



## Back to UMP: The Coalition Meets with the Health Care Authority

Laura Groshong, LICSW, Coalition Lobbyist

On December 13, Sue Wiedenfeld, PhD, Coalition Chair, and I had the pleasure of attending a meeting in Olympia with the Secretary of the Health Care Authority, Dorothy Teeter; Daniel Lessler, HCA Medical Director; Louis McDermott, UMP Contract Director for HCA; and Dave Iseminger, Deputy Director of UMP Contract. Also attending were Lucy Homans, MEd, WSPA Director of Professional Affairs, and Melanie Smith, WSSCSW Lobbyist. I had asked for the meeting in anticipation of the new contract with UMP, which will be coming up next year.

Many of you may recall the many problems that

occurred in covering mental health treatment five years ago when the UMP contract was last renegotiated. The Regence contract took many months to fix and was never fully resolved. We met with Secretary Teeter then to explain the restrictions on mental health treatment.

This time Secretary Teeter was very cordial and gave us an hour to explain what we would like to have considered to provide adequate mental health coverage in the new UMP contract. We specifically focused on the difficulty most plans have in providing adequate frequency and length of treatment for enrollees with chronic mental

health conditions. Mr. McDermott was very interested in any problems Coalition members had with Regence coverage but especially with UMP cases. Anyone who has difficulty with Regence coverage currently should contact him at

[louis.mcdermott@hca.wa.gov](mailto:louis.mcdermott@hca.wa.gov).

We have sent HCA the results of our four surveys that identified problems with coverage for chronic mental health conditions, some with UMP enrollees. We were invited to continue this conversation and are grateful to Secretary Teeter and other HCA leadership for their time and attention to our concerns. ✧

### In this issue

BACK TO UMP	1
BEGINNING A PRACTICE	5
FROM THE PRESIDENT	1
HELP THE COALITION	3
MEMBERSHIP FORM	7
MENTAL HEALTH CLINICAL PRACTICE: INTERRUPTIONS AND ENDINGS	4
PULLING TOGETHER	5
SUICIDE ASSESSMENT AND TREATMENT WORKSHOP	6
TIME TO RENEW YOUR MEMBERSHIP	3
TRAUMA, GRIEF, AND EMPOWERMENT	2

### Coming Events

- ◆ **PULLING TOGETHER: ADVOCACY DURING THE TRUMP ADMINISTRATION**  
[SEE PAGE 5](#)
- ◆ **SUICIDE ASSESSMENT AND TREATMENT WORKSHOP**  
[SEE PAGE 6](#)
- ◆ **TRAUMA, GRIEF, AND EMPOWERMENT**  
[SEE PAGE 2](#)
- ◆ **BEGINNING A PRACTICE**  
[SEE PAGE 5](#)
- ◆ **MENTAL HEALTH CLINICAL PRACTICE: INTERRUPTIONS AND ENDINGS**  
[SEE PAGE 4](#)

### From the President

by Sue Wiedenfeld, PhD

Happy New Year to all!

We are hoping to catch you a bit recovered after your holiday and ready for the New Year! Hope you had happy holidays with family and friends.

We wanted to send this newsletter early in the year to remind you to renew your membership (if you have not done that yet) and to alert you to some important upcoming events. And, importantly and timely, the Coalition wants to offer you an opportunity to join us in exploring strategies for mental health professionals to help all of us deal with the implications of this fall's election at "Pulling Together," presented by Laura Groshong, LICSW on January 15 ([see details on page 5](#)). We are very aware of the degree to which many professionals have felt stressed the last couple of months, and we hope to be helpful with thoughts for managing that stress and for developing ideas for coping with the uncertainties that lie ahead.

We will continue sponsoring the Suicide Prevention classes presented by Robin Shapiro, MSW. They will be offered on

## From the President, *continued*

March 11, July 29, and November 4 ([see page 6](#)).

In addition, Robin Shapiro, LICSW (page 2) will be offering a presentation ("Starting with Oneself, A Guide to Psychotherapy for Trauma, Grief, and Empowerment During the Trump Era") focused on self care for clinicians as well as treating the clinical issues that arise in this political environment. Do join us for both of these timely topics if you can, and tell your colleagues.

