

# Your Washington Coalition –

*helping mental health professionals and consumers  
navigate the waters of change*



WASHINGTON STATE COALITION OF  
MENTAL HEALTH PROFESSIONALS AND CONSUMERS

Advocates for Ethical Mental Health Care

www.wacoalition.org

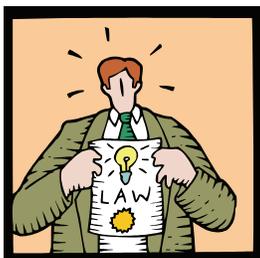
Spring 2013

## Legislative update on 2013 Session

Laura Groshong, LICSW, Coalition Lobbyist

The animosity that prevailed last session has continued this year in the Senate. Prior to the start of the legislative session, two Democratic senators chose to ‘caucus’ with the Republicans, in essence giving the Republicans a majority in the Senate and the right to chair committees. The rancor that ensued did not have much effect on the issues that affect mental health, except for the fact that there was so much conflict in the Senate that there wasn’t much time to

consider the lack of parity implementation after our excellent hearing in September.



Here are the primary issues that affected mental health services, either through access to services or restrictions on how services are delivered.

1. HB 2366 – the *Matt Adler Suicide Prevention Act* — this bill was signed into law on March 29 and will require all licensed and certified mental health providers to receive six hours of continuing education in suicide assessment, management and treatment every six years. The requirement begins January 1, 2014. The Department of Health will be working with the UW Department of Nursing to

*(Continued on page 2)*

### Save the Date

- **CODE FRIED**  
SEPTEMBER 6 / 1:30 TO 3:30 PM (SEE PAGE 7)

### In this issue:

CHANGES TO CPT CODES	5
CONSUMERS' CORNER	8
DSM-5 UPDATE	5
HELP WANTED	5
HEN-ABD	4
LEGISLATIVE SESSION 2013	1
LETTERS	6
MEMBER PROFILE	7
MEMBERSHIP RENEWAL	9
UPCOMING PROGRAMS	7
UPDATE ON WAMHTP	3

### Coming Event

**September 6**  
Friday

**1:30 to 3:30 p.m.**

**Code Fried:  
Sorting Out DSM-5,  
ICD-9, and CPT Codes**

Senior Center (Basement)  
of the  
Good Shepherd Center  
4649 Sunnyside Ave N  
Seattle 98103

### From the Chair

**Sue Wiedenfeld, PhD  
Chair**

Dear Coalition members,  
Happy beginning of summer!!

As we send out this third virtual newsletter, we are happy to share the results of our survey of practitioner’s ways of dealing with the changes in CPT codes. Look for this on page 5 and compare what you read about to your own experience. The changes have been a stress for many practitioners. One of the Coalition goals

is to support practitioners, and we hope this information is helpful.

The “I Googled You” workshop on April 27 was well attended and brought up some challenging ethical dilemmas related to media communication. Laura Groshong did a great job of facilitating a helpful and informative approach to these complex issues.

*(Continued on page 2)*

approve programs that meet this requirement.

2. HB 1882 – Sexual Orientation Change Efforts — this bill is designed to create a work group that would review the literature and practice of ‘reparative’ or ‘conversion’ therapy that is based on efforts to ‘change’ a child’s or adolescent’s sexual orientation, often based on religious ideas. The bill was heard in the House Human Services Appropriations Committee, where it was received favorably. It started late and may have to wait for next year to get funded

(\$147,000). Rep. Liias is determined to see this practice questioned and have potential damage noted to any parent who seeks to have a child or adolescent engage in such practices.

3. HB 1213 – Social Work Licensure Changes — this bill would expand the number of years that LSWAICs have to complete their experience and supervision hours from 4 years to 6 years. There has been difficulty finding jobs to allow LSWAICs to meet the hours needed. Additionally, LASWs will be

allowed to have equal standing with LICSWs as a “top” tier of social work for administrative purposes only. This bill is on its way to the Governor for signature.

4. L & I Work Group – Licensed Master’s Clinicians — Washington is one of the few states that excludes licensed Master’s mental health clinicians from being providers of psychotherapy for disabled workers who are covered by Worker Compensation. This Work Group took place in the Senate Health Committee and is likely to lead to legislation next year. □

*Join the Coalition*  
Dues

Member	\$65
Student	\$15
Consumer	Free

Mail to  
P O Box 30087  
Seattle, WA 98113-2087

*continued from page 1*

## From the Chair

Thank you, Laura.

