



— Volume 19, Issue 7 —



President's Message

Welcome, clinical mental health counselors, to our first newsletter for the 2019-2020 fiscal year!

Introducing Your 2019-2020 FMHCA Board

This is my first month as President of FMHCA, and I have big shoes to fill. Erica Whitfield has been an inspiring and impactful leader. I believe her positive attitude, energy, enthusiasm, and leadership has truly led FMHCA into a new era, and we will all continue to benefit from her leadership as she transitions into the Past-President board position. At our last annual conference in February, we announced that Darlene Silvernail would be handing over the reins to Diana Huambachano, our new Executive Director. Diana has been a pleasure to work with, and we are fortunate that Darlene will be returning to the board as our newly elected Treasurer. Kathie Erwin was re-elected as our Secretary, and you elected our new President-Elect, Dr. Deirdra Sanders-Burnett. Deirdra will be bringing her experience as Past-President of the Suncoast Mental Health Counselors Association, our Tampa Bay area chapter, to the table here at FMHCA. I am always excited to see regional chapter leaders move up into state chapter positions. Joe Skelly, Barbara Hayes, Cindy Wall, and Elisa Niles will continue serving as our regional directors, and Michael Holler will continue serving as Parliamentarian. Last but certainly not least, Laura Giraldo will continue serving as our Executive Administrator at FMHCA's office in West Palm Beach. What a team!

<https://fmhca.wildapricot.org/page-1075474>

Update from AMHCA Annual Conference

Each month, I will provide you with an overview of my activities as President as well as pertinent updates on board activities. Additionally, as Southern Regional Director for our parent organization, the American Mental Health Counselors Association (AMHCA), I will serve as your link to updates on a national level. Other board members and committee chairs will also be providing you with more detailed updates on regional and committee activities. I have a lot to share for my first update, as I just returned from Washington, DC after participating in several events connected to AMHCA's annual conference.

I started my trip last week by visiting the South Carolina Association of Licensed Professional Counselors (SCALPC) in Columbia, SC for their annual conference. I got to share a little about both AMHCA's and FMHCA's activities over the year, but I also learned about some of the innovations in South Carolina. As some of you know, AMHCA officially supports the verbiage "clinical mental health counselor" (CMHC) to describe our professional identity as counselors who can diagnose and treat mental disorders. SCALPC leaders were so enthusiastic about this position after last year's annual AMHCA conference that they changed their name to South Carolina Clinical Mental Health Counselors Association (SCCMHCA)! This is important, because the generic term "professional counselor" does not communicate to the public that we aren't school counselors, guidance counselors, or career counselors. The term "clinical mental health counselor," similar to terms in other mental health professions such as "clinical social worker" and "clinical psychologist," communicates to clients, other health professionals, and legislators that we are specialists with expertise in diagnosing and treating mental disorders.



An enthusiastic greeting from our colleagues at South Carolina Clinical Mental Health Counselors Association, 6/22/19

I went from South Carolina to Herndon, Virginia for an AMHCA board meeting, where several exciting new initiatives were rolled out (you will be hearing more about these in a later newsletter).



AMHCA Board Members Hard at Work, 6/25/19

That same day, we joined up with counselors from all over the country to be briefed on AMHCA's bi-annual "Hill Day" event, where we stormed the Capitol to advocate for legislative support for S. 286 and H.R. 945, which would give CMHCs the right to bill Medicare. FMHCA member and AMHCA co-founder Jim Messina, his delightful wife, Connie, and I went the offices of Senator Rick Scott, Senator Marco Rubio, and Representative Charlie Crist.



FMHCA Member/AMHCA Co-Founder Jim Messina and his wife Connie at Hill Day, 6/25/19



FMHCA President-Elect Aaron Norton with Senator Rick Scott, AMHCA Hill Day Event, 6/25/19



FMHCA Members with Jaime Varella, MPA, legislative correspondent for Senator Marco Rubio's office.



AMHCA members gather at the Hill Day reception after a long day of advocacy.

The next day, I attended AMHCA's Leadership Academy, where our new President-Elect, Deidra Sanders-Burnett, and FMHCA members Mary Lutzo and Jim Messina were hard at work! We also got to see our dear friend Dr. Carlos Zalaquett, a former FMHCA President who now works at Penn State. I provided AMHCA state chapter leaders with an overview of FMHCA's "Legislative Days" event and the strategies we used to advocate for licensure portability on the state level.



FMHCA members and
at the Leadership Acade-



other state chapter leaders
my, 6/27/19



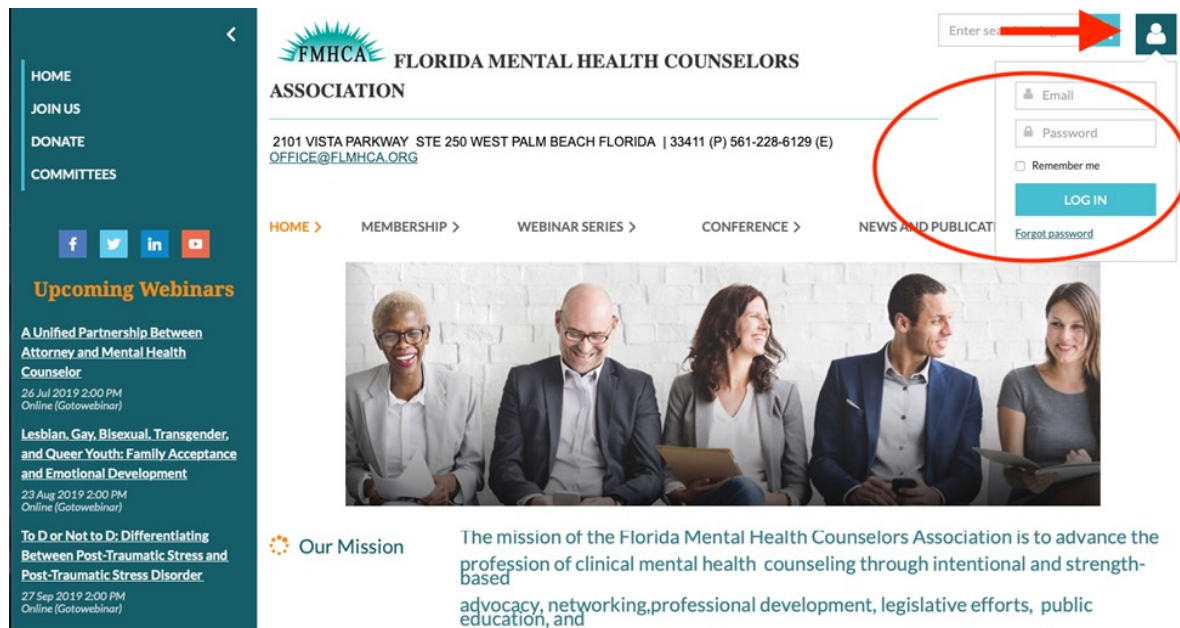
Former FMHCA President Dr. Carols Zalaquett with President-Elect Dr. Deidra Sanders-Burnett, 6/27/19

I'm going to wait until next month to tell you about the rest of the annual conference, as we are still awaiting some photos and information about the conference from AMHCA's office, but I want to share that I feel energized and optimistic about both FMHCA and AMHCA, and some very impressive new programs will soon be rolling out, such as AMHCA's new Essentials of the Clinical Mental Health Counseling Profession book and a new credentialing program from AMHCA that will enable CMHCs at all stages of professional development to be credentialed at various levels of specialization.