The Coalition will also be offering two seminars this spring/summer. One, by Marianne Lewis will discuss issues for those beginning a practice (date, TBA). The other, in June, will be a seminar on "Mental Health Practice: Interruptions and Endings" to one's practice by Laura Groshong. Feel free to let colleagues know about both these Coalition offerings, and watch for details.

So, take a minute to look at upcoming events, and we welcome you to join in any and all. Together, we will make it through the challenges that lie ahead for mental health professionals.

Thank you for your membership and your commitment to the Coalition and to our shared values.

Best to you in the New Year,  
Sue Wiedenfeld, PhD  
Coalition Chair ✧

## Coming in March

Date TBD

Starting with Oneself,  
A Guide to Psychotherapy for  
Trauma, Grief, and Empowerment  
During the Trump Era  
*A Presentation by  
Robin Shapiro, MSW, LICSW*

In these times of increasing online and real life harassment and violence against women and racial, religious, gender, and disabled minorities, therapy can help individuals clear personal and generational trauma and stand strongly in their communities.

Participant therapists will have a chance to notice their own distress and make plans for their own clearing and strengthening, followed by how to become therapeutic allies, choose appropriate targets and cognitions, and create a more powerful future with their culturally-distressed clients.

The training includes lecture, Powerpoint, case examples, and group participation.

[Watch for details in an email.](#)

### 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

### CONTACT US

Email:  
[wacoalitionmhpc@gmail.com](mailto:wacoalitionmhpc@gmail.com)

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

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HEALTH PROFESSIONALS AND CONSUMERS  
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Health Professionals and Consumers

## 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, [wacoalitionmhpc@gmail.com](mailto:wacoalitionmhpc@gmail.com).

These are challenging times for all mental health providers in Washington State, as we try to stay optimistic about issues many of us hold dear: parity in mental health reimbursement, continuation of mental health benefits for underserved populations, government funding for mental health and addiction services, social justice issues, and even basic understanding of the ongoing need for mental health services.

We cannot let ourselves be overwhelmed by the many emerging assaults to mental health service but must continue to work on community and state levels to advocate for ourselves and our clients. So much of our work with clients is done alone, and it is important to remember that WE are NOT alone.

***Now, more than ever, we need to stand together to support mental health and mental health providers and consumers in our state. We need a united voice, and we need many more voices than ever before.***

*If you haven't already renewed, please take this moment NOW to renew your membership in the Washington Coalition for Mental Health Professionals and Consumers.* Tell your colleagues about the Coalition, and invite them to join. Our work is powerful, and we have continued to make inroads in our state legislature, with the State Insurance Commissioner's Office, and with insurance companies. Your membership not only provides us with much-needed funding to continue our fight, but adds to the volume of voices represented by our work.

The Washington Coalition for Mental Health Professionals and Consumers is a non-profit advocacy organization representing all people who care about ensuring quality mental health services in the State of Washington. Our professionals range from students to Master's Level to PhD providers. We work together to build bridges and to stay informed and connected regarding issues that affect our clinical practice as well as the ongoing needs of our clients. We regularly send surveys to our members, which have become powerful tools to provide information to influence legislators and insurers.

We work with other professional organizations in Washington State to ensure we are of one voice. For example, we are co-sponsoring a meeting in Seattle on January

15 to develop strategies for statewide protection of access to mental health treatment (see page 5).

Members receive quarterly newsletters; discounts to our many workshops, seminars, and continuing education programs; and stay informed about legal and professional issues. To learn more about some of the accomplishments we have achieved in 2016, follow this link: <http://www.wacoalition.org/accomplish.html>.

### Rates for Calendar Year 2017 Membership

<b>Student and Consumer Members</b>	<b>\$25</b>
<b>Ally</b>	<b>\$75</b>
<b>Advocate</b>	<b>\$100</b>
<i>(recommended professional membership, receive 15% off events and workshops)</i>	
<b>Activist (super supporter!)</b>	<b>\$150</b>
<i>(receive 25% off events and workshops, and opportunities for more engagement)</i>	

Please use this link to become a member: <http://www.wacoalition.org/handleDirectoryInfo.php?action=join>.

