we can update our membership for the new directory.
Renewal form, page 7

*Update Your E-mail and Postal Addresses by Using this Form
or E-mailing Changes to www.wacoalition@verizon.net*

Name _____

Address _____

Phone _____ Fax _____

E-mail _____

OK to publish information in the Directory and on Web site? Yes _____ No _____

Willing to help with specific tasks? Yes _____

It's Time to Renew Your Membership

The Coalition

of Mental Health Professionals and Consumers
P. O. Box 30087 • Seattle, Washington 98103
206-444-4304

Your dues support the Coalition's efforts to preserve ethical mental health treatment. Your dues also provide funding that supports legislative efforts, continuing education programs, our Web site, a Helpline, the newsletter, brochures, and publishing our directory.

Thank you for your continued support! It makes possible what we do. Please renew promptly to be listed in this year's directory.

Send this form to:
THE COALITION, ATTN: MEMBERSHIP
P. O. Box 30087
Seattle, WA 98103

NAME _____ Degree _____

ADDRESS (if different from last renewal)

City _____ State _____ ZIP _____

PHONE Work (_____) _____ - _____ Home (_____) _____ - _____

Fax (_____) _____ - _____ Email _____

_____ Please check if you do not want your information published in the Membership Directory and/or Web Site Directory

_____ Please check if you are willing to volunteer for the Coalition

___ occasional time-limited tasks ___ I will help with political efforts

___ ask me about other needs you have ___ I will help with newsletter or membership (circle)

Legislative District: WA: _____ National: _____

Don't know? Call 1-800-448-4881

I/WE can support the Coalition at the following level:

Organizational Membership:

___ \$125 ___ \$175 ___ \$225

Professional Membership:

___ \$65 ___ \$115 ___ \$250

Student Membership:

___ \$15 ___ \$25 ___ \$65

Consumer Membership:

FREE!

Fall 2010

THANK YOU for supporting **THE COALITION**

The Coalition of Mental Health
Professionals and Consumers
P O Box 30087
Seattle, WA 98113-2087

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