



MOCPA BOARD MEETING MINUTES

November 24, 2024

Meeting called to order at 12:04 pm

In attendance: Tamara Latawiec, Nicole Martell, Lauren Gerardi, Robyn Koslowitz

I. Welcome

II. Meeting Minutes (Tamara Latawiec on behalf of Robyn Koslowitz)

Meeting minutes from the board meeting on 3/10/24 were reviewed and approved.

III. Treasurer Report (Nicole Martell)

The Treasurer Reports (the report from last meeting to this meeting, and the annual report) were reviewed and approved.

IV. NJPA Meetings and Initiatives (Lauren Gerardi)

Lauren's role in NJPA increased this year. She is now chairing the Membership Committee. She was tasked with creating the new membership structure for NJPA dues. Lauren also maintains her Affiliate Member-at-Large at NJPA. It is still unclear if she can be in the Affiliate Caucus or not. NJPA is trying to determine the relationship between themselves and the Caucus. There was one NJPA board meeting in Edison, the choice of location made by the Affiliate representatives. The main focus was on affiliate issues. Lauren was unable to attend that meeting due to foot surgery. There is a membership discount in the new NJPA dues structure. There have been five board meetings on Fridays in person and several smaller virtual meetings at night. Many of the affiliate reps have not been going to the Friday board meetings. There are three affiliates that are very active and the rest are not as active. So the affiliate caucus is still unclear.

Big changes at NJPA include the new membership dues structure. Fees are increased, and category options have broadened.

The Fall Convention went well. It was well attended and a big success for NJPA. It was focused on RxP, presenting both sides to advocating for it or not. A survey was disseminated regarding whether NJPA should make RxP a legislative priority. 25% of the membership responded, which is a good response rate, compared with past surveys.

The main issue from the membership seems to be insurance. NJPA is still trying to form an insurance committee. NJPA is trying to fund Susan McGroarty to work more hours on this, and they are trying to get members on board to join an insurance committee. There is a concern among membership that if we pursue legislation for RxP, we will not be able to pursue insurance issues. There is a sense of there being a limit to what NJPA can do regarding insurance now that most insurance seems to be occurring on a federal level rather than a state level. There may be some CEs regarding how to bill insurance. Given that APA just reorganized and eliminated the Practice Directorate, it remains to be seen to what degree insurance issues will be addressed there. Rhonda Allen, NJPA's representative to APA, will be promoted and will try to advocate for practice issues there.

Legislative issues have focused on telehealth parity. Governor Murphy has been opposed to telehealth parity, and the final word keeps getting pushed down the road. It is unclear if the study on telehealth conducted and funded by the state has even been analyzed. Telehealth has been approved for one more year. NJPA has really been at the helm for this, of all the mental health groups.

Hyperlinks are now allowed on the listserv, provided they do not reference anything commercial or go to a website that has links that reference anything commercial.

V. MOCPA Status (Tamara Latawiec, Lauren Gerardi, Nicole Martell)

When MOCPA was faced with dissolution last year, there were a number of questions that revealed themselves during Tamara's dissolution research. Sara Tedrick Parikh at NJPA indicated that she would forward these questions to their bookkeeper; however, when Tamara followed up with Sara just prior to our last board meeting, Sara indicated that because she had been so busy, she never reached out to the bookkeeper, but would do so. Although nearly a year has passed, Tamara has not heard back from anyone on this issue and again followed up with Sara. Sara reported that we could contact an attorney and asked NJPA's firm to forward a name of someone at another firm who would be appropriate, but she cautioned that they would probably be unlikely to take us on for such a small issue and tend to be very costly. She asked that Tamara explain to her more about why would be seeking counsel.

MOCPA is still in need of a representative to the NJPA board, a position that also serves on NJPA's Affiliate Caucus. According to Lauren, the Affiliate Caucus has been in transition itself. Renewed efforts to secure a representative may be undertaken once the Caucus enters its new form. The caucus is still meeting on random evenings.

In addition, Tamara is wondering if a Continuing Education Coordinator might be sought to ease the burden on her for continuing education programs, especially in light of the new NJPA rules regarding affiliate continuing education programming, which puts much more burden on the affiliate. See below section on Continuing Education for more information. Nicole suggested asking the other affiliates how they are handling things. Robyn suggested hiring a freelance project manager. Robyn will ask her friend where she finds these folks. Robyn may want to present for us, provided we have the setup figured out. Lauren wondered whether we might consider a psychology student for this tech piece; we pay them a bit and allow them to see the presentation for free.