If you prefer to send a check, be sure to complete the form on page 7 so you will be included in the online directory of members. Mail the form with your check to:

The Coalition, P O Box 30087, Seattle, WA 98113-2087

***Every voice counts!***

## Have you wondered how you can help the Coalition?

Read this newsletter, review what the Coalition's efforts on behalf of all clinicians have been, and ask yourself, "How can I help?" I have the answer. **We need to expand our board. There is now space for some new energy and enthusiasm. Join the Coalition Board. It's a great group of hard-working, dedicated practitioners. Or, volunteer for time-limited tasks, or even be the volunteer coordinator. Read on....** Here's what we need now.

**A new treasurer.** We have had a wonderful treasurer for many years who has decided to move on to other volunteer activities closer to home in Gig Harbor. She has set up a great system for tracking our financial activity, which has been invaluable. Are you good with numbers? She will show you her system. Could be a match.

**New secretary.** We are a friendly and lively group, and being secretary is a terrific way to listen to board activity and keep us on task by helping us be clear enough so you can keep a good record of our meetings. Very straightforward.

**Newsletter coordinator.** You may like this if you like to write—but you don't have to like to write. The main job is coordinating other's writing (prompting them to do it) and getting the articles to our media person, who puts it all together, graphics and all. The topics are decided as a group, and your ideas and writing would be welcome, but it can be as much or as little as fits your style.

**Volunteer coordinator.** We would love to have someone help organize for the times we could use a few extra hands; an example might be a couple hours in the morning on a day we offer the Suicide Prevention program. Or some other "day of" help on a program we offer.

**This is not a huge time commitment!** Meetings are once a month for two hours, usually the second Wednesday of the month from 7:30-9:30 p.m. Email me, Sue Wiedenfeld, if you have questions or if you would like to volunteer to be called for time-limited tasks: [swiedenfeld@me.com](mailto:swiedenfeld@me.com). The Coalition is happy to work hard for the sake of all clinicians, but we can use some help now. Let it be YOU. Thanks for considering giving us some of your time. ✧



*Save the Date!*

*Mental Health Clinical Practice:  
Interruptions and Endings*

University of Washington School of Social Work, Room 305  
Saturday, June 17, 2017  
8:30 a.m. (registration), 9:00 a.m. to 4:00 p.m.  
6 CE credits

Laura Groshong, LICSW, Mental Health Advocate

Mental health clinicians generally have long, rich careers. There has been little attention given to how to address interruptions or endings to our careers. The Washington State Society for Clinical Social Work and Washington State Coalition of Mental Health Professionals and Consumers are offering this presentation by Laura Groshong, LICSW, long-time mental health advocate, on templates for interruptions to a practice, voluntary endings, and unexpected endings. The details of how to emotionally and practically come to terms with these realities will be discussed in large and small groups. Registration will open in March.

\$ 90 for WSSCSW or Coalition member  
\$ 110 for non-members  
\$ 50 for associates  
\$ 30 for students

Questions? Contact Aimee Roos,  
WSSCSW Administrator, at  
[admin@wsscsw.org](mailto:admin@wsscsw.org).

*If you are not getting  
Emails about our  
events,  
please Email us with  
your CURRENT Email  
address:*

[wacoalitionmhpc@  
gmail.com](mailto:wacoalitionmhpc@gmail.com).

*This is the best way to  
get Coalition news.*



## **Pulling Together: Advocacy During the Trump Administration**

**Sunday, January 15, 2017, 11:00 a.m. to 2:00 p.m.**

**University of Washington School of Social Work, Room 305A/B**

Sponsored by:

Washington State Coalition of Mental Health Professionals and Consumers

Washington State Society for Clinical Social Work

National Association of Social Workers, Washington Chapter

There are many reasons why the Washington mental health/substance use and social service community is concerned about the possible negative impacts the Trump Administration may have on access to mental health/substance use treatment, social services, protection of civil rights, protection of immigration rights and much, much more.

