

Monterey Bay Psychological Association Meeting

5/14/2021 12:00-2:00 via Zoom

Present: Dr. David Blasband (*Treasurer*), Dr. Cheryl Bowers (*Programs Committee Chair*), Dr. Diane Bridgeman (*CARE Committee Chair; Disaster Relief Committee Chair; Social Justice and Diversity Committee Co-Chair*), Dr. Kim Cardilla (*Past President*), Dr. Kirsten Carraway (*President*), Dr. Christine Fahrenbach (*Secretary*), Dr. Jon Girvetz (*Social Justice and Diversity Committee Co-Chair*), Dr. Cindy May (*Membership Chair*), Dr. Stacey Touhy (LAN Rep)

Absent: Dr. Catherine McGovern (*Ethics Committee Chair*)

Minutes Taken By: Dr. Christine Fahrenbach

1. Call to order : 12:10 by Kirsten Carraway, PhD Roll call (quorum met)

Agenda Building: None.

a. Final approval of minutes from last meeting on March 5, 2021. Feedback was obtained revisions made, and minutes have been posted to website.

2. Treasurer's Report

Dr. David Blasband

- a. March-April treasurer's reports: See attached reports.
- b. Wild Apricot web fees increasing from \$50 -\$60. Will not have as big of an impact on the budget as anticipated. See further discussion below.

3. Membership Report

Dr. Cindy May

- a. March-April membership reports
 - April membership = 88 members
 - May membership = 89 members
 - The membership is down from pre-pandemic levels. We had a total of 102 members in November 2020 prior to renewal of membership for 2021 Cindy proposes that we may consider calling prospective members. Cindy has called 35 prospects with no response. Wondering if memberships drives are ineffective as people who want to find MBPA will seek out MBPA. Some people say they haven't gotten much out of membership. It may be that we are doing all that we can to draw members.
 - Would social media presence make a difference?
 - Perhaps we could put out a list of benefits and increasing CE offerings; however it appears that attendance at CE events is reducing.
 - Are we advertising effectively?
- b. Update on members with expired licenses and meeting with Elizabeth Winkleman and Jo Linder Crow (with Dr. Catherine McGovern)
 - One hour conversation with E. Winkleman and J Linder Crow. It is not required to check licenses for ongoing members, but MBPA has instituted that practice.
- c. 2020 Membership Report has been submitted to CPA

4. President's Report

Dr. Kirsten Carraway

- a. Acknowledgements. Kirsten offered thanks to all for their ongoing hard work and in particular to those who were involved with Dr. Gomez's CE webinar presentation.
- b. Appeal to the BoP from email sent by Dr. Suzanna Morgenstern has asked the MBPA to support her appeal to the Board of Psychology regarding not clearly defined concern about the Board's "punitive" action. No need to respond to this as there is not enough information to make a response and no data to support an appeal.
- c. Other conversation at this time. "Find a Therapist" function on our website. Suggest that we change this listing to "Find a Psychologist" as do other CPA chapters. Please note that the Therapist List is not a member list. We publish it and cannot list a person who is not licensed or whose license has lapsed.
 - Psych Assistants: may not advertise per CPA Board recommendation
 - Are we required to suspend a member whose license has lapsed or been suspended by the Board?

MOTION: Motion to: 1) Keep "Find a Therapist" list, noting all those listed must have a license in good standing, and 2) Full licensure is required to be a full member by Cheryl Bowers, PhD. Seconded by Kristen Carraway, PhD

ACTION PLAN: We retain all those who are licensed in good standing and licensed members may elect to be on our "Find a Therapist" list.

5. Past President's Reports

Dr. Kim Cardilla

- a. MBPA listserv protocol update: Protocol is now on the website.
 - b. MBPA website: archiving contacts vs. upgrading contract
- Discussion: We are now at our current contract maximum for number contacts for our web-based contact list (200). Contacts includes members and non-members. Many non-members are in our list because they have previously attended MBPA CE events. While we can archive contacts to stay below the current max (and thus, not have to upgrade), the archived contacts will no longer be on our email lists for messages regarding MBPA information, including notices for CE workshops etc. Outreach to both members and non-members is important. Increasing our contacts max will add costs to our budget, but it is important to reach out, particularly for CE events, including contacts outside of our membership/geographic region.

