

The Central Coast Therapist

California Association of Marriage & Family Therapists
Central Coast Chapter

March 26th Program:

Introduction to California Victim Compensation Program (CalVCP)

The San Luis Obispo County Victim/Witness Assistance Program works to reduce the trauma, frustration and inconvenience experienced by victims, witnesses, and family members affected by crime. They do so by providing a wide variety of services to victims of crime and their families, in addition to supporting victims and witnesses throughout the criminal justice process.

Vernanne Cohen holds a Master's degree in Education and a Master's degree in Clinical Psychology. She has worked for the County of San Luis Obispo for 14 years. Vernanne has worked as a Family Court Mediator/Evaluator and an Adoption Social Worker. She has worked half-time for the California Victim Compensation Program as a Claims Specialist since 2004. Vernanne maintains a small private practice in San Luis Obispo.

Kelly Wilson earned a Bachelor's degree in Psychol-

ogy with a minor in Women's Studies at Cal Poly San Luis Obispo. She has worked at Victim/Witness full-time since 2004, and became a full-time Claims Specialist for the California Victim Compensation Program in 2007. Kelly has presented to and offered training to numerous medical providers in regards to the California Victim Compensation Program (Twin Cities Community Hospital, Sierra Vista and French Hospitals, Arroyo Grande Community Hospital and Marion Medical Center), as well as mental-health providers across San Luis Obispo County.

Vernanne and Kelly completed multiple comprehensive training sessions at the California Victim Compensation & Government Claims Board Headquarters in Sacramento, California, and received Certificates of Training in numerous courses of subjects.

San Luis Obispo is one of the California counties where claims are assigned and proc-

essed for local crime victims and their families, and offers the benefit of working with providers and victims of crime on a local, efficient level, as Claims Specialists process Applications for the Program based on protocol set by state statutes and legislation.

Phone: (805) 781-5821
Toll-free: (866) 781-5821
Fax: (805) 781-5828
E-mail:

victimwitness@co.slo.ca.us

*Ann Williams, LMFT
Program Chair*

Inside this issue:

President's Message	2
Calling 211: Supporting Hotline of SLO	2
Foundations of Disaster Mental Health Full Day Workshop	3
Adventures in Interning, Part II	4
CAMFT Outstanding Chapter Leader	4
Board Reaches out to Haiti	5

"The purpose of the basic level Disaster Services training is to prepare licensed mental health professionals to provide for and respond to the psychological needs of people across the continuum of disaster preparedness, response and recovery."

SAVE THE DATE!
Saturday, April 17th, 2010
Full-Day Workshop:
Foundations of Disaster Mental Health

Article on page 3

Not the President's Message...

Hello everyone! Our Board President, Alice Jones, had a personal emergency and was unable to contribute. So I told her I would fill in!

There will soon be new opportunities for participation in our Chapter's "doings." (See next issue of this newsletter for details!) Even if your schedule does not permit your attendance to our bi-monthly programs, you can donate (see page 5) to help others in need. You can share your newsletter with non-members so they know we are here, and that we have a pre-licensure forum that meets monthly to provide support and encouragement. It is facilitated by our very own Michelle Mason (see article, page 4) and Tom Stein.

Speaking of interns—they are our future! We are interested in offering more for our interns and trainees. My question is: **what do you want?** How can we make

Chapter membership appealing to you? What are your "hot buttons?"

Mentoring is one way of supporting those "next in line." You don't have to be a supervisor—you could be the MFT version of Big Brothers/Big Sisters, going out for coffee and sharing experiences. When I was going through the study process for the exams, I relied heavily on friends who had walked the path before me, and when I was in a panic spin (warning, interns—this WILL happen!) they offered a reality check and encouragement. They were among the first people I called (from the parking lot of the examination building!) to say "I passed!"

While I edit the newsletter, and have a presence on Facebook, I could use the wisdom of those who Twitter and are LinkedIn to assist me in broadening our exposure as a Chapter, as well as expand-

ing our means to easily communicate with one another.