If you haven’t yet, please do check out our new and improved website [www.wacoalition.org](http://www.wacoalition.org). And do encourage any like-minded colleagues to join our ranks.

In the fall we intend to have another legal presentation through the Skellenger Bender Law group that will focus on results from our survey

about Coalition member legal concerns. The area of most concern was legal issues in charting and legal issues when complaints are filed. Watch for more details at the end of summer.

Also in the fall or maybe early winter, we plan another “Frugal Practitioner” panel discussion, sharing ways to save money in your

practice. This is always a fun and informative opportunity to trim costs and to learn from others how to minimize expenses in this economy.

Thank you to all who might have renewed recently.

Wishing all a wonderful summer,

Sue Wiedenfeld  
Coalition Chair

WASHINGTON STATE COALITION OF MENTAL  
HEALTH PROFESSIONALS AND CONSUMERS  
P O Box 30087  
Seattle, WA 98113-2087  
206-444-4304

Sue Wiedenfeld, Ph.D., Chair  
206-323-6909  
swiedenfeld@me.com

Newsletter  
Blake Werner, PsyD ..... Editor  
Publisher ..... The Word Shop

© Copyright 2013, Coalition of Mental  
Health Professionals and Consumers

CONTACT US

E-mail:  
[wacoalition@frontier.com](mailto:wacoalition@frontier.com)

Website:  
[www.wacoalition.org](http://www.wacoalition.org)

## DSM-5 Update

Laura Groshong, LICSW, Coalition Lobbyist

**A**s you no doubt have seen, there is a controversy brewing about the implementation of the new DSM-5 (Roman numeral removed) diagnostic codes, released on May 22.

The new version of the Diagnostic and Statistical Manual has been in development for over five years. There were 125 psychiatrists, 10 psychologists, 10 nurses, and one social worker involved in the committees that made substantive changes to the DSM-IV-TR, which had been created in 2000. Additionally, there were several hundred clinicians who sent in diagnostic data on their patients and explained how they arrived at mental health diagnoses for these patients.

There are several diagnostic areas that have been questioned in the minimal information that has been released so far (for a summary of the conceptual changes, go to <http://xa.yimg.com/kq/groups/16895909/301188143/name/DSM-IV%20to%20V%20changes.pdf> ). These questions are aimed at changes to the autism spectrum; definition of bereavement; attachment disorders under trauma conditions; changes to mood disorders, and many doubts have been raised about the way that the DSM-5 has been constructed.

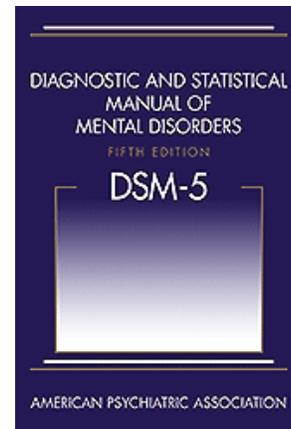
On May 6, 2013, the Director of the National Institute of Mental Health,

Thomas Insel, announced that NIMH would reject the codes in the DSM-5 and create its own version of diagnostic categories (go to <http://www.nimh.nih.gov/about/director/2013/transforming-diagnosis.shtml> for more information ).

Finally, the authors of the *Psychodynamic Diagnostic Manual* have created a second edition of this system of diagnostic constellations, designed to be used in tandem with ICD code sets. More information can be found at <https://sites.google.com/site/psychodiagnosticchart/> .

All clinicians need to keep in mind that, regardless of the results of this turmoil, *the codes that need to be used for third-party reimbursement are the ICD-9 Codes* (shifting to ICD-10 in October 2014). The ICD-9 Codes are almost identical to the DSM-IV-TR codes, with minor differences. A crosswalk for the ICD-9 codes can be found at <http://www.apappracticecentral.org/reimbursement/billing/dsmiv-to-icd9cm-codes-chart.pdf> .

I hope that this information will be helpful in the current confusion. Keep in mind that there will be more changes coming next year due to the Affordable Care Act, which I will be sending more information about shortly. ☐



## UPDATE on WAMHTP, the Washington Association for Mental Health Treatment Protection



Since September 2011, 10 mental health organizations have worked together to develop mental health treatment standards for insurance benefits as mental health parity goes into effect nationally and in Washington. Five subcommittees were created to provide an alternative to the Milliman Guidelines.

The Task Force meets every other month and a General Meeting for members of groups also is held every month.

