

November Meeting	1
President's Message	1
2015 Board of Directors	2
2016 Program Information	2
Pre-licensed Corner	2
Membership	3
Hospice of San Luis Obispo County	3
DSM-5 Workshop Review	4
2016 Ballot	4



Friday, November 20th, 2015

An Overview of Child Psychiatric Medications

This coming month we will be hearing from Dr. Amy Strachan, board certified child, adolescent and adult psychiatrist in private practice in San Luis Obispo.



This talk will focus on reviewing basic psychopharmacology, discussing evidence based medication management of childhood psychiatric disorders, and describing how medication decisions are made, including the use of genetic testing.

Objectives:

1. Review mechanisms of action of psychotropic medications
2. Describe what classes of medications are evidence based for common childhood diagnoses
3. Discuss off-label use of medications in children and adolescents
4. Identify risks and outcomes associated with medication management
5. Discuss gene testing mechanisms that may guide medication choice

(Continued on page 2)

President's Column

Time to Vote!

No, I'm not referring to the national election coming in 2016, but your very own local CCC-CAMFT Board elections occurring for 2016! We need volunteer participation on the Board in order to continue providing you with trainings like we just had for the DSM 5 and bi monthly trainings.

Here are the positions we are needing to fill for January 2016: *Treasurer, Program Chair, Pre Licensed*



(mentee), President Elect, and we have room to create positions if you have the desire to serve. As you

(Continued on page 2)

DATE

Friday, November 20, 2015

TIME

9:00–11:00am

(for longer socialization, you may arrive at 8:30!)

LOCATION

Unitarian Universalist Fellowship

COST

Chapter Members \$20 for 2 CEUs

Non-Chapter Members

\$25 for 2 CEUs

Meeting

Location & Directions

Unitarian Universalist Fellowship

2201 Lawton Avenue
San Luis Obispo, CA

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

Central Coast CAMFT 2015 Board of Directors

President

Susan Harney

Vice-President/President Elect

Vacancy

Treasurer

Pam Miller

Secretary

Kim Richards

Membership

Jill Pesavento

Programs

Vacancy

CEU Coordinator

Tricia Woodward

Pre-licensed Representative

Jamie Nolan

Communications Liaison

Eddie Palmer

Past President/Newsletter

Karen Rogers

Central Coast CAMFT 2015 & 2016 Program Dates

Please note that our meetings are on the 4th Friday of the month with the exception of November, when our meeting is on the 3rd Friday.

December 14—Pre-licensed Holiday Celebration

January 22—Annual Networking Meeting

March 25—Yoga for Emotional Self-Regulation

April—Law & Ethics full-day workshop (date not yet set)

May 27, July 22, September 23 & November 18, 2016—Programs TBA

President's Column

(Continued from page 1)

may know, the Treasurer position is critical in order to have a CAMFT Chapter Board. If you are thinking this might be something you would be willing to do, please note that we have a bookkeeper to assist with the details and reports, so this role is fully supported. Additionally, I will be serving as President in 2016; however, we need a successor for 2017, so if you would like to use or develop your leadership abilities now is the time to join with the intent of possibly being my successor.

This commitment doesn't need to take up a lot of your time with all of us pitching in together to get the job done! Your current Board is fun, open to new ideas, and has a heart for serving the MFT profession and our community. If you have any interest in exploring joining our Board please don't hesitate to contact me and we can discuss further. (You will find my email address on the website.)

Our next training will be Friday November 20th with Dr. Amy Strachan. She will be providing an overview of Child Psychiatric Medications.

Hope to see you there!

*Susan Harney, LMFT
2015-16 Chapter President*



November Program

(Continued from page 1)

Dr. Strachan's current practice is a collaboration of several providers (Dr. Ramona Friedman and Ben Rea, LCSW) operating under the name Healthy Minds of San Luis Obispo. She is moving her practice towards the exclusive treatment of children, adolescents and young adults. Her approach is a holistic one, incorporating an assessment of family context, trauma history, developmental concerns, and medical issues. She is a strong proponent of therapy and prudent in the use of medications.

Amy Strachan, M.D.