As to giving back—or paying forward, depending on your paradigm—check out the article below and consider making a donation to Hotline of SLO. They serve us every day, 24/7.

We are considering getting together to hike in Montana de Oro on a semi-regular basis. There is nothing like nature to clear your head, and allow you to truly "see differently!" One of my hiking partners, over the course of our time together, talked her way through many challenges and returned to graduate school!

Please contact any one of the Board members (page 5) with YOUR ideas as to how you like to stay connected!

*Karen Rogers, LMFT
Newsletter Editor*

Calling 211...the Importance of Hotline of SLO

Hotline is San Luis Obispo County's only comprehensive information, referral, support and crisis intervention service available free of charge, 24 hours every day. Confidential telephone services allow callers to remain anonymous while receiving assistance in crisis situations, as well as answering non-emergency questions about local health and social service resources.

Hotline also serves as the after-hours contact for two women's shelters, the homeless shelter, and many private therapists. It is a valuable resource for government and social service agencies. They maintain the only comprehensive database of county-wide information on human service agencies and support groups.

The 211 SLO Hotline board and steering committee's determination and vision ensured that 211 SLO Hotline continued services long enough to allow the organization to partner with United Way and Transitions Mental Health Association. The board of United Way of SLO County approved \$20,000 of their emergency reserves - generously matched by \$20,000 from PG&E - to continue the 211 service.

Above excerpted from www.slohotline.org

I cannot count the number of times I have called a therapist in our county and heard, embedded in the outgoing message, "...if you are calling after office hours or if this is an emergency, please hang up and dial 211 Hotline or 911."

Hotline of SLO offers supportive listening, crisis intervention & information about county resources 24 hours a day. Hotline needs those of us who utilize their services to help keep those services flowing.

The importance of this service cannot be overstated. While the United Way and Transitions kept Hotline from closing its doors in 2009, your donation makes a difference to the people who staff your "back office" without charge, day in and day out. Take a minute to support your only 24/7 support and crisis hotline. Please mail a check or money order to:

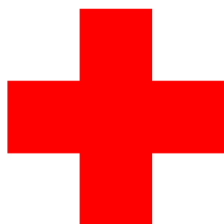
211 SLO Hotline
P.O. Box 5456
San Luis Obispo, CA 93403

Or donate online by going to:
<http://www.slohotline.org/donate.html>

SAVE THE DATE TO EARN SIX CEUs! Saturday, April 17th, 2010 CCC-CAMFT Full-Day Workshop Foundations of Disaster Mental Health

Every year, Disaster Services Volunteers of the American Red Cross San Luis Obispo County Chapter respond to an average of 28 local disasters. The ability to provide quality and compassionate service in our communities requires some training on your part.

This year CCC-CAMFT's full-day workshop will be held on Saturday, April 17th from 9:00am to 4:00pm at the Unitarian Universalist Fellowship. Our presenters will be from the San Luis Obispo Chapter of the American Red Cross. Pre-registration for licensed Chapter members is \$75, which includes six CEUs.



American Red Cross

San Luis Obispo County Chapter

Monty Clouse, Ph.D. and **Killorin Riddell, Ph.D.** are the Co-Leads for Disaster Mental Health, San Luis Obispo County Chapter, American Red Cross, and have been active responders and trainers in Red Cross for the past 16 years. They are also active on the San Luis Obispo County Critical Incident Stress Management Team. Dr. Clouse is the Central