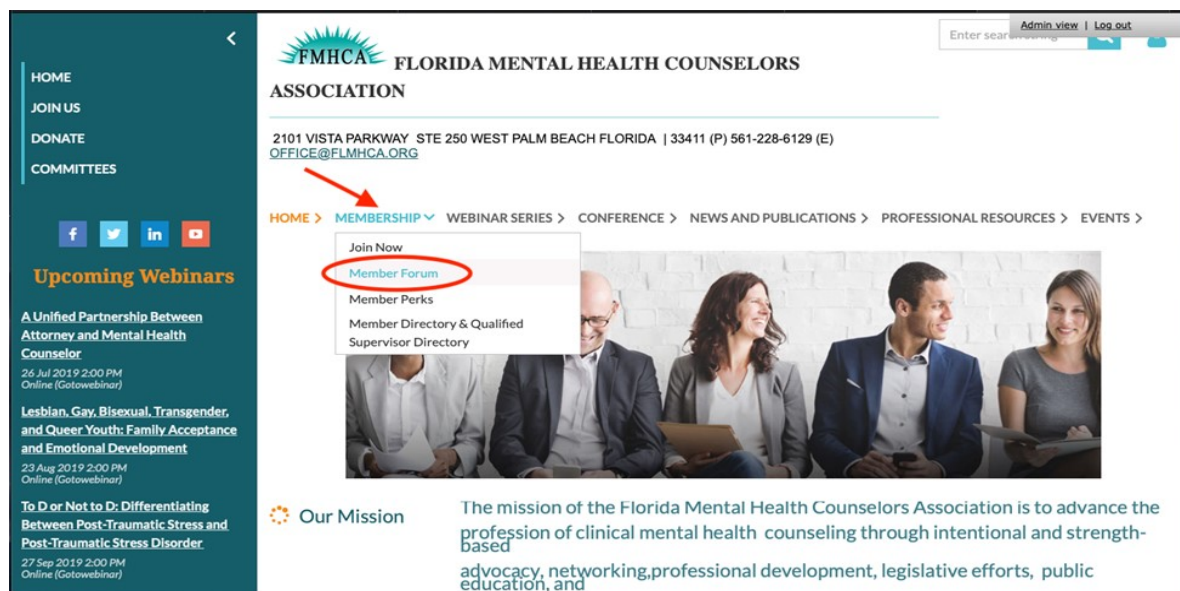
Important: How You Can Be a Part of Setting Our Agenda

Lastly, I want you to know that FMHCA's 2019-2020 board will be meeting in person on 7/27, at which time we will be finalizing our priorities for this fiscal year. I want to maintain a transparent board, where members are updated in a timely manner on what FMHCA's board and administration are doing, and where members are providing ideas and feedback to the board and administration on an ongoing basis.

This is your chapter, and we're here to serve you. I would love to see us use our new "member forum" at fmhca.org as one way to keep the communication flowing. If you haven't already, please visit fmhca.org. In the upper right hand corner, you'll see an icon that looks like the profile of a person (see screenshot below). Click on that icon, and then enter your email address and password.



After signing in, click on "member forum" under the "Membership" menu option (see screenshot below). This will take you to the member forum, where you can post questions, share resources, and offer feedback to your peers.



Once at the forum, click “subscribe to forum” (see screenshot below).

The screenshot shows a forum website with a dark teal sidebar on the left and a main content area. The sidebar contains links for HOME, JOIN US, DONATE, and COMMITTEES, along with social media icons and a section for 'Upcoming Webinars' listing several events. The main content area has a navigation bar with links to HOME, MEMBERSHIP, WEBINAR SERIES, CONFERENCE, and NEWS AND PUBLIC. Below the navigation bar, there is a message about registration and a link to 'join our community today!'. A red arrow points to a 'Subscribe to forum' button, which is circled in red. Below this, there is a table with columns for 'Topic', 'Last message', and 'Replies'. The table lists several topics, including 'Marchman Act Info', 'Legislative Day With Jeff Brandes', 'Licensure Portability', 'Office Spaces for Counselors in Tampa Bay Area', and 'Nominate a Colleague for an AMHCA Award!'. Each topic has a corresponding last message and a reply count.

Topic	Last message	Replies
Marchman Act Info	06 May 2019 1:25 PM SALLY HAYNES	1
Legislative Day With Jeff Brandes	02 Apr 2019 12:03 PM Diana Huambachano (Administrator)	—
Licensure Portability	02 Apr 2019 11:52 AM Diana Huambachano (Administrator)	—
Office Spaces for Counselors in Tampa Bay Area	31 Mar 2019 1:45 PM Aaron Norton (Administrator)	—
Nominate a Colleague for an AMHCA Award!	15 Mar 2019 11:48 PM Aaron Norton (Administrator)	—

Now that you are subscribed, you will see a green checkmark next to “Subscribed.” This means that you will now receive a daily email digest summarizing any activity on the member forum. You can click the “create topic” button to create a new post, or you can reply to others’ posts. When board members post updates for you, you can provide us with feedback. I’m very excited about this new feature.

Recently, I posted some initial notes about what I can foresee as a vision for our board’s goals and objectives for this fiscal year. I have also pasted this chart below. I encourage you to go into the member forum and offer your feedback. Please keep in mind that this is just a rough draft, and that the other board members will be collaborating on a finalized version of our plan during our leadership retreat, so stay tuned for more! Until then, my ears are open, and I look forward to hearing from you.



Aaron Norton, LMHC, LMFT, MCAP, CRC, CCMHC
FMHCA president, 2019-2020

Category	Goals	Objectives
Association Growth	Increase membership by 15% or more	Launch Counselor Education program
		Launch “Plus One” program
		Launch counselor education campaign, including social media kit and board presentations at universities (coordinated with regional associations)
	Increase agency membership by 25% or more	Launch agency outreach campaign
	Improve social media presence	Launch a hashtag campaign at annual conference
		Establish a committee or position tasked with social media posting
Legislative Advocacy and Government Relations	Pass licensure portability bill (H.B. 509)	FMHCA Legislative Days Event, coordination with lobbyist, media campaign to members
	Pass bill revising F.S. 916.115	FMHCA Legislative Days Event, coordination with lobbyist, media campaign to members
	Support federal legislation for Medicare parity (Mental Health Access Improvement Act)	Media campaign to membership, including social media posts, mass emails, article in FMHCA newsletter
	Increase conference attendance by 10% or more	Social media campaign, encouraged dissemination at local chapters
	Increase webinar attendance by 15% or more	Launch “webinar on demand” project
	Expand regional training program	Regional directors set up at least two trainings in their region per year
		Create at least one new regional training program
		Co-sponsor American Red Cross Psychological First Aid program
Inter- and Intra- Group Cohesion/Relations	Improve relations with national and local chapters (AMHCA and regional chapters)	Launch “all three levels” campaign
		Distribute local chapter membership flyers/announcements at regional trainings
	Establish standards for agency partnership	Draft a procedure for addressing requests for partnership from external agencies
	Improve 491 Board relations	Send a delegation of at least two board members and other LMHCs to every 491 board meeting
		Send an announcement to all members for every 491 board meeting encouraging them to attend
		Regional directors should ask regional chapters to send at least one board member to join the delegation
		Regional director should draft a report to the board identifying anything that should be communicated to members about that meeting.
Board Efficiency	Reduce board meeting length without reducing productivity	Use “board member” forum and require board members to review and discuss items that are put up for vote between meetings
	Clarify regional structure duties	Regional directors and President-Elect will create a system for documenting and monitoring regional director activities and establishing and enforcing minimal RD expectations
	Improve turnover communication	Launch and build board member pages

President

Aaron Norton

Erica Whitfield

Past-President

Deirdra Sanders-Burnett

President-Elect

Kathie Erwin
Secretary

Darlene Silvernail

Treasurer

Cindy Wall
Regional Director NE

Joe P. Skelly
Regional Director NW

Barbara Hayes
Regional Director SE

Elisa Niles
Regional Director SW

Michael Holler
Parliamentarian

Diana Huambachano
Executive Director

Laura Giraldo
Executive Administrator

FMHCA Chapters

Broward County
Central Florida
Emerald Coast
Gulf Coast
Miami-Dade
Palm Beach County
Space Coast
Suncoast

ED Message

Thank you to our loyal and wonderful members!

If you are not yet a member, I encourage you to join FMHCA and let your voice be heard!

Our organization offers so many great resources for our members, including education (such as FREE WEBINARS), legislative oversight, networking, and FMHCA member discounts with partner organizations.