805.400.5687

FAX 888-3954

dr.amystrachan@gmail.com

895 Aerovista Pl., Ste 106

San Luis Obispo, CA 93401

Pre-Licensed Corner

Holiday Celebration

Mark your calendars for the next Pre-licensed meeting hosted by the Central Coast Chapter of CAMFT:

Date:

Monday, December 14th, 2015

Time:

6-7:30 p.m.

Location:

Hospice of San Luis Obispo County
1304 Pacific Street, San Luis Obispo

Our final meeting of 2015 will include an interactive piece focusing on the past year's learning experiences, blessings/areas of gratitude and growth, and setting personal and professional goals and intentions for the year ahead.

*Jamie Nolan, LMFT
Pre-licensed Representative*

Membership

It was so great to see our members show up for the long-awaited DSM5 workshop earlier this month. As membership chair, I am familiar with the roster of names on it and noticed many of you came to hear Dr. Robin Lewis talk about the new DSM.

Earlier this year at the CAMFT Leadership Conference in Orange County, I had my first experience seeing our state's local chapters and how different each of them are. The conference inspired me to reach out and enliven our membership here on the Central Coast. In talking with other chapters in our state, I learned how their meetings are held, how they get different speakers to show up and also how they try new ways to meet the needs of their chapter members. It was through this experience the Survey Monkey came to your email in-box, asking for feedback about what you need as a member of CCC-CAMFT.

We want our chapter to be a lively, connected and helpful resource for you. Through social media and our bi-monthly events, our board hopes to connect with all the therapists on the Central Coast and share what you are doing in our therapeutic community.

If you know a therapist who isn't a member of our local chapter, encourage them to sign up or renew. Membership no longer runs on a calendar year, but starts on the day you sign up and goes through the following year's same-date renewal. We are eagerly planning our 2016 events for you and hope to see you at our networking meeting in January.

*Jill Pesavento, LMFT
Membership Chair*

Hospice of San Luis Obispo County

Co-sponsoring our November meeting

Just as we were in partnership with Community Counseling Center for our DSM-5 workshops, we partner for our November 2015 meeting with Hospice of San Luis Obispo County, a volunteer organization which offers many valuable services to our community.

The Mission of Hospice of San Luis Obispo County is as follows:

Hospice of San Luis Obispo County supports the community in coping with loss and promoting healing by providing free counseling, community education and volunteer support to those grieving a death or dealing with potential end of life issues.

Hospice SLO serves San Luis Obispo County residents dealing with a life-limiting illness through providing in-home respite care, emotional, spiritual, practical and non-medical support; grief counseling support through group and individual counseling services; education about dying and death for professionals and the community through classes, workshops, trainings, book groups and outreach programs.

Hospice **Counseling Services** are provided by licensed therapists, MFT and Social Work Interns and Masters Prepared trainees under the clinical supervision of licensed staff. Supportive grief counseling after a death, and counseling to support individuals with life threatening illnesses and their families and friends, is available to anyone in our community at no charge for up to 10 sessions. Counseling sessions typically provide clients with both emotional support, information, and an opportunity to explore how they can more effectively negotiate these challenges.

Other services offered by Hospice SLO include **Pet Peace of Mind**. Being there for ones' pet can be difficult, because unfortunately many people in medical hospice care are also physically or financially unable to care for their pets. Simple tasks like feeding, walking, grooming, and trips to the veterinarian are difficult, if not impossible. Pet Peace of Mind allows hospice patients to complete their end-of-life journey with the comfort and companionship of their pet, without worrying about their pet's current or future needs.

Hospice SLO offers **Support Groups** which provide emotional support and education about the grief process and finding comfort through connecting with like-minded individuals. Support Group meetings are offered according to the needs of the community.

Hospice SLO offers an **In-Home Volunteer Training** to prepare volunteers to work in the homes of those with terminal illness.

As the only volunteer hospice in the county, Hospice of SLO County does not bill any insurance, clients or their families and all services are provided without charge. We rely 100% on the generosity from community donations, fundraising events, grants, and the time and talent of over 200 volunteers to compassionately help more than 5,000 individuals annually.

