



The Central Coast Therapist

California Association of Marriage & Family Therapists
Central Coast Chapter

Mark 2013 Dates!

Saturday, April 6th, 2013
Full-Day Law & Ethics Workshop: What Does the Law Expect of Me? (Part 2)

Program dates for the remainder of 2013:
May 24th—TBA

July 26th
Katty Coffron, LMFT
∞ Is it Me, Is it Them, Is it Both of Us?

September 27th
Cheri Love, MFTI
∞ When Words Aren't Enough: Play Therapy with Adult Clients

November 15th—Self Care for the Therapist

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Our March topic addresses an aspect of the oft-expressed concern of therapists who are faced with the challenge of learning that their clients are abusing substances when substance abuse is (1) not the issue for which the client entered therapy, (2) not the specialty of the therapist, or (3) not an area in which the therapist has particular interest or experience. All too often drug and alcohol specialists hear “well, s/he smokes pot/drinks regularly but it’s not really an issue we focus on in therapy.” How can a mind-altering substance consumed regularly by your client *not* be an issue of focus in therapy—a primary one at that?



Therapists need to be aware of the pitfalls when they are working with clients—particularly adolescents and teens—who may be attending sessions in an “altered state,” or for whom regular substance use has become so much a part of their daily lives that they no longer recognize that it may have replaced optimal coping skills and indeed have arrested their development of these skills. *This is particularly true with adolescents and teens, whose brains are in crucial and critical developmental stages.* Substance use in-

March 22, 2013:

Altered States: An Update on Youth Substance Abuse

quiry needs to be included in the intake interview of any client.

Several of our members recently expressed the need for a training specific to teens and substance use.

Our March presenters are from the Prevention, Intervention and Treatment departments of San Luis Obispo County Drug and Alcohol Services and will be answering some of our members' questions, including:

- What specific interventions can be used for kids using heroin?
- How can we stop the sale of heroin in the schools?
- What are the confidentiality issues if we report who is selling it?
- What do we tell parents of kids who are using drugs or alcohol?
- What is the latest research on pot as an entry drug and its long- and short-term effects on the brain?

While alcohol is still the number one drug of choice of teens and marijuana is used by many teens in our



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What an enthusiastic, diverse and informative group of people we had at our January meeting! We hit a record of 43 attendees for our annual networking brunch, including representatives from several agencies such as North County Connection, SLO Drug and Alcohol Services, the Hearst Cancer Center and TMHA, just to name a few. In addition to remembered friends, we welcomed several first-time attendees, which is always a pleasure. It was gratifying to see eyes light up with recognition and welcome. That spark of reconnection made for a lively energy. It became challenging to parcel out the time for everyone to share, a welcome one to be sure but in past years not an issue! We had excellent feedback on the content (*i.e.* sharing!) and the food.

Our space at UUF is a comfortable one for our chapter meetings as well as for our annual workshop, which is coming up April 6th. You will shortly receive your brochure in the mail, so be certain to register early, as our Legal and Ethical workshop fills quickly.

This year promises to keep the board on its toes: we're contracting to redesign our website, which first came online in 2006. We have current board members who assisted in that first technological leap for our chapter, including Tara and Kathie. It's an exciting project, one that will expand services to our members and make our site a resource for practitioners as well as the community. We're looking into inclusive and inviting aspects of membership that will particularly appeal to trainees and interns, such as a members' only listing of supervisors and internships. Stay tuned for the unveiling!

President's Message

While I am on the topic of the board, let me say now that I have been blessed over the past several years to have worked with an amazing group of therapists on the Central Coast Chapter board. We are a resourceful, flexible, professional group perfectly seasoned with humor! It is indeed a pleasure to serve as President this year, and I look forward to animated and enjoyable repartee during our meetings!



In addition to our Board members who continue to serve, we have one new and one returning board member. Dana Francis has already proven her mettle as Program Chair, lining up programs not only for this year but already exploring presenters and topics for 2014! Pam Miller graciously agreed to rejoin the Board as Treasurer, for which I am most grateful!