There is so much we are doing, and so much more we can do! We will continue to advocate for mental health counselors in Florida by supporting legislation that promotes our profession. We need YOU to make that happen. If you are already a member of FMHCA, we thank you. If you are not, please consider joining. Your support makes it possible for FMHCA to continue to grow and promote our profession, to maintain a strong voice and to promote change.

Have you ever wondered who promotes the legislation that recognizes and advances mental health counseling in Florida? YOU do, by supporting FMHCA! FMHCA wants to empower you to help make your professional dreams come true. You can read about what FMHCA is doing for mental health counselors in our bylaws.

Do you want to take a more active role in FMHCA? Consider volunteering to serve on one of our committees!

We are already looking forward to our 2020 Annual Conference. It will be held in Lake Mary, Florida at the Orlando Marriott - Lake Mary (the same hotel this year's conference was held at). Please visit

<https://fmhca.wildapricot.org/event-3222515>

Diana Huambachano



SAVE THE DATE

2020

Florida Mental Health Counselors Association
Annual Conference

THE ORLANDO, LAKE MARY MARRIOTT

Feb 6th-8th, 2020

Early Bird Registration
Click Here



Meet Your 2020 Keynotes For This Year's Annual Conference



Dr. Rachel Needle received her Psy.D. in clinical psychology from Nova Southeastern University. She received her B.A. in psychology from Barnard College, Columbia University. Dr. Needle is a Licensed Psychologist and Certified Sex Therapist in private practice at the Center for Marital and Sexual Health of South Florida. She is also the founder and executive director of the Whole Health Psychological Center, the Clinical Director at Seacrest Recovery Center, and the Executive of Legislative Compliance for Transformations Treatment Center. Dr. Needle is an Adjunct Professor of Psychology in three programs at Nova Southeastern University. She is the founder of the Advanced Mental Health Training Institute, and Co-Director of Modern Sex Therapy Institutes, which provide continuing education to Mental Health professionals and Sex Therapists around the world.

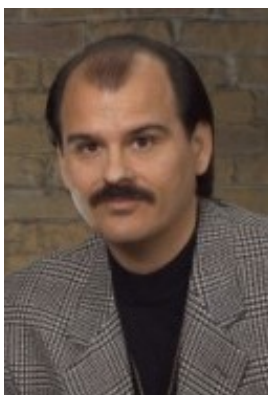


Ralph Carson, CED-RD, RD, PhD – Senior Clinical and Research Advisor to ERC (Eating Recovery Center and the Binge-eating treatment and recovery (BETR) program.

Dr. Ralph Carson is a clinical nutritionist and exercise physiologist with over 40 years of experience in the treatment of addictions, obesity and eating disorders. Prior to joining ERC, Dr. Carson was the Executive Director of FitRx in Brentwood, Tennessee, an outpatient program for people of size struggling with both medical and psychological complications of binge eating. He is also a clinical consultant to Pine Grove Behavioral Health and Addiction Treatment Center in Hattiesburg, Mississippi and contracts with Bradford Health Services in Warrior, AL as a consultant to their pain unit. In addition to his successful clinical practice, Dr. Carson is committed to community education and teaching the next generation of healthcare professionals specializing in exercise therapy, sports nutrition, eating disorders and obesity. He was a faculty member of the University of Alabama at Huntsville for over 20 years and a nutritional advisor to numerous university athletic departments (university of Alabama and Tennessee). He is a working board member of iaedp and recipient of their Lifetime Achievement Award for excellence in nutrition (2019). He speaks regularly to professional and lay audiences alike in the US and internationally. Dr. Carson is the author of *Harnessing the Healing Power of Fruit* and *The Brain Fix: What's the Matter with Your Gray Matter*, and has published more than 20 articles and book chapters.



Corinne Mixon is a registered professional lobbyist with more than twelve years of experience representing clients' state governmental interests. At Rutledge Ecenia, Corinne represents a broad client base with a particular emphasis on health care practitioners, education and regulated industries and professions. She has been instrumental in passing myriad legislation and killing or containing bills which would have negatively impacted her clients. Additionally, Corinne specializes in political campaigning having chaired the campaign for Senate for past Speaker Pro Tempore, Rep. Dennis Baxley and working in various others. Corinne manages a multitude of political action committees (PACs) on behalf of Mixon and Associates' clients. As the PAC manager, she oversees the accounting and delivery of approximately \$190-thousand dollars worth of campaign contributions per election cycle. Corinne hand-delivers many of these contributions directly to the candidates; thus, providing a benefit to clients with-and-without their own political action committees.



Elvis Lester is the "first and only" Licensed Change Master designated by Dr. Richard Bandler for his dedication and work in the field of hypnosis and NLP (Neuro-Linguistic Programming). He provides training in Hypnosis (Ericksonian and Design Solution Hypnosis™) and NLP (Neuro-Linguistic Programming) through his 8-Day Licensed Practitioner of NLP In Hypnosis and Licensed Master Practitioner of NLP In Hypnosis programs as well as TranceMastery™ Hypnosis Practitioner Certification Immersions (6-Day programs). His unique courses combine NLP and Hypnosis with an experiential focus on deep integration of techniques and the models of influence known as the Meta Model and Milton Model language patterns. Programs are approved by the State of Florida for LCSW, LMFT and LMHC (491 Board), Licensed Psychologists (490 Board) and the Florida Board of Nursing (FBON) as well as NBCC and NBCCH.

WHAT IS A TRANSGENDER?

Myth: Transgenders are just a mixed-up teenager who is just following the crowd.

Fact: Transgender describes a person whose gender identity and sex are assigned at birth but do not match.

Chris and mom came to the office for the first appointment on a weekday afternoon. She describes her 16-year-old as above average (don't all moms say this) intelligence, slightly moody, and has been cutting for over two months. She and dad just found out about this. The 16-year-old was mostly silent during the first session but I peppered a few questions but were answered minimally. On the second session I met with mom first to check in and see if there have been any changes for the first part of the session (I typically do this when meeting with teens) then met with him for the rest of the session. I had barely gotten comfortable in my seat when the teen explained, "I'm a trans". Then he unloaded, for the first time he told me later, all that he had been keeping inside:

--I have a female anatomy, but my gender identity is male. I understand myself to be male and I live as a male.

--I started taking hormone blockers, dressing and acting like a male because that is who I am supposed to be.

--My gender expression at home is more female because I'm afraid to tell my family, but at school and with friends it's female and I only date males.

--My internal identification (self-image) is female and this is my gender identity.

My response during his explaining this was:

1. Open-minded, using gender neutral language
2. Referring to him according to his preference
3. Asking questions
4. Intentionally showing acceptance with Chris which he says was the biggest contributor to him coming back for more exploration of these issues.

Reference

Equityproject.org. Understanding Sexual Orientation, Gender Identity, and Gender Expression



Scott Jones

LMHC (Licensed Mental Health Counselor)

CAP (Certified Addictions Specialist)

Qualified Supervisor, State of FL

Email:

scottjones@newdirectionscounselingfl.com

Website: newdirectionscounselingfl.com

Based out of Orlando FL



Using Consultation and Ethical Decision Making

This course is available **ONLINE**
2 CEUs for licensed clinicians

CEU4YOU

YOUR COURSES · YOUR STATE · YOUR TIME

This course will focus on ethical decision making and consultation when encountering ethical dilemmas.

Four codes of ethics will be used as a point of reference, including:

- 1) ACA Code of Ethics
- 2) The Code of Ethics of the National Association of Social Workers
- 3) The Code of Ethical and Professional Conduct and Disciplinary Procedures established by the Florida Certification Board
- 4) and the NARR Code of Ethics.