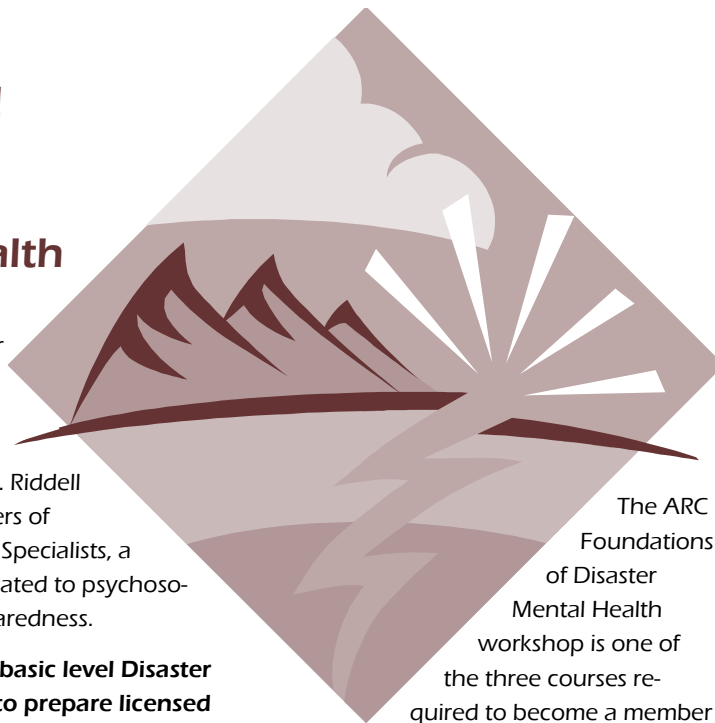
Coast Psychological Association's Disaster Response Chairperson. In addition to those community voluntary efforts, Drs. Riddell and Clouse are owners of Trauma Intervention Specialists, a consulting firm dedicated to psychosocial emergency preparedness.

The purpose of the basic level Disaster Services training is to prepare licensed mental health professionals to provide for and respond to the psychological needs of people across the continuum of disaster preparedness, response and recovery.

The objective is to build a working team/community, to further trauma response and disaster mental health knowledge and skills through training, and to give everyone an opportunity to talk together about experiences, needs and goals. In the event of a large

disaster, these relationships will help us to respond efficiently and effectively.

Our full-day workshop, when combined with ARC Volunteer Orientation (held on the first Monday of every month) will prepare CAMFT members to respond to our County and to our community during crises and when disaster strikes.



The ARC Foundations of Disaster Mental Health workshop is one of the three courses required to become a member of a CAMFT Trauma Response Network. You can find more information about CAMFT's Trauma Response Network by visiting CAMFT's homepage at www.camft.org and selecting the "Chapter Information" link at the top of the homepage and then "Trauma Response Network" from its drop-down menu.

Look for the brochure in your mailbox soon! You will also be able to download the brochure from our website, www.centralcoasttherapists.org and share with others.

*Margaret Bullock, LMFT
Trauma Response Coordinator
Portions excerpted from
www.slo-redcross.org*



Adventures in Interning, Part II

In Part I of this article (featured in the Jan/Feb 2010 issue), the author discussed placements and supervision. In Part II, she will cover questions to ask during the interview and questions for which you should be prepared.

After establishing an interview date, you might want to ask the following questions:

1. Is there anything I should bring to the interview, such as proof of liability insurance, proof of registration as an Intern, resume, and/or reference letters?
2. Do you charge a fee for meeting with me?
This may sound like a ridiculous question to ask. One therapist I had been in touch with casually mentioned on the phone her session fee. I assumed that she was referring to the fee she charges clients. However, I found out at the end of our meeting that she expected me to pay for that hour.
3. What are the days and times in which the office will be available?
It is important to know if there is enough time available to see your clients.
4. Where are client files stored?
Files need to be kept confidential which means that the file cabinet needs to be locked, or the room where the files are kept needs to be locked.
5. How much space is available?
If the therapist has a small office, you may want to know if there is a larger room available for groups and families.

Be prepared to answer the questions they may ask you. Below is a list of several questions you may be asked:

1. What type of clients do you want to counsel?
2. Is there a population that you do not wish to counsel?
3. What type of populations have you worked with so far?
4. How many hours have you completed?
When I called therapists, I wanted to make sure that they knew that I had a substantial amount of hours left to complete. My rationale was that they might be more apt to work with me if they knew that I would be around for a while.
5. What are your future plans?
6. How long have you been living in this area?
7. Where did you complete your graduate coursework?