Hospice of SLO has two locations,
1304 Pacific Street
San Luis Obispo, CA 93401
(805) 226-5641
517 13th Street
Paso Robles, CA 93446
Phone: (805) 544-2266
<http://www.hospiceslo.org/>

2016 Ballot

The following ballot represents the nominees for the Central Coast Chapter of CAMFT Executive Board of Directors for 2016 and requires your vote. Please vote for one person in each category.

Announcement of the 2016 election results will be published to <http://centralcoastcamft.org> and introduction of the new Board members will take place during our annual Chapter Networking Meeting on Friday, January 22, 2016 at 9:00 a.m.

Please vote for **one** member in each position by printing out this ballot and filling in the square next to the candidate's name.

To cast your vote, please fill in the ballot below, cut it out and mail it to be received no later than Friday, December 23, 2014 to:

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

Please write the word BALLOT on the lower left hand corner of the envelope. No proxy votes will be accepted. Thank you.

President:

Susan Harney, LMFT

Vice-President/President-Elect:

Write-in

Treasurer:

Write-in

Secretary:

Kim Richards, LMFT

Signature

Printed Name

ICD-10 & DSM-5:

The Lighter Side of Coding

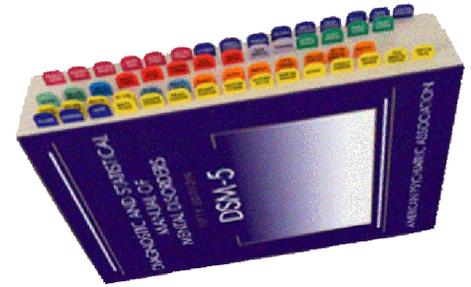
Welcome to the world of collaboration! Partnered with Community Counseling Center, CCC-CAMFT co-sponsored the mutually beneficial endeavor of not one but two **DSM-5 workshops**, and it certainly was worth it. It turns out we can play well with others!

We had a total of 112 attendees to our two recent workshops on October 3 and 10 with presenter Robin Lewis, PhD. She took broad strokes and filled in with just enough detail to introduce us to the changes in DSM-5, running through the (count 'em) 947 pages of the latest edition. We learned of the relationship between the ICD-10 (International Classification of Disease) and the DSM-5, right down to the coding.

While being thorough in her presentation, covering each aspect of the DSM-5, Robin also engaged in dialogue with attendees about diagnoses and (anonymous) thumbnail case presentations. These discussions allowed us all a closer look at differential diagnoses, as well as—in several instances—a way to see the horse instead of the zebra.

One of the exciting aspects of the DSM-5 was explained near the end of the day: affiliation with WHODAS: World Health Organization Disability Assessment Schedule* for the measurement of disability. The assessments on this site are down-loadable and free, and have been reported by MFTs using the tools to be invaluable, particularly with initial assessments.

A major question to ponder when working through the process as “to diagnose or not to diagnose” seems to be: “does it interfere with the individual’s normal functioning



enough to warrant a diagnosis and treatment?” For example, *Disruptive mood dysregulation disorder (DMDD)*. Is it or is it not an issue of tantrums (it is), and who is it who really needs that time-out?

Robin discussed 799.5 (*R41.9*) *Mild Neurocognitive Disorder*, which became the “dx du jour” for many of us in the room. Question: diagnosis or one of those *Passages* never discussed by Gail Sheehy? By the way, has anyone seen my keys?

What Robin did not discuss are those pesky ICD-10 diagnoses that cause us sleepless nights, such as: *W61.62XD: Struck by duck, subsequent encounter*. Mind you, there was an initial encounter. What, exactly, are you doing to the duck to make it strike you not once, but twice?

Or picture, if you will *V9733xD – Sucked into jet engine, subsequent encounter*. NO, just...no.

Our brains were as full as the Scarecrow’s head by the end of the day, and we received feedback to invite Robin back for a “deeper cut” into the DSM-5.

We thank **everyone** from Community Counseling Center and the Central Coast Chapter of CAMFT who helped to make this training a reality!

Karen Rogers, LMFT
Newsletter Editor

*<http://www.who.int/classifications/icf/whodasii/en/>