More than 150 cases in which mental health treatment has been denied have been collected and considered for a legal action. Finding the right case is a challenge. We are collecting experts in Washington who will testify when the right case is found.

A legal class action suit is being considered by the Task Force with the firm Sirianni, Youtz, and Spoonmore, which has had successful suits in similar actions. Many more details are in development. ☐

## Housing and Essential Needs, Aged, Blind and Disabled Community Statement of Support



In May, the Coalition joined 173 state and local organizations supporting the House of Representatives' proposal to preserve the Housing and Essential Needs (HEN) and the Aged, Blind, and Disabled (ABD) programs, formally known as

Disability Lifeline. HEN and ABD provide a critical lifeline of support to nearly 30,000 extremely low-income, elderly immigrants, and disabled adults who are unable to work. Link to read the complete letter and list of supporting organizations, [http://www.wacoalition.org/HEN-ABD\\_CommunityStatement5.13](http://www.wacoalition.org/HEN-ABD_CommunityStatement5.13).

### 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**

### We're Going GREEN!

Dear Coalition Members,

We have moved to an all electronic version of our newsletter. This will help us save valuable resources—financial and environmental! Although many of our members voiced a preference for this format, we will continue to send out a paper version of the newsletter, if requested.



Washington Coalition of Mental Health Professionals and Consumers  
PO Box 30087  
Seattle, WA 98113  
206-444-4204  
[www.wacoalition.org](http://www.wacoalition.org)

### 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 your membership for the new directory.  
Renewal form, page 9

# Changes to CPT Codes—What are your thoughts?

Coalition CPT Code Survey - May 15-31, 2013

Laura Groshong, LICSW, Coalition Lobbyist

The Coalition conducted a survey on the implementation of the new CPT codes and other issues in May 2013. Fifty-five members responded! Many thanks for your prompt participation. Here are the results of the survey.



1. *Comfort with Codes* – there was a split between those who felt relatively comfortable using the new codes (29) and those who were somewhat uncomfortable (26). There was agreement on the biggest concern with using the new codes, i.e., that 90837 would lead to negative insurance profiling (29). Other concerns included use of 90834 leading to underpayment, confusion on use of new codes, possible restriction of sessions to only 90834, and lack of code for more than 53 minutes.
2. *Use of 90834 or 90837* – the largest number of respondents bill for 90837(25), while equal numbers bill for 90834 reluctantly or by choice (10 each). Only two members said they appeal any denied claim for 90837. Ten members said they are still trying to decide whether to use 90834 or 90837, and vary codes based on the session, because the fact that they are separated by one minute is so arbitrary.

3. *Stress in Discussing Codes with Patients* – only 23 members answered this question, almost evenly split between being stressed (23) and not being stressed (20).
4. *Understanding How to Use New Codes* – there was an almost even split between those who feel comfortable using the new codes (20) and those who do not/feel only somewhat comfortable (20).
5. *Coalition Topics* – there were robust responses to the question of what topics members would like the Coalition to provide information, as follows: CPT Guidelines (28); ICD-9 Guidelines (36); DSM-5 Guidelines (35); and EHR charting (36). In addition there were requests for information on ICD-10 codes and other changes resulting from the ACA in 2014 and beyond. (See Upcoming Programs, page 7.)

The Coalition thanks our members for their feedback and will try to provide information on topics of interest. We hope that seeing the views of other members is helpful as we try to navigate this time of change. ☐



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, LICSWs, LMHCs, 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@me.com](mailto:swiedenfeld@me.com). ☐

## Letters

*Dear Seasoned  
Therapist,*

*I spend so much  
time taking care of  
my clients and my  
family, it seems like I  
don't have much left  
for myself. How can I  
keep doing my work  
and thrive, without  
getting burnt out?*

*Hanging On for  
Dear Life*

Dear Hanging,

This is a great question and one that I am passionate about. We can't take care of others if we don't care for ourselves. I'm sure you have lots of good advice for your clients; now is the time to check if you follow your own advice. So what does that mean?

Getting down to basics: Are you getting enough sleep? Do you eat a balanced and healthy diet? Do you get regular exercise? Do you feel good in your body? If not, take the time to find out why not and come up with a plan you can follow that will lead you to a genuine sense of well-being. Obviously, we are all not blessed with vibrant good health, but we should be making sure we are doing

all we can to maintain and appreciate what health we do have.

Examine your family and social life. Do you have meaningful relationships with people you care about? Do you have good emotional support? Do you have fun on a regular basis? Do you have time for hobbies or volunteer work? Do you need to ask for more help or let some things go?

