



MOCPA BOARD MEETING MINUTES

September 16, 2018

Meeting called to order at 10:13 am

In attendance: Tamara Latawiec, Lori Reilly, Robyn Koslowitz

I. Welcome

II. Meeting Minutes (Tara Lally)

Meeting minutes from the April 22nd board meeting were reviewed and approved.

III. Treasurer Report (Dolores Reilly)

Current Treasurer Report and Profit and Loss Statement were reviewed and approved. MOCPA achieved 501(c)6 non-profit status on 7/27/18 with an effective date of 11/27/17. Lori filed for NJ Sales and Use Tax and will investigate possibly becoming exempt in the future, given that MOCPA does not sell products or services. Lori also filed the federal 990-N postcard for tax year 2017 with the IRS.

IV. NJPA Meetings (Tamara Latawiec)

Tamara did not attend the May NJPA Executive Board Meeting or May NJPA Board Meeting with CODI due to her attendance at a CE event; however, she did attend the June NJPA Executive Board Meeting and the June NJPA Board Retreat, the latter held at MOCPA member Mary Blakeslee's home in Manahawkin. Several urgent time-sensitive NJPA videoconference board meetings unexpectedly occurred in July; however, Tamara was unable to participate due to her private practice schedule. Tamara did attend the September NJPA Executive Board Meeting and the September NJPA Affiliate Caucus Meeting.

OLD BUSINESS

V. Membership Status (Tamara Latawiec)

A few more psychologists became MOCPA members since our last board meeting:

To date, MOCPA has 53 members:

- 44 Full Members
- 5 Associate Members

- 3 Emeritus Members
- 1 Affiliate Member
- 0 Student Members

Where MOCPA members live:

- 44 in Monmouth County
- 9 in Ocean County

Where MOCPA members work (includes both primary and secondary work settings):

- 44 in Monmouth County
- 11 in Ocean County
- 4 in Middlesex County
- 2 in Essex County
- 1 in Bergen County
- 1 in Hudson County
- 1 in Union County
- 1 in Los Angeles County (California)
- 3 retired

Map showing where MOCPA members live:

<https://www.batchgeo.com/map/4943ff3c5b7c925589148af8f737488a>

Map showing where MOCPA members work:

<https://www.batchgeo.com/map/7dad484bfe9e51010ff06233371e3c56>

VI. MOCPA Website and Forum (Tamara Latawiec)

Tamara has communicated with our website builder regarding the formatting and browser issues and has learned what has caused problems. Tamara had to delete some vector art and instead use container boxes to improve formatting. However, there are some differences among browsers that exist generally and are not under anyone's influence. Both Google Chrome and Mozilla Firefox should now work well enough. Firefox will also play a background ocean sound; however, Google Chrome prevents this unless default settings are changed by individual users. Microsoft Internet Explorer is not a supported browser, and Microsoft Edge is temperamental with scrolling, which tugs or sticks, and the website developers are working on correcting the issue, but it is reportedly not high priority for them in light of the low number of Edge users.

The Forum may possibly be functioning properly, but it is not being used by members, and very few members have signed up. Tamara will consider sending a test post out in the future after higher priority MOCPA business has been addressed. Alternatively, deleting it may also be an option, although this would require revising the bylaws and the website. Discussion surrounding keeping the Forum vs. deleting it ensued, and the board decided to keep the Forum as is for now, while investigating Yahoo Groups as a possible listserv option in the interim.

VII. MOCPA Directories (Tamara Latawiec)

On 5/29/18, the Word version of the directory was distributed to members as a PDF, and the full member version was also uploaded to the website. They were revised and redistributed/re-uploaded on 8/22/18 after a new member joined MOCPA and some existing members edited their information.

The Excel version of the directory has not yet been distributed. Tamara is concerned it may be too cumbersome and user-unfriendly. She is considering making a smaller, more manageable spreadsheet that includes only the most essential information while keeping in mind that searching for referrals is the main purpose of the spreadsheet version of the directory. Discussion among board members ensued, and it was determined that an abridged version may be developed for 2019.