Nicole has been tasked with updating the current officers with the federal and state reporting agencies and with the bank and also securing new debit cards and new checks. Nicole reported that Lori's address was still on the account, and Nicole has been able to change it to hers. She also has a letter

crafted that says that we are moving Ben from the account to Nicole, and both Nicole and Tamara will have to go to the bank to indicate themselves as signers on the account. MOCPA paper checks remain viable; they have no address, but right now, Nicole cannot sign the checks until she is placed on the account as treasurer, so currently, only Tamara or Ben can do so. The new debit card was mailed to Lori, and once Ben is removed and Nicole is added, then we need to complete a change of address form to remove Ben's address and add Nicole's address onto the MOCPA account. There was another debit card for the President, which is now expired, and there is no new one. Nicole has Ben's old debit card. The bank will provide new ones to Tamara and Nicole once they go to the bank in-person. Nicole will email Tamara the minutes and the letter that the bank requires for signing.

Nicole updated the board regarding filing for federal, state, and sales and use tax. She will change our old addresses and officers to the new addresses and officers. Nicole will also check on our status with the federal filing, given that we filed late.

VI. Membership Status (Tamara Latawiec)

Two new members joined the association since our last update, so membership is currently at 52 members. One has a leadership position in behavioral health at a Robert Wood Johnson affiliated family health clinic in Freehold, and the other is a French- and Vietnamese-speaking permit holder working in Matt Strobel's group practice in Middletown.

VII. Dues and Directories (Tamara Latawiec)

Decisions regarding dues need to be made again. MOCPA is doing very little with its money, and MOCPA is doing very little generally in terms of activity, and Tamara again feels that collecting dues, especially the most expensive dues of all the affiliates, for providing very little, is not justified. Alternatives could include reduced dues, biannual or triannual dues, lifetime dues, or other options. The board discussed these ideas and options and noted that it would be tasked with keeping track of the timeframes for biannual or triannual dues, so that would probably not work. Nicole thinks we should pause the dues for one more year to see how things go. Lauren does not want to make a more permanent change at this point, hoping that we will become more active over time, especially if we get someone else to do the CEs. She thinks we should pause or do reduced dues for this year and then wait for a permanent change down the road. Give the new continuing education person the video with my written instructions.

Given that MOCPA got off to a late start this past year, membership directories went out later than usual. They will be updated again for 2025 in the new year.

VIII. Technology (Tamara Latawiec)

The website, AOL email account, PayPal account, OceanFirst online banking account, and Wix account all appear to be functioning without incident. MOCPA still remains without a virtual meeting platform; however, Nicole has graciously offered the association and any continuing education speakers the use of her Zoom Pro account.

Nicole has not been able to access AOL without authenticating, and the authentication messages come to Tamara rather than her. "Remember this device" might be the issue.

IX. Social Events (Tamara Latawiec)

MOCPA has had a dwindling attendance at social events. For 2023, only one or two people/parties arrived at each event. In 2024, our Source Brewery event in Colts Neck drew limited attendance, including Nicole and her husband, the Zakreski's and their adult daughter visiting from Rhode Island and her family, Tamara, and apparently Matt Strobel and his wife were inside the brewery, but despite making several tours to see if they or others had arrived, we missed each other. Events in the recent past have been free, on weekends, and have been open to friends and family, including children, so it is unclear what has caused attendance to be so small. The board suggested that we conduct a survey regarding not only social events, but generally, what the membership is looking for out of the association. Do they want family included or not, what days and times, what activities, etc. Wait to get results of the survey first before planning new activities.

X. Continuing Education (Tamara Latawiec)

It has been difficult for board members to find speakers. Honorarium was increased to \$100 per credit, but this figure may need to be augmented to secure future speakers. Tamara had planned to reach out to a specialty psychiatric practice in Red Bank that offers transcranial magnetic stimulation (TMS), psychedelic treatment, and ketamine treatment, to see if they wanted to do a presentation for MOCPA in order to educate the membership on these burgeoning treatments, but she has held off doing so until it was decided how the board wished to proceed with continuing education in light of changed protocol initiated by NJPA concerning gaining NJPA approval for affiliate continuing education workshops, which places additional burdens upon the affiliate, making it more labor intensive for the affiliate to manage continuing education workshops. Because of this, Tamara has suggested that any future continuing education workshops be handled by a volunteer Continuing Education Coordinator from among the membership. The board discussed this as well as the ramifications of not securing such a person. The board also discussed whether future workshops should be virtual, in-person, or hybrid. The board decided to stay with the virtual option.

Meeting concluded at 1:14 pm

Next meeting date is TBD via video chat.

Submitted by Tamara Latawiec, PsyD on behalf of Robyn Koslowitz, PhD