Look at your professional life. Do you feel generally competent in your work? Do you have adequate clinical consultation and/or supervision? Do you have colleagues you respect and who respect you? Do you participate in continuing education or study which inspires you? Do you feel fairly compensated for your work (financially or otherwise)?

And finally, check in with your heart and spirit. Do you give yourself the time and space to nourish your soul? As we all know, there are many ways to care for the soul, from formal religious practice and ritual to gardening and bird watching, from choral singing to silent meditation, from backwoods hiking to

ecstatic dancing. How do you answer the question "I care for my soul by...?"

No one has it all together, but taking the time to examine these areas of your life can point you in the right direction toward a more sustainable career, not to mention a more enjoyable and balanced life. I know this sounds a little preachy; however, the more balanced and healthy and content we are, the better models we can be for our clients AND the more resilient and enduring a practice we can have.

Yours,

The therapist who  
regularly works on  
finding that balance  
between sweet and  
salty

*Have a practice  
question? Let us know!*



If you are not getting E-mails about our events, please E-mail us with your CURRENT E-mail address: [wacoalition@frontier.com](mailto:wacoalition@frontier.com). This is the best way to get Coalition news.

**MEMBERSHIP POLICY** Your Coalition membership is January 1 to December 31. If you join before June, your dues will be for the full year. Those joining in the last quarter of the year, dues will be applied to the upcoming calendar year. **RENEW YOUR COALITION MEMBERSHIP ONLINE** at <http://www.wacoalition.org/renew.html>

## Meet Robin Shapiro, LICSW Member Profile

Hello, my name is Robin Shapiro, and after receiving my MSW from the UW in 1981, I ran the first day treatment program for severely mentally ill sexual minorities at Seattle Counseling Services. When Reaganomics slashed the funding to community mental health, I started a private psychotherapy practice. From the beginning, I believed that practitioners should utilize the therapeutic modality that best fits the client they're working with, and I've been adding to my "toolbox" ever since. Favorite therapies include EMDR (Eye Movement Desensitization and Reprocessing), Ego State Therapy, Energy Psychology, Brainspotting, Ericsonian Hypnotic, Brief, Cognitive, Family-of-Origin, Narrative, Transpersonal, Object relations, AEDP, and Somatic therapies.

I love my work, which consists of doing psychotherapy and spreading the word about doing it better. To that end, each week I see about 16 clients, provide about 5 hours of clinical consultation and/or supervision, work on my current writing project 10-15 hours each week, write on my blog at [www.traumatherapy.typepad.com](http://www.traumatherapy.typepad.com), and do periodic trainings. I'm the editor and contributor of *EMDR Solutions: Pathways to Healing & EMDR Solutions II for Depression, Eating Disorders, and More* (W. W. Norton & Co, 2005 and 2009) and the author of

*Trauma Treatments Handbook: Protocols Across the Spectrum* with W. W. Norton, 2010, a book that shares all the trauma therapies I know of, describes the levels of traumatization and dissociation, how to assess them, and what to do next. I'm currently working on a new book, *Easy Ego State Interventions*. I try to make my books and workshops user-friendly and practical. What good is theory if you can't make good therapy out of it?

What else about me? I just "graduated" after eight years on the EMDR Humanitarian Assistance Program board. I do talks about EMDR and Depression and many other topics. Sue Wiedenfeld and I are writing a suicide-prevention workshop for the Coalition to sponsor. And personally, I've been happily married to Doug Plummer, a fantastic photographer and contradance fanatic for twenty years. I used to read books before I subscribed to the *New Yorker* and *NY Times*. I like to laugh a lot, walk with friends, and go to movies. And I'm a rabid Doctor Who fan. (What's not to love about someone who saves the world or the universe every week, while laughing.)

6869 Woodlawn Avenue NE, #204A  
Seattle, WA 98115

[emdrsolutions@gmail.com](mailto:emdrsolutions@gmail.com) 206-527-0693

WA License: LW5411



## Upcoming Programs

### The Frugal Practitioner

A lively panel discussion of tried and true tips and suggestions to keep your practice running effectively and profitably — Planned for Fall. Date to be announced.

### Member Legal Concerns

The Skellenger Bender Law group will focus on results from our survey about Coalition members' legal concerns. Watch for more details later this summer.

### Code Fried: Sorting Out DSM-5, ICD-9, and CPT Codes

**September 6, 2013**

1:30 to 3:30 p.m.