This meeting is an opportunity to come together with all the social workers, psychologists, counselors, and others who are concerned about the way to make sure that Washington opposes the potentially harmful effects of policies which were proposed during the campaign by Trump. It is a chance for all of us to come together to share information, identify priorities, and reaffirm our goals as a community. Ways to engage in advocacy will be discussed and encouraged.

**Register for this event at the NASW Chapter website: <https://nasw-wa.org/event-registration/?ee=156>. ✧**

### **Beginning a Practice**

**Marianne Lewis,  
MA, LMHC**

**April 2017 TBD**

Are you just starting a practice? How to begin? What are the Must Do's, the Pitfalls? The process can be complex and challenging.

“Beginning and Building a Clinical Practice” will be presented by Marianne Lewis, MA, LMHC, in April. Watch for details in an email. ✧

**NONMEMBERS  
\$150**

**COALITION  
MEMBERS  
\$140**

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the American Psychoanalytic Association and the Seattle Psychoanalytic Society and Institute. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physicians. The American Psychoanalytic Association designates this Live Activity for a maximum of [6 credits] (AMA PRA Category 1 Credits) TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This presentation also meets the requirements of WAC 246-924-240 (Definition of Category of Creditable CPE).

**IMPORTANT DISCLOSURE INFORMATION FOR ALL LEARNERS:** None of the planners and presenters of this CME program have any relevant financial relationships to disclose.

[www.wacoalition.org](http://www.wacoalition.org)  
[wacoalitionmhpc@gmail.com](mailto:wacoalitionmhpc@gmail.com)

The Washington State **Coalition** of  
**Mental Health Professionals and Consumers**  
Co-sponsored by the Seattle Psychoanalytic Society and Institute  
*presents*

## **SUICIDE ASSESSMENT and TREATMENT**

Meets WA requirement for 6 hours of training in Suicide Prevention

by

**Robin Shapiro, LICSW**

**Saturday ~ March 11, 2017**

**Saturday ~ July 29, 2017**

**Saturday ~ November 4, 2017**

**9:00 to 4:30; registration 8:30**

**To Register: [wacoalition.org](http://wacoalition.org)**

In the last forty years, Robin Shapiro has volunteered at three crisis lines, obtained a B.A. in psychology, an M.S.W., directed a day treatment center for seriously mentally ill adults, had a thriving private therapy practice, written three books about trauma therapy, and trained or consulted to hundreds of clinicians. She has studied, practiced, and/or taught suicide assessment, prevention, and intervention for that entire time. Robin is known for her understandable, but entertaining, explanations, synthesis of different therapy techniques, and practical applications of useful interventions.

### **Learning Objectives**

1. Participants will gain skills in recognizing, understanding, assessing, managing, and treating patients who have suicidal ideation or intent.
2. Participants will become conversant with the legal and ethical issues surrounding the treatment of suicide.
3. Participants will gain skills in the treatment of underlying issues in personality-disordered and dissociative patients.

**Swedish Medical Center | Glaser Auditorium**  
747 Broadway | Seattle, WA 98122

**\$140 Coalition members | \$150 nonmembers**  
*includes*

- Risk assessment and etiology
- Screening and referral
- Management of suicidal clients
- Treatment of underlying issues
- Treating families and friends of suicides
- Therapists losing clients to suicide
- Legal and reporting issues
- 6 CEUs for Social Workers, Counselors, MFTs, MDs, ARNPs, and Psychologists

Parking is available for \$5 on weekends at the Minor & James garage as well as at the Marion & Minor garage. For details, see the very last paragraph, "After-Hours Parking," at this link: <http://www.swedish.org/locations/first-hill-campus/first-hill-campus-parking>

# Join the Coalition

## 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. 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:**

\_\_\_ \$75 (Ally) \_\_\_ \$100 (Advocate) \_\_\_ \$150 (Activist)

**Student Membership:** \_\_\_ \$25

**Consumer Membership:** \_\_\_ \$25

Renew Online at <http://www.wacoalition.org/handleDirectoryInfo.php?action=renew>

**THANK YOU** for supporting **THE COALITION**