Our continuing members include Kim Richards as Secretary, Robin Squires as our Pre-Licensed Representative, Tara Storke as CEU coordinator, Judith Stern as Membership Chair, Margaret Bullock, past President and Kathie Asdel, who has served the board in so many capacities that it's difficult to keep track! We are still in need of a Vice President, so if you know of anyone who would like to serve in an environment of camaraderie and commitment, let me know! Board service is a genuinely worthwhile way to serve our therapeutic community as well as the community at large, and the lagniappe is that it's just plain fun!

*Karen Rogers, LMFT
Chapter President*

Altered States

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schools and community, Black Tar Heroin and prescription opiates have made a comeback. What may be most surprising and alarming is the teens who are buying, selling and using these drugs.



What hope and help can we offer teens and the parents of teens using drugs and alcohol? What drug and alcohol treatment programs are available in our community for teens? How can we support and help parents who feel their teen might be entering or fully engaged in the world of drugs and alcohol?

Join us March 22 at 9am for a frank and open discussion about heroin, prescription opiates and other drugs on our middle school/junior high and high school campuses with a team of therapist from SLO County Drug & Alcohol. Together we'll learn what is going on school campuses and discover some practical tools, referrals and interventions we can use to help those who have a teen using drugs and alcohol.

*Christopher Canclini MA (MFTI)
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& Karen Rogers, LMFT
Chapter President*

On Recovery...

"You can get the monkey off your back, but the circus never leaves town."

*—Anne Lamott,
Grace (Eventually)*



Intern Corner

BBS News: Examination Restructure



SB 1575 (Chapter 799, Statutes of 2012) was signed by the Governor on September 29, 2012. This bill changes the effective date of the Board's upcoming restructure of its examination process from January 1, 2013, to January 1, 2014. Further information can be found on the 2012 Approved Legislation.

Test Vendor Information

Psychological Services, LLC (PSI) schedules and administers the Board of Behavioral Sciences licensing examinations. Once the Board determines that you are eligible to sit for an examination, you will receive a candidate handbook from PSI within two weeks. The handbook will contain the necessary information that you will need to schedule your appointment as well as the procedures for scheduling.

If you are a **FIRST TIME APPLICANT** your examination eligibility expires one year from the date of original eligibility. If you are a **RE-EXAMINATION APPLICANT** your eligibility expires one year from the date of your last exam. Your eligibility information can be verified by contacting the Board.

When scheduling you will need to provide PSI with your name, social security number, and file number. If you are currently eligible and have not received a candidate handbook within two weeks of your initial eligibility date, are unsure of your file number, or if you have problems or difficulties when scheduling or taking an exam, please contact the Board at (916) 574-7830.

http://www.bbs.ca.gov/exams/exam_news.shtml

Newsletter Guidelines

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

Make checks payable to CCC-CAMFT and mail to: Pam Miller, CCC CAMFT Treasurer; 1180 East Grand, Suite A; Arroyo Grande, CA 93420.

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 (jpg)		
1/4 page	\$25	\$45
1/2 page	\$40	\$60
Full page	\$70	\$110

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Forwarding Service Requested

***Bringing Together
Central Coast
Marriage & Family Therapists***

March 22, 2103

**Altered States:
An Update on Youth
Substance Abuse**

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**Meeting
Location & Directions**

Unitarian Universalist Fellowship
2201 Lawton Avenue
San Luis Obispo, CA
Phone: (805) 544-1669

UUF is located on South Street between Higuera and Broad in San Luis Obispo. It is directly east of Meadow Park. You may turn on Lawton or Meadow for parking in the lot.



DATE

Friday, March 22, 2013

TIME

9:00-11:00am

8:30-9:00 social time

LOCATION

Unitarian Universalist Fellowship

COST

Free or \$20 for two CEUs