This workshop has been approved for 2 CEUs by the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling. CE Broker Course Tracking #: 20-595770. Provider #: 50-9339 The Certification Board of Addictions Professionals CE Provider #: 5090

Enhance your practice & develop your niche market



INTERNATIONAL INSTITUTE
of CLINICAL SEXOLOGY

complete your **PhD** or Individual Certification

Sex Therapist
Addictions Professional
Kink Conscious Professional
Hypnotherapist
Transgender Care Therapist

Take a **FREE CLASS** and receive **CE Credit**

*** Visit Our Table**

Our Mission: To provide the education and tools
to Therapists and other Health Care providers
seeking to enhance their services



ALL via live webinar or in person

Dr. Clark is a Continuing Education Provider for NBCC, FL MQA, AASECT, and, FCB. Go to
www.TherapyCertificationTraining.org • www.ClinicalSexologyPhD.org

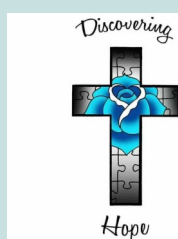
CPH Malpractice
& ASSOCIATES Insurance
Provider

Exclusively Endorsed by FMHCA

- Online application with discounts available
- Customer portal with 24/7 access to your policy documents
- \$35,000 State Licensing Board defense coverage
- Optional General Liability Coverage

Get an Instant Quote & Apply Online!
www.cphins.com

Questions? 800-875-1911 | info@cphins.com



DID Discovering Hope is a nonprofit ministry. Our purpose is to give love, understanding and compassion to those who struggle with depression, trauma disorders and dissociation disorder from childhood abuse. We speak, educate, offer support groups, resources and remove stigma of Dissociative Identity Disorder in the church and in the Tampa Bay community. Discovering Hope connects with therapists to share life examples of people in recovery from trauma and dissociation.

Website

<http://diddiscoveringhope.org/>

Contact Information

510-343-6581

Email:

[diddiscoverin me3435@yahoo.com](mailto:diddiscoverinme3435@yahoo.com)

DIVERSIFY YOUR PRACTICE BY BECOMING A CERTIFIED FORENSIC MENTAL HEALTH EVALUATOR



Join us at Florida Mental Health Counselors Association's annual conference in Orlando, FL for our pre-conference certification workshop Thursday, 2/6/20, 8am-5pm EST and start establishing yourself as an expert in a lucrative and meaningful area of specialization.



In partnership with the Florida Mental Health Counselors Association (FMHCA), the National Board of Forensic Evaluators (NBFE) is offering a forensic certification pre-conference workshop that is part of the process to become a **Certified Forensic Mental Health Evaluator (CFMHE)**.

Register at <https://www.nbfe.net/event-3378523>



The National Board of Forensic Evaluators (NBFE) has been approved by the National Board for Certified Counselors (NBCC) as an Approved Continuing Education Provider, ACEP No. 6189. Programs that do not qualify for NBCC credit are clearly identified. NBFE is solely responsible for all aspects of the program.



This workshop has been approved for 8 hours of continuing education (6 general hours, 1 domestic violence hour, and 1 hour ethics/professional boundaries) with the Florida Board of Clinical Social Work, Marriage & Family Therapy, & Mental Health Counseling and Florida Board of Psychology, CE Broker Tracking # 20-551881 (CE Broker Provider #50-15823). NBFE is recognized and endorsed by the American Mental Health Counselors Association.



Advanced Recovery Systems is a behavioral healthcare company dedicated to the treatment of addiction, substance use disorders and mental health issues for adults and adolescents.



ADDICTION | SUBSTANCE USE DISORDER | MENTAL HEALTH

844.244.1334

For facility information visit
www.advancedrecovery.com.



THE RECOVERY VILLAGE
 INDEPENDENCE, MISSOURI



NEXT STEP VILLAGE



NEXT GENERATION VILLAGE



THE RECOVERY VILLAGE



THE RECOVERY VILLAGE



THE RECOVERY VILLAGE



THE RECOVERY VILLAGE



THE RECOVERY VILLAGE



THE RECOVERY VILLAGE
 FIRST CENTER OF EXCELLENCE
 FOR BEHAVIORAL HEALTH
 AND RECOVERY

The Future of Focus

Video games and VR tools to diagnose and treat ADHD are coming onto the market. Are we ready for digital medicine that aims to harness attention?

By Devon Frye, published March 5, 2019 - last reviewed on May 23, 2019

Two game-like, computerized devices are seeking FDA approval to make the diagnosis and treatment of ADHD—one of the most common childhood mental health concerns—a digital phenomenon.

For diagnosis, a virtual reality tool known as the Virtual Classroom was submitted to the FDA by technology company Cognitive Leap in late 2018. If granted approval, it will be the first fully immersive, VR program available to help doctors diagnose ADHD. On the treatment side, startup Akili Interactive recently submitted AKL-T01, a video game specifically designed to improve attention in children with ADHD. It would be the first video game that's available only by prescription, like a traditional pharmacological intervention.

Both Cognitive Leap and Akili contend that their approaches will change the way ADHD is recognized and managed. Both have spent years collecting data to bolster their claims of effectiveness. But FDA approval may be just the first of several real-world barriers to overcome in launching new treatment modalities.

Digital Diagnosis

Commercial virtual reality regularly transports users to fictional worlds; Cognitive Leap's VR Classroom generates a more realistic environment. After putting on the headset, a child finds himself somewhere he knows well: sitting at a desk in a classroom at school. Cars drive by outside; paper airplanes glide; classmates sneeze.

The Classroom offers more than immersive graphics, however. It measures attention and inhibition via a neuropsychological assessment called a continuous performance test (CPT), explains neuroscientist Crystal Goh, Cognitive Leap's chief scientific officer. Children are instructed to press a button when certain letters appear on the virtual chalkboard; they're scored based on correct hits, incorrect hits, and reaction speed. During the 13-minute task, the headset clocks how often they look toward the digital distractions, and additional sensors on the child's body track fidgeting. Both behaviors factor into the final score.

The environment has been designed to measure multiple ADHD-related symptoms at once, and the maker claims it is more realistic and engaging than monotonous two-dimensional CPTs, while remaining highly controlled.

"The child believes that she is in a classroom," Goh says. "Because she's using her body, her sensory motor cortex is engaged in the same way as if she were really experiencing that setting. By purposefully manipulating the distractions, we know exactly at what point the child is reacting. We're not looking just at the traditional CPT score."

After the task is complete, a report outlines how the child's self-control, focus, hyperactivity, and other impairments differ from those of a typically developing peer. It doesn't provide a definitive yes or no on whether a child has ADHD, Goh says; rather, the data, by pointing out specific attentional strengths and weaknesses, can be used to determine the probability that a diagnosis is warranted.

Why VR?

The Classroom aims to bring objectivity to a notoriously subjective diagnostic process, says Cognitive Leap CEO Jack Chen. Chen founded the company to bring treatment options to China, where attentional problems, like many mental health matters, are undertreated and widely stigmatized. He then decided that the United States has its own need for improved diagnostic tools.

"The diagnosis of ADHD or attention issues takes a huge amount of training," he says. "Even with training, there's a well-known lack of objectivity." Since symptoms can be intermittent and hard to quantify, current best practices rely on standardized rating scales filled out by parents and teachers to assess inattention and impulsivity in various domains. The scales require a significant time investment, and because they're based on memory and subjective interpretations, ratings are subject to human error.

The lack of objectivity and the limited technology available to clinicians inspired psychologist Albert Rizzo, now director of medical virtual reality at the University of Southern California and an advisor to Cognitive Leap, to build a primitive version of the Classroom in 1999. "We started to test it with kids who had ADHD and kids who were definitively neurotypical, based on good neuropsychological evaluations," he says. "We saw striking differences in performance—[particularly] when distractions were added in." Though CPTs have been used to measure attention (and to diagnose related disorders) for decades, the Classroom incorporates additional measures of distractibility and hyperactivity, Rizzo says.

He claims he has replicated his original findings in dozens of studies since. As he researched, VR tools improved in quality and decreased in cost, he adds. "The dream that I've had [for decades] is now doable."

Once Cognitive Leap partnered with Rizzo to commercialize the Classroom and seek FDA approval, they initiated a series of trials to test the tool's efficacy against traditional diagnostic methods and to build a bank of normative data.

Across multiple locations, the company has collected data from approximately 1,500 children between the ages of 5 and 12—500 with ADHD and 1,000 without any psychiatric or behavioral disorders, as determined by standardized neuropsychological batteries. According to Goh, the Classroom's ability to identify impaired levels of attention and hyperactivity is comparable to traditional assessment procedures that can take hours or days. "As our data pool increases, we can increase the accuracy," she adds.