**SAVE THE DATE!**

Senior Center (Basement)  
of the  
Good Shepherd Center  
4649 Sunnyside Ave North  
Seattle 98103

## Consumers' Corner

### *Insurance Quandaries and Questions—how to understand and evaluate your mental health benefits*



As you undoubtedly know, there have been significant changes to the health-insurance industry. The types of insurance options available vary greatly. These include traditional indemnity plans that allow you to receive services from any appropriately licensed health-care provider. “Managed care” plans monitor the authorization and delivery of health-care services; HMO plans provide all your care by a limited group of professionals. Because these changes can be very confusing to you, the consumer, we have prepared a pamphlet to help as you investigate your insurance options or decide how to use your existing mental health benefits. Click the link to download a copy from the Coalition website, [http://www.wacoalition.org/Insurance Q doc WACoalition.pdf](http://www.wacoalition.org/Insurance%20doc%20WACoalition.pdf)

Here are some questions you may want to ask your insurance company:

- For what purpose can I use my mental health or substance abuse benefit? Do I have to be “sick?”
- How much therapy can I expect my insurance plan to cover?
- What choice do I have about the therapist I use or the kind of therapy I receive?
- What about confidentiality? Are my records private?
- What are my therapist’s responsibilities to my insurance company? What if my personal wishes and goals are different from the insurance company’s guidelines and requirements?

Keep in mind the changing landscape of insurance policies. The Coalition will do its best to keep you an informed consumer!



## Classifieds

Office space to rent? Job opportunities, trainings and workshops? . Coalition members, list your ad in our newsletter for only \$35! Please submit your ad to: Newsletter Editor, [wacoalition@frontier.com](mailto:wacoalition@frontier.com) .

# It's Time to Renew Your Membership

## The Coalition

of Mental Health Professionals and Consumers

P. O. Box 30087 • Seattle, Washington 98113-2087

206-444-4304 • <http://www.wacoalition.org>

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 website, a Helpline, the newsletter, brochures, and our on-line member directory.

**Thank you for your continued support! It makes possible what we do. Please renew promptly. With this year's renewal, you will be included in our on-line directory.**

Send this form to:

THE COALITION, ATTN: MEMBERSHIP

P. O. Box 30087 • Seattle, WA 98113-2087

NAME \_\_\_\_\_ Degree \_\_\_\_\_ Type of License \_\_\_\_\_

ADDRESS (if different from last renewal) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE Work (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email \_\_\_\_\_

### LOCATION OF PRACTICE

City \_\_\_\_\_

Neighborhood \_\_\_\_\_

### PROBLEMS TREATED

- \_\_\_ Abuse
- \_\_\_ Addiction
- \_\_\_ Anxiety/Depression
- \_\_\_ Bipolar
- \_\_\_ Grief and Loss
- \_\_\_ LBGTQ
- \_\_\_ Learning Issue
- \_\_\_ Medical Issues/Pain Managements
- \_\_\_ PTSD
- \_\_\_ Relationships
- \_\_\_ Stress
- \_\_\_ Work/Career

### SPECIALTIES

- \_\_\_ Elders
- \_\_\_ Adults
- \_\_\_ Adolescents
- \_\_\_ Children
- \_\_\_ Infants
- \_\_\_ Family
- \_\_\_ Couples

### PREFERRED TREATMENTS

- \_\_\_ Psychoanalytic
- \_\_\_ Cognitive-Behavioral
- \_\_\_ Interpersonal
- \_\_\_ Eclectic
- \_\_\_ EMDR
- \_\_\_ Somatic Transformation

\_\_\_ Please check if you do not want to be included in the 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:

### Professional Membership:

\_\_\_ \$65    \_\_\_ \$115    \_\_\_ \$250

### Student Membership:

\_\_\_ \$15    \_\_\_ \$25    \_\_\_ \$65

Consumer Membership: FREE!

Renew Online at <http://www.wacoalition.org/renew.html>

**THANK YOU for supporting THE COALITION**

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

PRSRT STD  
U.S. POSTAGE  
PAID  
SEATTLE, WA  
PERMIT #1445

RETURN SERVICE REQUESTED

*Update Your E-mail and Postal Addresses by Using this Form  
or E-mailing Changes to [wacoalition@frontier.com](mailto:wacoalition@frontier.com)*

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

OK to publish information in the Directory?      Yes \_\_\_\_\_      No \_\_\_\_\_

Willing to help with specific tasks?      Yes \_\_\_\_\_