In closing, the above information may be used as a guide to help you get started. I do not consider myself to be the "Intern Guru." Eventually, you will find the method that works best for you. Instead of becoming discouraged when you



hear the word "no," ask them if they know of other therapists who have interns or are looking for interns. I did accumulate several leads by asking that question. Keep in mind that persistence pays off. Last but not least, write notes by each name on the list. Once you find a supervisor and receive your business cards, send a follow up letter to the therapists on your contact list. I used the notes from the list to add a personal touch to each letter. If you have any questions, e-mail me at the address below.

*Michelle Mason, MFTI
Pre-Licensed Representative
michelle@mcMason.com*

Outstanding Chapter Leadership Award presented to Tara Storke, LMFT

Three Central Coast Chapter of CAMFT members—**Tara Storke, Margaret Bullock** and **Karen Rogers**—braved the elements to attend the 2010 CAMFT Leadership Conference held in Santa Clara on January 6th. Tara was presented with our Chapter's Outstanding Chapter Leadership Award, for which she was enthusiastically applauded!

Those of you who attend our bi-monthly meetings know Tara as the first person you see as you enter—she handles greeting and sign-in for our meetings and has served as our CEU coordinator for the past four years.



Expect a complete report-out on the conference in our May/June edition of the newsletter!

Board Decision to Reach Out to People of Haiti

At our annual CCC-CAMFT Board planning retreat, as we planned our budget for 2010, we decided to match funds donated by the Chapter members to causes the Board chooses to support. We are currently accepting donations for the earthquake-ravaged region of Haiti. \$150.00 was collected at the January meeting of CCC-CAMFT. This amount (and additional donations up to a total of \$500) will be matched by the Chapter and sent to Haiti through the American Red Cross, an agency

providing direct services to the people of Haiti. (This BBB-accredited charity meets all 20 standards for charity accountability and is a seal holder. See recent BBB report below. For more information, go to www.bbb.org.) Further donations can be sent to me as the treasurer of CCC-CAMFT. Please join our Chapter's commitment to help support people in need.

*Kathie Asdel, LMFT
CCC-CAMFT Treasurer*



BETTER BUSINESS BUREAU REVIEW OF AMERICAN RED CROSS (ISSUED 2009)	
Uses of Funds as a % of Total Expenses	
Programs: 90% Fund Raising: 4% Administrative: 6%	
Total income	\$3,204,146,000
Program expenses	\$3,322,460,000
Fund raising expenses	143,425,000
Administrative expenses	218,477,000
Total expenses	\$3,684,362,000
Expenses in Excess of Income	(480,216,000)
Beginning net assets	3,224,303,000
Other Changes in Net Assets	(184,450,000)
Ending net assets	2,559,637,000
Total liabilities	1,437,643,000
Total assets	\$3,997,280,000