Do People Want A New Diagnostic Tool?

Cognitive Leap views VR as a game-changer, but it isn't the first company that's tried to upgrade assessment. Over the years, "there have been a number of attempts to bring in more objective diagnostic tools," says David Rabiner, a psychologist who researches ADHD at Duke University. He points to simpler CPTs, as well as a quantitative EEG measure that uses brainwave patterns to assess attention levels. Although several of these secured FDA clearance, "none of them have been adopted in any meaningful way," he says.

Rizzo and Goh contend that parents apprehend the Classroom's value once their child tries it. The bigger hurdle may be clinicians, who are short on time and sometimes ill-trained in ADHD, Rabiner says. Even if the FDA clears the Classroom, he predicts that Cognitive Leap will have "a hell of a hard time" persuading doctors to adopt it, in large part because no major medical associations recommend the use of such "objective" diagnostic measures.

And rating scales, despite their faults, remain the gold standard because ADHD often manifests as academic and social challenges that extend beyond symptomatology. "Certainly parents crave something more 'objective' than what a teacher has to say," Rabiner says, which may explain why they're attracted to high-tech tests. "But if you don't know what's really happening in the classroom, then you're in the dark."

Rizzo bats down fears—not unique to VR—that any new tech will render psychologists obsolete. "I see this as a more precise, controlled way to assess function," he says. "It's not going to eliminate everything else. There's always going to have to be a human in the loop who can use this data—not just as an assessment but as a way to come up with a better treatment plan."

Technological Treatment

In the eyes of many who study ADHD, the "best" treatment plans—at least since Ritalin's introduction in 1960—often involve medication. But shortly before Akili Interactive was founded in 2011, cofounder and CEO Eddie Martucci observed "a pullback from the traditional pharma players and less research going into new therapeutics." ADHD patients began to push back against medication as the dominant approach to treatment, he says.

There was research at this time into video games that helped rather than harmed the brain—particularly a program called NeuroRacer, designed by neuroscientist Adam Gazzaley of the University of California, San Francisco to strengthen cognitive control. That program and others inspired Martucci and Akili cofounders to seek the first "digital treatment" for ADHD. AKL-T01 is their flagship product; similar games in the pipeline could one day target symptoms of autism, depression, and multiple sclerosis.

Designed in collaboration with Gazzaley—now Akili's chief scientific advisor—the game's true objective is to hone focus by forcing players to juggle multiple goals while tuning out deliberately deployed distractions. In many ways, Martucci notes, it's been designed to "feel familiar" to a child and to play much like a commercial video game, with rewards, music, and high-quality graphics. Players move rapidly through different worlds and react to stimuli flashed on the screen, Gazzaley says, requiring them to switch quickly between tasks and ignore extraneous information. "This goal-directed attentional control uses the prefrontal cortex and its networks with the rest of the brain," he says. EEG data taken from older adults and children with sensory processing disorder indicate that playing AKL-T01 may increase midline frontal theta activity, a measure of prefrontal cortical engagement that has been associated with improved attention.

Akili tested AKL-T01 in a proof-of-concept study, published in PLOS One in January 2018. Forty children with ADHD and 40 without played the game five days a week, 30 to 45 minutes at a time, for 28 days. At the end of the study, those with ADHD showed significant improvements on the Test of Variables of Attention, or TOVA, an FDA-cleared CPT that measures attention and inhibition; children whose initial scores were poorest showed the largest gains, while children without ADHD saw no notable changes.

But whether the improved CPT scores translate to better performance at home or school—of paramount interest to most parents of children with ADHD—wasn't firmly established. And ultimately, FDA approval hangs largely on a different study, a clinical trial known as Software Treatment for Actively Reducing Severity of ADHD (STARS for short). The randomized controlled trial of the game's efficacy studied nearly 350 children who had been diagnosed with ADHD. Participants were randomly assigned to play AKL-T01 or a similar-looking control game at the same frequency as the proof-of-concept study (the "dose," 25 minutes a day, was slightly decreased).

As in the proof-of-concept study, the game was shown to have statistically significant effects on attention and inhibitory control as measured by TOVA scores. But participants in the STARS trial were also assessed for real-world symptom changes using rating scales—and though scores on the scales did improve for the AKL-T01 group, the improvement was the same for control subjects.

Akili doesn't see the lack of differentiated scores on rating scales as cause for concern. "The real-world transfer that I expect to see—like how well a child deploys attention when reading a book, for example—isn't really sampled in those outcome measures," Gazzaley says. "[Rating scales] are a lot more responsive to hyperactivity changes, rather than to the actual attentional abilities of a child." He argues that larger studies will highlight real-world metrics more reflective of the type of cognitive improvements the treatment is aimed at.

Potential Pitfalls

Martucci believes FDA approval will distinguish AKL-T01 from other "brain-training" programs claiming to improve attention, memory, or overall cognition. But not everyone is convinced such a distinction exists—at least, not without more evidence or full release of the data gathered so far. (The complete results of the STARS study will eventually be published in a peer-reviewed journal, Martucci says; to avoid looking as if they're attempting to influence the FDA's ongoing review, Martucci and other Akili spokespeople decline to discuss much of its data publicly at this time.)

Dan Simons, a psychologist at the University of Illinois who assesses brain-training claims, points out that Akili's marketing materials highlight just two peer-reviewed papers: the proof-of-concept study and another published in *Nature* in 2013. The latter found that older adults between the ages of 60 and 85 who played NeuroRacer saw improvements in memory and focus and began to show brainwave patterns similar to control subjects in their 20s, who hadn't experienced age-related cognitive decline. Though the paper triggered widespread news coverage, it was criticized by some in the field (including Simons) for small samples, imperfect control conditions, and over-sold results.

Simons, who authored a large, damning review of brain-training research in 2016, says that generalization across populations is a common trap in the literature. Martucci counters that "the types of benefits that were shown in those older adults mapped closely to the core deficits in ADHD."

But because both the STARS and the proof-of-concept studies relied on the Test of Variables of Attention, a computerized continuous performance test, they may struggle to provide the same real-world data as do rating scales, Rabiner says. "It's always easier to find improvements on highly controlled measures like a CPT," he explains—and in fact, some researchers hypothesize that the score of anyone taking the TOVA more than once will improve. "But what does that actually mean in terms of kids' functioning?"

The game's effects on real-world performance haven't yet been demonstrated, Simons argues—and until they are, it may be premature to promote AKL-T01 as a treatment. "The game isn't likely to cause direct harm," he observes. "But it presents an opportunity cost." It could be a waste of patients' time, energy, and money.

Martucci acknowledges that families dealing with ADHD have been burned before by tools that promised improved focus but didn't deliver. If FDA approval is granted, "It's going to be incumbent on us to be very clear about what we can promise," he says. "We believe we'll be a potential treatment for some patients. For [others], we won't be the right option—and that's OK."

Akili may have an advantage over Cognitive Leap—it fits more closely with clinicians' established habits. Says Rabiner, "They're trying to get doctors to do something they're used to doing: writing a prescription."

"Psychologists are traditionally conservative about tech," Rizzo observes—which means both Cognitive Leap and Akili face an uphill battle. Still, he believes, initial skepticism about VR has started to fade, which gives him hope that clinicians are open to change. "My vision is to drag psychology kicking and screaming into the 21st century, for its own good," he says. "There's certainly more research that needs to be done. But if you think this technology doesn't have value or that it's going to go away, you're going to be left behind."

