



MOCPA

monmouth/ocean county
psychological association

MOCPA 2023 BUSINESS MEETING

December 17, 2023

We had another relatively subdued year, with two social events and a continuing education event. In May, we hosted an outdoor social event at Oak Hill Farm in Holmdel, which has animals and gardens on its small farm and a lovely retail barn full of food items and personal care items made from farm ingredients. In October, we hosted another outdoor social event at the Seafarer in Highlands on the Sandy Hook Bay, featuring live music, food trucks, a doggie Halloween costume contest, and a food drive for a local food pantry. We had rather sparse attendance at both events, however.

Given that our recent social events have been so sparsely attended, it might be prudent to again canvas the association to see what sorts of events members would like and be able to attend. Most of us are overscheduled with family, friend, and work commitments, so meeting together en masse has been difficult, despite arranging free events and choosing outdoor venues to allay any COVID concerns. We continue to be interested in what members may like to pursue, and all suggestions are welcome.

In October, we also offered a continuing education workshop on neurodivergence, presented by MOCPA member, Matt Zakreski. It was delivered virtually and attended by both MOCPA and non-MOCPA members. Twenty-one people signed up, seven of whom were non-members outside the association, and it received positive reviews. It nonetheless continues to be challenging to find continuing education speakers, despite increasing our honorarium to outside speakers. Ideas for our next presentation presently include a topic related to psychopharmacology and other medical treatments about which psychologists may be unfamiliar, but

which may be helpful to learn about when considering adjunctive therapies for one's patients.

Regarding technology, we will be abandoning our overly sophisticated Quickbooks account in favor of a DIY Excel spreadsheet for our accounting needs going forward. For remote meetings and workshops, we have been continuing to get by with borrowed virtual meeting platforms thus far, but as we noted last year, that will not be sustainable in the long term. We continue to weigh our technology options as needs arise.

The ability to replace board members perpetually into the future remains a problem, and as our current treasurer will be stepping down at year's end, we are again in pursuit of a replacement board member. Although pleas have gone out to the membership, there have been no takers thus far for this board position. Because state law requires that nonprofits have at minimum a board that includes a president, secretary, and treasurer, the failure to replace our treasurer may threaten the continued existence of the association. An informal pause or formal dissolution may be required, and we are researching our options and the laws that define what we may or may not be able to do and are identifying required procedures in the event of a pause or dissolution. Two other county affiliates have been experiencing similar challenges and are presently paused. Ideas to generate member interest in joining the board continue to be most welcome.

Finally, we continue to publish member directories and classified ads on the website, which have been particularly active this year, and deliver mass email announcements as needed. We invite members to reach out to the association with any feedback and requests that would improve the association and what it can offer its members. In the meantime, please have a safe and healthy 2024.