VIII. June 10th MOCPA Luncheon (Tamara Latawiec)

MOCPA held its first social event on June 10th at the DoubleTree Hotel in Eatontown. 34 members registered for the event, but only 32 members actually attended (one person said she had a family emergency, and the other person was traveling home from out-of-state, and his plane was quite delayed.) It seemed as though everyone had a good time, and we received some positive feedback. A selection of the photographs taken by MOCPA member Nicole Martell has been posted to the MOCPA website.

NEW BUSINESS

IX. Future Social Event Planning (Tamara Latawiec)

A Social Event and Networking Survey was distributed to the membership, and results were reported to the membership as well as considered among board members via emailed communication prior to today's board meeting. Eighteen out of a possible 52 members participated in the survey, garnering a 34.6% response rate. The top five most preferred events included: luncheon (with 14 votes), brunch (with 13 votes), boat tour (with 9 votes), wine and cheese (with 9 votes), and book club (with 7 votes). Most respondents were also interested in networking events (with 13 votes). Four people offered their homes for a home-based event, but half added certain conditions, and half were located on the extreme ends of our geographic area. The Zakreski home may be a good option for a home-based event, as they have no conditions, and the location is closer to where the majority of members live. Lisa Sussman also offered her home specifically for book club meetings (or other very small meetings), and it too is in a good location for most members. Tamara suggested the following special event lineup: wine and cheese event for the fall, a holiday party for the winter, another luncheon with a meet-and-greet of NJPA executive board members at the Zakreski home for the spring, and a boat trip for the summer.

For the fall social event, Tamara investigated a wine tasting at a vineyard or winery; however, all Monmouth and Ocean County venues could not accommodate more than 10 or so people. The board agreed to instead pursue a cheese tasting at a Red Bank cheese shop, The Cheese Cave, on October 28th from 4pm to 6pm. Outside wine may be purchased, and the shop staff will provide glassware and serve it. The cheese tasting will be accompanied by breads, crackers, chutneys, and jams, but any additional food platters require an additional fee. Board members discussed options and determined that

additional platters would be too costly. Fees for a basic cheese tasting are \$24 per person, in addition to tax, gratuity, PayPal service charges, and the cost of wine.

Lisa Sussman and other interested MOCPA members were contacted to initiate a book club; however, no one responded, including Lisa Sussman who had offered her home in the Social Events Survey for the purposes of such club events. Board members discussed this outcome and decided that the board will not extend itself any further in inviting membership to form a book club.

X. Continuing Education Planning (Tamara Latawiec and Robyn Koslowitz)

A Continuing Education Survey was distributed to the membership, and results were reported to the membership as well as discussed among board members via emailed communication prior to today's board meeting. Twenty-nine out of a possible 52 members participated in the survey, garnering a 56% response rate. Members varied widely in their responses. What speakers wished to present, and what participants wished to learn, did not frequently match. The most popular topics of interest included: mind-body/energy psychology/hypnosis/alternative health, mindfulness/meditation/acceptance or ACT, ethics/jurisprudence, and psychopharmacology. Other topic areas that were identified more than once included: professional practice issues (no CE credits permitted on this topic), neuropsychological/neurobehavioral/neurodevelopmental topics, children, school psychology, domestic violence (to meet the NJ BoPE mandate) and mass violence, and psychodynamic topics.