ANNOUNCING INCOMING BOARD

FMHCA 2019-2020 BOARD MEMBERS

President: Aaron Norton

President Elect: Deirdra Sanders-Burnett

Past President: Erica Whitfield

Treasurer: Darlene Silvernail

Secretary: Kathie T Erwin

Regional Director Northwest Region: Joe Skelly

Regional Director Southeast Region: Barbara Hayes

Regional Director Northeast Region: Cindy Wall

Regional Director Southwest Region Elisa: A. Niles

Parliamentarian: Michael G. Holler



CONGRATULATIONS
TO OUR NEW
BOARD MEMBERS

MERIDIAN TREATMENT SOLUTIONS

3 Unique Programs under one roof 



SUBSTANCE USE
DISORDER



PRIMARY
MENTAL HEALTH



CO-OCCURRING
DISORDER

Cognitive Behavior Therapy (CBT)

Solution Focused Brief Therapy

EMDR

Psychodrama

Hypnotherapy

Yoga

Dialectical Behavior Therapy (DBT)

Nutritional Counseling

Biofeedback Therapy

844-281-3116 | WWW.MERIDIANTREATMENT.COM





Thursday **Feb 6th** and Friday **Feb 7th, 2020**
8:00AM-5:00PM
Lake Mary, FL

Critical Incident Stress Management: Grief Following Trauma

Presented By Dwight Bain, NCC, LMHC

**Earn 16 CEUs in this 2-Day
Workshop**

This complex grief and trauma course is taught by Dwight Bain, an ICISF.org certified crisis response trainer who worked at Ground Zero after the terrorist attacks of 9/11 and has equipped thousands of counselors with rapid psychological recovery skills. Dwight describes this course as the most useful he has ever found to rapidly manage complex grief and loss, both for practitioners and for their work with clients facing complex grief and trauma.

This course is designed for counselors and caregivers who work with people experiencing complex grief and distressing loss following a major traumatic event.

Contact us with any questions

561-228-6129

office@FLmhca.org

CE Broker Course Tracking #: 20-720228



This complex grief and trauma course is taught by Dwight Bain, an ICISF.org certified crisis response trainer who worked at Ground Zero after the terrorist attacks of 9/11 and has equipped thousands of counselors with rapid psychological recovery skills. Dwight describes this course as the most useful he has ever found to rapidly manage complex grief and loss, both for practitioners and for their work with clients facing complex grief and trauma.

“Complex grief affects every human. Going deep into your own grief journey as a counselor will prepare you to help more people than you could imagine. This course is an emotional healing experience designed to equip you to help others heal from grief.”

-Dwight Bain, LMHC

Critical Incident Stress Management: Grief Following Trauma

Course Description:

In the course of nearly everyone's life, they will, at some time, encounter grieving people following trauma or loss. This course is designed to equip counselors and counselor interns with a comprehensive understanding of working with grieving people following complex trauma.

The United States Center for Disease Control (2018), records approximately 2 million deaths annually in the USA with the life expectancy is at 78.6 years. Based on the figures that each individual death affects from 8-10 family members, it is calculated there are 16 to 20 million new mourners each year. Some estimates show as many as one in three bereavements result in "morbid outcomes or pathological patterns of grief". Application of this statistical outcome would indicate that potentially, 5-6 million new cases of complicated mourning annually. These statistics may not consider others touched by the death including neighbors, friends, co-workers, students or others outside the immediate family. Considering these affected individuals, some would argue that these numbers would be significantly higher.

Every counselor must guide clients in managing grief, but not every counselor is skilled in guiding clients through complicated grief after trauma. Unresolved complex grief from trauma ripples across every level of society leading to multiple psychological and physical reactions. Gaining new skills for evaluating and guiding persons through their own grief map after experiencing traumatic loss will be a technique counselors can use every day in work with clients.

Course content includes how to identify characteristics of complex grief after the trauma of sudden death from accidents or death from diseases like cancer; as well as complex grief recovery following events like natural disaster, suicide, homicide or filicide. Participants will gain skills in the normalcy of traumatic grief reaction become skilled at identifying warning signs of complex grief and learn the importance of early interventions and support for rapid traumatic stress reduction.

Upon completion, participants will be able to: identify types of traumatic events and the characteristics of trauma and grief; describe factors that may complicate the healing grief process; learn practical and effective methods of death notification and preparation for guiding clients with body identification; identify the primary needs of people experiencing grief following trauma; outline techniques for supporting people grieving a trauma; and providing clinical self-care assessment and techniques to protect counselors working with complex grief as well as gaining new skills of rapid grief recovery for clients. (14 Contact Hours; 14 CE Credits for Psychologists; 14 CE Hours for Calif. MFTs & LCSWs; 14 Contact Hours for National Certified Addiction Counselors OR 1.4 General CEUs from UMBC) (Pending Approval: 14 PDHs for EAPs; 16.8 Nursing Contact Hours). Completion of the "Grief Following Trauma" course and receipt of a certificate indicating full attendance (14 Contact Hours) qualifies as a required class in ICISF's Certificate of Specialized Training Program.

Target Audience:

This course is designed for counselors and caregivers who work with people experiencing complex grief and distressing loss following a major traumatic event.

Course Objectives:

By the end of the course the participant will be able to:

Identify types of traumatic events and the characteristics of trauma and grief.

Identify normal and pathological grief responses.

Describe factors that may help or hinder the traumatic grief process.

Perform essential skills for assisting grieving people including death notification, preparing people for body identification, and effective support services.

Apply a practical application of the SAFER model to Rando's theory of the grief process.

Review techniques for supporting grieving people and identify resources for linking them to continued care.

Complete a personal loss grief map with trauma history to develop a personal self-care plan.

A Unified Partnership Between Attorney and Mental Health Counselor

26 JUL 2019

2:00 PM - 4:00 PM CE Broker Tracking # 20-690502

Webinar



Description: Mentally ill or addicted patients that are also facing legal troubles need a multi-dimensional support system in order to have the best chance of success both inside and outside the courtroom. In my experience I've noticed that there is usually a lack of partnership and communication between attorney and mental health counselor/therapist that is often detrimental to both the patient and the court system. This presentation is focused on giving you an in-depth overview of how the criminal justice system works for defendants. It will focus on:

- The arrest process
- Getting a person into mental health/drug court
- Mental health/drug court process
- Additional/different requirements for this population that regular defendants don't face
- Complying with mental health/drug court
- Pitfalls of these specialized courts
- The discrepancy between what may be best for the patient vs. what is best for the judge, and how more education can help remedy that.

Learning Objectives

1. Identify how to establish an effective partnership with your client's attorney that will help his/her case.
2. Learn how to navigate the criminal justice system and develop an understanding of what your client is going through.
3. Explore pitfalls of the justice system/mental health court, and how serious misunderstandings/lack of education hurt your client's case.



About the Presenter: Adam Rossen, Licensed Attorney

An award-winning attorney and former prosecutor with over 10 years of experience in both criminal and DUI law, Adam is a skilled lawyer who takes a multi-dimensional approach to get his clients the best results possible. Adam believes attorneys are named "counselors" for a reason: because their impact needs to go beyond the law. A high school basketball coach for over 10 years, Adam is a mentor and motivator who keeps his clients involved and on track all the way through so they'll continue to see long-term success well after their case is over. A life-long South Florida resident, Adam has spent his entire career practicing here. He's successfully conducted over 50 jury trials and has handled hundreds of DUI, criminal and domestic violence cases. A frequent lecturer, Adam regularly speaks on DUI, criminal law, and drugs, drug court and

addiction at various institutions including DUI schools, Broward College, FAU, and a number of mental health treatment facilities.

The ITM Group is a for-profit provider of behavioral health services based out of North Central Florida. We have more than thirty years of providing specialized treatment for court-ordered individuals in the community, as well as, at locked facilities, and overlay programs. The program is currently looking to hire qualified full or part-time clinicians in the Orlando and North Central Florida regions. We presently offer sexual offender treatment in more than 15 separate locations and are seeking experienced sex offender therapists in several locations to fill anticipated vacancies. We currently need a Spanish speaking therapist to run two groups in Kissimmee.