2010 CENTRAL COAST CAMFT BOARD OF DIRECTORS

President

Alice Jones
(805) 466-1480
alice@robertmjones.com

Vice President/President Elect
vacancy

Past President & Treasurer

Kathie Asdel
(805) 462-1922
kaasdel@tcsn.net

Secretary

Margaret Lindt
(805) 534-9031
mblindt53@yahoo.com

Program Committee Chair

Ann Williams
(805) 545-8855
annwlms@aol.com

➤ **MEMBERS-AT-LARGE
CEU Coordinator**

Tara Storke
(805) 455-8342
tara@oakhavengardens.com &
tarastorke@yahoo.com

Pre-Licensed Representatives

Tom Stein, MFT Intern #58370
(805) 801-3136
tomstein@gmail.com

Michelle Mason, MFTI
(805) 234-1006

michelle@mcmason.com

➤ **APPOINTED POSITIONS**

Newsletter Editor

Karen Rogers
(805) 254-4307
animagyk@yahoo.com

Membership Chair

Judith Stern
(805) 703-3193
jstern@thearttherapycenter.com

Trauma Response Coordinator

Margaret Bullock
(805) 674-4162
margaret.mft@sbcglobal.net

Newsletter Policy

Articles: We welcome feature length articles, book reviews, interviews, poetry and news items. Please limit submissions to 750 words or less (75 typed lines, about 10 words/line). Your submission must have a clinical/professional relevance, but may also express opinions, ideas, expertise and/or personal history of the author. A brief bio is required at end of the article. Short features as well as letters to the editor (250 words or less) are also encouraged.

Advertising Rates: All advertisements must be relevant to and congruent with the interests and ethics of CCC-CAMFT. Submissions must be e-mailed to the newsletter editor, preferably in Word format. Contact the newsletter editor for more details.

To submit a classified ad:

Please e-mail your information to the newsletter editor.

Classifieds must be re-submitted or confirmed for each newsletter.

The following discounts are available for camera ready ads (**jpg** format) that are pre-paid:

25% discount (8 issues); 15% discount (4 issues);
10% discount (2 issues).

Articles are published on a space-available basis. The publication of any article or advertisement in the newsletter is not an endorsement of the position, product or service. Contact the newsletter editor at 805.254.4307 for additional information and a more detailed policy.

Copy deadline is the 10th of the month preceding publication. Copy is **due** on these months: December, February, April, June, August and October. Send to Karen Rogers: animagyk@yahoo.com.

Make checks payable to CCC-CAMFT and mail to

**Kathie Asdel, CCC CAMFT Treasurer
7730 Morro Road #109
Atascadero, CA 93422**

Classified Costs	Member	Non-Member
Up to 10 words	\$5	\$10
Up to 50 words	\$20	\$40
Ea word over 50	\$0.25	\$0.25
Nonprofit Services: FREE advertising		
Display Ad—Camera Ready		
1/4 page	\$25	\$45
1/2 page	\$40	\$60
Full page	\$70	\$110



Central Coast Chapter of CAMFT
 P.O. Box 12723
 San Luis Obispo, CA 93406

Bringing Central Coast MFTs Together

We're on the web!
www.centralcoasttherapists.org



Friday, March 26th 2010 Program:
Introduction to California Victim Compensation Program (CalVCP)

The Victim Compensation Program (CalVCP) can help pay un-reimbursed expenses that result when a violent crime occurs. Victims of crime who have been injured or have been threatened with injury may be eligible for help from CalVCP. CalVCP may assist with the cost of medical and dental treatment, mental health services, funeral and burial expenses, home security, residential crime scene cleanup and emergency relocation. LMFTs certainly play a role in this assistance, so come learn "how to!"

See complete article on Page 1 for event details!

Our program for the May 28th meeting will be a presentation by Ly-Lan Lofgren, LCSW, CST on "Sex Therapy in San Luis Obispo."

She will discuss the American Association of Sexuality Educators, Counselors and Therapists certification process, and much more!

Date:
 Friday, March 26th, 2010

Time:
 Socializing 8:30—9:00 a.m.
 Program 9:00—11:00 a.m.

Location:
 Unitarian Universalist Fellowship of
 San Luis Obispo County
 2074 Parker Street
 San Luis Obispo, CA

Cost:
 Free or \$20 for CEUs

REMINDER!
New Meeting Location

Unitarian Universalist Fellowship of SLO
 2074 Parker St. San Luis Obispo

Directions
 From 101 take the Madonna Road off ramp. If you are driving north, turn right on Madonna Road, then left on Higuera. At High Street turn right; go one short block and make another right onto Parker.

If you are driving south, as you exit turn to the right up over 101, and then left on Higuera. At High Street turn right; go one short block and make another right onto Parker.

Parking is free in lot or on street.