MOTION: Motion to increase our contract level with Wild Apricot to the "community level" at \$110/month by David Blasband, Ph.D. Seconded by Kim Cardilla, PhD.

6. Ad hoc Bylaws Committee

Dr. Cheryl Bowers

- a. Update on bylaws (see attachment)
- b. Discussion: CPA presidents' group is reinforcing the need for having clear and accurate bylaws. We need to consider the number of Board Members that are appropriate for the level of our membership. We have a large board for our number of members.
 - Consider having a smaller number of voting members and shifting some of our committees to non-voting entities.
 - We could establish longer standing committees and ad hoc committees that do not vote.
 - Another suggestion is to have a member at large who would be a voting member of the MBPA Board.
 - The Social Justice/Diversity Committee has been added as a voting committee.

- Do we want to have a smaller Board?
- CPA has no standing committees. We have five standing committees: LAN, Ethics, Membership, Programs, and Social Justice/Diversity.
- Student member? Member at large? It is very important to be able to keep our board positions filled, both for the purposes of quorum and for being able to fill the committees.

ACTION PLAN: David will send out a list of all committees for board members to consider and make decisions so that we can vote during our next meeting.

7. Program Committee Report

Dr. Cheryl Bowers &

Dr. Diane Bridgeman

- a. CE event with Dr. Laura Gomez on 4/9/21

There were 55 registrants, with many coming from outside the MBPA membership, reflecting a nice opportunity to include our larger mental health community

- b. CE event scheduled with Dr. Bonam for 8/6/21

- c. Ideas for a possible Town Hall

Dr. Cheryl Bowers

Suggestions: general discussion. Moving forward past COVID, reopening, Seeing patients in person, noting “moral” injuries in frontline health care workers.

- d. Calciano Symposium. Pre-during-post pandemic mental health impact on youth, homeless and children and people of color.

ACTION PLAN: Cheryl will talk with Kirsten regarding additional topics for Town Hall meetings and speakers.

8. LAN Report

Dr. Stacey Touhy

- a. APA self advocacy summit; 2021 Telehealth advocacy summit

9. Ethics Chair Report

Dr. Catherine McGovern

Dr. McGovern tendered her resignation from the board, effective immediately, on May 20, 2021.

10. Disaster Mental Health

Dr. Diane Bridgeman

- a. ARC disaster mental health

Response team is falling off in membership and may disappear altogether. It is a national trend due to added requirements that include need for internet entering of clients we have serve and thus very few psychologists are either remaining or able to be recruited. Diane wrote letter to national ARC to its retention committee who responded that they agree with her assessment, yet the overall DMH lead at national seems not to agree with the committee they had appointed. No CE's are given for the many required classes. It didn't help that the one among many very lengthy required classes was introduced and required during Covid at the busy and continuing to be busy time for all therapists. For now, we no longer need to have ARC DMH committee, or thus reports.

11. CARE Committee:

Dr. Diane Bridgeman

There may be a need to address post pandemic and ongoing trauma.

Perhaps offer non CEU groups to address this. Check out APA and CPA websites regarding reopening and therapist self-care at this time. Diane gave a Zoom talk on cultivating self-care & the nurturing of resilience for UCSC a few weeks ago. Self-care presentations seem to now be readily available on many sites. This is not a standing

committee neither was Disaster mental health, so perhaps no reports needed unless something specific occurs.

12. Social Justice/Diversity Committee

Dr. Diane Bridgeman

Primary focus is supporting Professor Bonam's upcoming CE webinar event.

13. Miscellaneous items: AB98, sponsored by Mark Stone: mental health care for children

14. The next board meeting: Scheduled for 7/9/21. Shall we try to reschedule?

13. Thank you and Adjourn; 2:04 p.m.