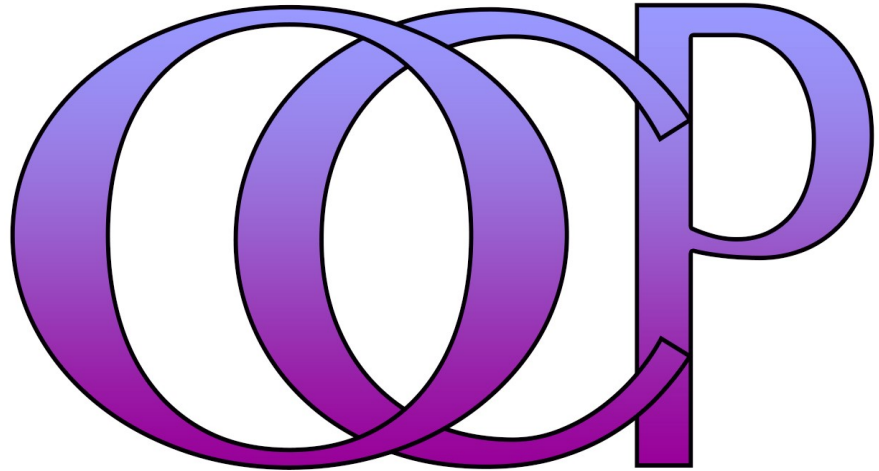
Send information to Brandi Smith – bsmith@itmflorida.com



Adult, Adolescent & Child Counseling



- Depression
- Anxiety
- Case Management/Referral Services
- Anger Management
- Empowerment
- Co-occurring Disorders
- Family Counseling
- Marital Counseling
- Substance Abuse Counseling
- Substance Abuse Education
- PTSD/Trauma/Sexual Abuse
- Substance Abuse Assessments
- Drug Screening
- Intensive Outpatient Program



OCALA CONSULTING & PREVENTION

2100 SE 17th Street Bldg. 700 Ocala, Florida 34471

www.ocalaconsulting.com

ph. (352) 622-4488

The Right Technology

More than 1,300 addiction treatment facilities have chosen Kipu....Shouldn't you?

Kipu spans every level of care from Detox to Residential Treatment, Day/Night Treatment, IOP, OP, Sober Living and After Care, with coverage of every aspect of your business from pre-admission, through treatment and After Care. We're interfaced to over 90 labs for clinical, drug, hair testing and Pharmacogenomics.

Ask About
NEW
INTEGRATED
BILLING



- ✓ Fast, Easy and Powerful
- ✓ New! Integrated Billing
- ✓ New! PingMD: Messaging and Telehealth
- ✓ FREE! VOBGetter: Instant Benefit Verification
- ✓ New! Golden Thread
- ✓ Customizable Lab Interface
- ✓ 30-Day Agile Implementation

It's The Right Technology!

KIPU
www.KipuEMR.com

Call us for a free demo 561-349-5901



YOUR PARTNER IN LEADING THE WAY TO RECOVERY

For a free confidential assessment by a
masters-level clinician, call **1-877-825-8584**
or visit **EatingRecovery.com**



EATING
Recovery CENTER

INSIGHT Behavioral
Health Centers

LEADING THE WAY TO RECOVERY

SELF-AWARENESS

KNOWING WHAT YOU NEED AND
WHEN TO MAKE APPROPRIATE CHANGES

Blue Logic | IT Solutions



CONTACT US!

561-228-1871

www.bluelogicitsolutions.com



IMPLEMENTING ESSENTIAL
CHANGES WILL IMPROVE
HOW YOUR BUSINESS
FUNCTIONS

MANAGED IT SERVICES

Growth-oriented companies need a well-organized IT infrastructure so that they can focus on the business instead of trying to solve IT failures, whether they are a micro or small business. However, most owners don't know how to troubleshoot & manage networks, applications, systems, hardware or know what changes to implement.

Fortunately, we provide a solution to meet your needs, by managing your IT infrastructure which allows you to do more of what you enjoy.

CLOUD SERVICES

Would you need to buy and maintain additional equipment if you used the cloud's scalable capacity to either increase or decrease usage of servers, storage, analytics, and more, at lightning speed?

Avoid the hefty hardware purchases in favor of monthly subscriptions. Pay for exactly the capacity you need and Blue Logic IT Solutions will manage and secure your information.

ARE YOU HIPAA COMPLIANT?

Understanding what compliance really means is ensuring that all required physical, network, and process security measures are in place and followed with protected health information.

We treat IT security like you treat a client:

- Gather information about current situation
- Conduct an introductory session to further investigate needs and requirements
- Propose a unique treatment plan that is suitable to your current business needs, with optional risks assessments.

GENERATE NEW REVENUE STREAMS WITHOUT ADDING STAFF

BIOSOUND 5500 XLS

BIOSOUND® THERAPY

HEALING WITH:

Brain Entrainment

Biofeedback

Vibroacoustic Massage

Guided Imagery

Therapeutic Music

Sound Healing

RESULTS

SYMPTOM DECREASE

Cravings

46%

Stress

57%

Anger

48%

Impulsive
Behavior

52%

Racing
Thoughts

53%



FACILITY BENEFITS

- The addiction treatment field is trending towards a more integrated approach
- Stops AMA early discharge
- Distinguishes your center as innovative with the latest technology
- Generates new revenue streams
- Insurance reimbursable
- Reduces staff stress and improves productivity

CLIENT BENEFITS

- Improves long-term recovery
- Crisis intervention
- Assists with detox
- Relieves pain
- Lowers anxiety

**Appointments
available for
demonstration
sessions**

888-495-1946

888-495-1946

 **BIOSOUND®**
HEALING THERAPY
Innovative Therapeutic Solutions

www.biosoundhealing.com



FLORIDA MEDICAID &
BEHAVIORAL HEALTH
SPECIALISTS

*LET US HELP YOU MEET
YOUR PRACTICE NEEDS*

- provider enrollment
- credentialing services
- practice start up
- cagh credentialing
- medicaid & medicare
- credentialing maintenance
- license application & renewals

CCCFL is owned and operated by a
provider manager in the behavioral
health industry

info@credentialingconsultants.com
321-710-7747
www.credentialingconsultants.com



Software for Private-Pay Counselors & Therapists

Flexible appointment scheduling, elegant note taking, & simple client billing all working in harmony to get your practice organized.

Try our 14-day free trial at therapyzen.com

Practices of all sizes are switching to therapyzen to manage their practices and client data.

Here are just a few reasons why:

- A super user-friendly interface
- Fast and flexible appointment scheduling
- Customizable note templates and treatment plans
- Simple invoicing & superbills
- Free client portal
- Customizable digital intake forms
- Email & SMS appointment reminders
- Secure Document Storage & File Sharing
- Support for multiple office locations and time zones
- Online payment processing
- The latest ICD10 diagnostic codes
- Group and couples charting
- HIPAA compliant
- and much much more...

Special Offer!

Use the coupon code below to get your first month of therapyzen for free.

FMHCA2019

Become a therapyzen customer and we'll mail you a **\$50 Amazon Gift Card** for every colleague you refer that signs up!

2019 WEBINAR LINEUP

Don't miss this! 2:00pm-4:00pm

1/25/19 Sleeping Soundly and Sedative Free: The Clinical Mental Health Counselor's Role in Treating Insomnia

Presenter: Aaron Norton CE Broker Tracking #: 20-690478

2/8/19 Becoming a Military Culturally-Competent Counselor: Effective Rapport Building and Counseling Intervention Techniques when Working with Service Members, Veterans, and Their Families

Presenter: Maria Giuliana CE Broker Tracking #: 20-690480

3/22/19 Reduced Substance Use in Suicidal Veterans After Receiving Spiritual-Based Crisis Intervention: Preliminary Study Results

Presenter: Christina Javete CE Broker Tracking #: 20-640141

4/26/19 Overview of Sex Therapy and Diagnosis of Sexual Dysfunction and Disorders

Presenter: Richard M. Siegel CE Broker Tracking #: 20-640139

5/24/19 Play Therapy Basics: Entering a Child's World

Presenter: Eric S. Davis CE Broker Tracking #: 20-640143

6/14/19 Below the Surface: Using Yoga to Treat Complex Trauma

Presenter: Heather A Champion CE Broker Tracking #: 20-640145

7/26/19 A Unified Partnership Between Attorney and Mental Health Counselor

Presenter: Adam Rossen CE Broker Tracking #: 20-690502

8/23/19 Lesbian, Gay, Bisexual, Transgender, and Queer Youth: Family Acceptance and Emotional Development

Presenter: Julie Basulto CE Broker Tracking #: 20-690504

9/27/19 To D or Not to D: Differentiating Between Post-Traumatic Stress and Post-Traumatic Stress Disorder

Presenter: David San Filippo CE Broker Tracking #: 20-690506

10/25/19 Mindful Strategies for Counselors

Presenter: Jackie Small Darville CE Broker Tracking #: 20-690508

11/8/19 Trauma in the Family System

Presenter: Kathie T Erwin CE Broker Tracking #: 20-696510

12/13/19 Mindfulness Applications for Clients with Sex and Gambling Addictions

Presenter: Rory Reid CE Broker Tracking #: 20-640149



Are you a provider treating
Veterans with PTSD?