Hiring speakers through various local Speakers' Bureaus may also be considered, particularly regarding domestic violence presentations (see 180 Turning Lives Around below):

180 Turning Lives Around: 180nj.org/get-info/180-in-the-community/community-outreach-2/

NJPA: njpa.memberclicks.net/speakers-bureau [501(c)6 groups may not hire NJPA members, but 501(c)3 groups may]

CPPNJ: 66.147.244.81/~cppnjorg/community/speakers-bureau/

Board members considered via emailed communication prior to today's board meeting how to select speakers going forward. Robyn was asked to investigate fees and procedures for potentially hiring outside speakers, especially those from the aforementioned Speakers' Bureaus. Tara agreed to contact her Monmouth University colleagues to inquire about their potential participation, and Tamara reached out to MOCPA members Lisa Sussman and Erin Mendoza who had indicated their interest in presenting workshops via the CE Survey and whose topics were among the more popular.

Erin Mendoza and fellow MOCPA member, Joshua Cohen, agreed to co-present on a topic related to Mindfulness-Based Stress Reduction (MBSR) for the fall/winter, and Lisa Sussman is considering a presentation on essential oils for the spring, but is ambivalent. Tara's Monmouth University outreach resulted in Kristen Coppola, a psychologist and Assistant Professor at Robert Wood Johnson Medical School, agreeing to present on end of life issues. Kristen Coppola additionally referred us to Barbara Paskewich, a nurse and Adjunct Professor at Monmouth University's Department of Health and Physical Education, as well as a coalition called the Conversation of your Life, for additional speakers on the same topic. Robyn reported that the Speaker's Bureaus did not respond to her requests for information, and neither Erin nor Josh responded to her notes and tips regarding the application process. Robyn will follow up with the Bureaus and with Erin and Josh and impress upon Erin and Josh that the application needs to be submitted as soon as possible if MOCPA is to have a chance at presenting a 2018 workshop.

Robyn, Erin, and Josh also need to determine a presentation date so that Tamara can make arrangements to rent a classroom at Monmouth University for the presentation.

Monmouth University also requires special event insurance. Robyn and Lori shared their special event insurance research. Lori's options ranged from \$104 to \$304 per event, depending upon event details. Eventhelper.com may possibly be the cheapest option; however, it is not entirely clear. Robyn found much more expensive insurance.

XI. Peer Consultation (Tamara Latawiec)

Although a list of MOCPA members interested in peer consultation groups was distributed to the membership when the directory was also distributed, it was not known if anyone was successful in establishing groups. Board members agreed via emailed communication prior to today's board meeting to reach out again to interested members to follow up. Tamara emailed all members who had expressed interest in peer consultation based upon their directory responses. Amy Aho offered to reserve a two-hour block of time in her Oceanport office for a regular consultation group meeting; however, no one responded to her offer. Board members discussed this outcome and decided that the board will not extend itself any further in inviting membership to form peer consultation groups.

XII. Annual End-of-Year Business Meeting (Tamara Latawiec)

It was agreed that our first annual end-of-year business meeting open to the membership will occur on Sunday, December 9th, at Robyn's Lakewood home at 10:00 am. Earlier plans to hold the meeting at a public library on a Saturday did not pan out due to scheduling conflicts. Tamara will present a year in review, and Lori will present a financial summary of the year to the membership in attendance. Robyn will provide conference space in her home as well as some refreshments. An invitation will go out to the membership to determine expected number of participants. Comments and questions will be permitted after the presentation so that membership can communicate directly with us. The board will also conduct its usual closed board meeting afterwards. The meeting needs to end by 12:30pm in order to accommodate Robyn's private practice clients.

XIII. Scheduling Future Board Meeting Dates (Tamara Latawiec)

Due to the difficulty in finding mutual dates on which to conduct board meetings from meeting to meeting, it was suggested that the entire year's worth of meetings might be scheduled in advance, once per year. However, at the same time, the timing of meetings need to coincide with social events and CE workshops, the dates of which may not yet be known and may be difficult to predict. Discussion ensued, and it was determined that scheduling two meetings in advance may be a more practical compromise. Tamara will send a Doodle poll to board members to schedule for a March board meeting.

Meeting concluded at 11:39 am

Next Meeting Date is Sunday, December 9th

Submitted by Tamara Latawiec, PsyD on behalf of Tara Lally, PhD