We can help.

WE OFFER FREE

- Expert Consultation
- Continuing Education
- Assessment and Screening Tools
- PTSD Resources

CONTACT US

- Available by email or phone
- Responses are quick
- Calls are scheduled at your convenience



PTSD
Consultation
Program

FOR PROVIDERS WHO TREAT VETERANS



PTSDconsult@va.gov



(866) 948-7880



www.ptsd.va.gov/consult

Ask Us About

Evidence-based treatment • Medications • Clinical management • Assessment • Resources • Collaborating with VA on Veterans' care • Developing a PTSD treatment program





Residential Treatment for Children & Adolescents

Palm Shores Behavioral Health center provides the highest quality of comprehensive mental health care and education services for at risk children and adolescents, ages 5 - 17. We have been committed to providing quality mental health treatment to those who are experiencing behavioral, emotional, educational, family and social challenges.



Key Highlights of the Palm Shores Behavioral Health Center

Palm Shores treat a variety of psychiatric and behavioral challenges including, but not limited to:

- Suicidal thoughts
- Dangerous behavior
- Schizophrenia
- Delusional thinking
- Physical/sexual abuse
- Extreme anger
- Depression
- Hallucinations
- Bipolar disorder

Treatment services are individualized to the specific child's strengths and needs. Among the many offered, the core services include:

- Individual Therapy
- Family Therapy
- Group Therapy
- Expressive Therapy
- Certified Behavior Analyst Services
- Therapeutic Drumming



"Empowering children to make safe choices through supportive and active relationships"

To learn more about the Admission and Programs at Palm Shores Behavioral Health Center call
941-792-2222

Palm Shores Behavioral Health Center accepts most major Insurances, Tricare and Medicaid (SIPP)

Palm Shores Behavioral Health Center
1324 37th Avenue East
Bradenton, FL 34208
www.palmshoresbhc.com



FLORIDA | Board of Clinical Social Work, Marriage & Family Therapy and Mental Health Counseling

Legislative Update SB 1418

The Board of Clinical Social Work, Marriage & Family Therapy and Mental Health Counseling is dedicated to ensuring our licensees have the most current regulatory information related to licensure.

Senate Bill 1418 (SB 1418) adds additional circumstances when information from the confidential clinical record may be released to ensure that communication of a specific threat to cause bodily injury or death is timely reported to law enforcement. It further requires that when a patient communicates a specific threat against an identifiable individual to a mental health service provider, the provider must notify law enforcement of the potential threat. The language provides that the disclosure of the threatening confidential communications may not be the basis of civil and criminal legal action. To assist with understanding the changes in law, words stricken are deletions; words underlined are additions. ***The law is effective July 1, 2019.***

More specifically, SB 1418 amended section 394.4615, F.S., to provide additional confidential records release circumstances and section 491.0147, F.S., to require persons licensed or certified under chapter 491, F.S., to notify law enforcement if a patient or client communicates a specific threat to cause serious bodily injury or death.

To review the amendments and the full Bill text, please click [here](#).

Sincerely,

Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling

Florida Department of Health - Board of Mental Health Professions
4052 Bald Cypress Way | Bin C-08
Tallahassee, Florida 32399-3258



Follow Us [@FLMentalHealth](#)



88% of human trafficking victims seek health care at some point during their trafficking. The problem is so widespread that American Hospital Association created unique ICD-10-CM codes for data collection on child forced labor or sexual exploitation in 2019. Why are so many clinicians uneducated on how to identify these victims? <https://bit.ly/2KHbS9U>



Thank You to our Amazing Sponsors!

Advertise On Our Website & In Our Newsletter!

Increase your professional exposure by becoming a FMHCA sponsor!

FMHCA's website gets hundreds of hits a day from members, nonmembers, and prospective members. Becoming a sponsor with FMHCA lets other professionals know that you're out there - it's a terrific way to network and grow as a professional.

There are two ways to becoming a sponsor - you can purchase a flashing banner across the top of our pages or one of the sponsor blocks at the bottom of our website pages.

Best of all, you get a full year of sponsorship for one low price!

Artwork must be submitted in one of the following formats: png, jpg, tif, tiff, or psd.

After you have completed payment, submit your artwork to us at

office@flmhca.org



A mind for truth. A heart for God.®





**"I'VE BEEN
GIVEN
MY LIFE BACK"**
Former Patient— Recovery Solutions

Substance Use Disorder and Mental Health Care

Often times life can be overwhelming. We are here. Let us help you navigate through life's sometimes unpredictable turns.

Adult Acute Mental Health Inpatient Treatment
Adult Detox and Medication Assistance Treatment Programs
Adult Co-occurring Disorder Treatment
Children and Adolescent Acute Care



**TO SCHEDULE A FREE AND CONFIDENTIAL ASSESSMENT CALL
407-281-7000**

2500 Discovery Drive Orlando, FL 32826

www.universitybehavioral.com



- Licensed by the Agency for Health Care Administration (ACHA)
- Certified by The Joint Commission Inpatient Services Hospital Programming
- Outpatient Partial Hospitalization Program (PHP) and Intensive Outpatient Programs (IOP)
- Gender Specific Units
- Patriot Support Specialty Program
- Free Aftercare Program available

Free and
Confidential Assessments
available 24 hours/7 days

904.296.3533
3974 Salisbury Road
Jacksonville, FL 32216
wekivacenter.com

Working Together *Towards Recovery*



For over three decades, more than 75,000 adolescent girls and women from all walks of life have chosen The Renfrew Center to help them overcome their eating disorder. Through Renfrew's community, women learn to embrace hope, perseverance, strength, and gratitude to live the life they deserve.

The combined elements of Renfrew's treatment model, the in-depth experience of our clinical staff and the collaborative partnership we have with the referring team, underscore our patients' progress in achieving full recovery.

Contact us – we can work together to get your patient the care she needs.

1-800-RENFREW (736-3739) • www.renfrewcenter.com

COMMITTEES

*Joining a committee is a great way to participate in our organization
and increase your presence in our community.*

To see details on each committee's role in FMHCA:

Visit the FMHCA WEBSITE at **FMHCA.ORG**
HOVER over "HOME"
Click **COMMITTEES**

<https://fmhca.wildapricot.org/Committees>

To join a committee:

Send an e-mail request to join to the committee chairperson
E-mail addresses for all committee chairpersons
are listed on the committee webpage.

Ethics Committee

Membership Committee

Registered Intern & Graduate Student Committee

Chapter Relations Committee

Finance Committee

Nominations & Elections Committee

Government Relations Committee

Conference Planning Committee

Military Service Committee

Research Committee

Bylaws Committee





• THE MISSION OF THE FLORIDA
MENTAL HEALTH COUNSELORS
ASSOCIATION •

**IS TO ADVANCE THE PROFESSION OF CLINICAL
MENTAL HEALTH COUNSELING THROUGH
INTENTIONAL AND STRENGTH-BASED**

ADVOCACY, NETWORKING,
PROFESSIONAL DEVELOPMENT,
LEGISLATIVE EFFORTS, PUBLIC
EDUCATION

**AND THE PROMOTION OF
POSITIVE MENTAL HEALTH
FOR OUR COMMUNITIES.**