



MOCPA BOARD MEETING MINUTES

March 16, 2019

Meeting called to order at 3:10 pm

In attendance: Tamara Latawiec, Tara Lally, Lori Reilly

I. Welcome

II. Meeting Minutes (Tara Lally)

Meeting minutes from the December 9th board meeting were reviewed and approved.

III. Treasurer Report (Dolores Reilly)

Current Treasurer Report and Profit and Loss Statement, as well as those from two board meetings ago, were reviewed and approved.

IV. NJPA Meetings (Tamara Latawiec)

Tamara attended the December NJPA Executive Board Meeting. She informed the NJPA Executive Board that it has been too difficult to function simultaneously as both MOCPA President and MOCPA Representative to the NJPA Board. Tamara requested a volunteer from among the MOCPA membership to serve in this role for 2019; however, there were no volunteers. The NJPA Executive Board agreed to allow Tamara to step down without a replacement; however, they have kept her on the NJPA Board listserv so that she may continue to review Board meeting business and stay abreast of meeting minutes. Tamara also remains listed on the NJPA website as the MOCPA Representative despite not participating in meetings or decisions. Tamara did attend the Affiliate Caucus Meeting in January and will continue to do so in her capacity as President. The Caucus is currently working on revising the Affiliate contract with NJPA, developing bylaws for the first time, and carving out a harmonious and balanced relationship with the NJPA Board.

Deirdre Waters has been the MOCPA representative to the May is Mental Health Month initiative at NJPA, recently renamed Multicultural Mental Health Awareness, which now spans several months. She has requested that MOCPA donate money as prizes to a video contest (\$100 first prize, \$75 second prize, \$50 third prize for a total of \$225), and she would like to establish a second email account specifically for this project that she would manage herself, and also inquire about MOCPA member interest in a viewing party, both privately in her office and publically elsewhere in Monmouth County. The board discussed these requests and voted to express support for the initiative generally, but not

financially, in light of MOCPA's 501(c)6 status, which is not charitable in nature. Discussion also ensued about the possibility of funding the initiative with private donations outside the association.

V. Membership Status (Tamara Latawiec)

MOCPA lost four members from 2018 to 2019, but gained four new members as well, keeping our total count to 54 members. It is possible that MOCPA may continue to gain additional members as the year progresses, as the association did last year.

Tara was tasked to reach out to the four members who did not renew their memberships to ask them what made them decide not to do so, and she was also asked to reach out to members of the former MOCPA who are not currently members to invite them to join again, as some may not even be aware that MOCPA has been resurrected. Tara reported that some members expressed confusion over renewal, involvement, and membership status, issues that Tara addressed with them individually via email. Clarification was offered to former MOCPA members who responded to Tara's outreach, and continued involvement in MOCPA was encouraged.

VI. MOCPA Directories (Tamara Latawiec)

The 2019 MOCPA directories, both the internal version including all members and the public version including only full members, were distributed to MOCPA members. The abridged private practice version of the directory that will be searchable via Microsoft Excel will be distributed to the membership once it is modified for 2019.

VII. MOCPA Website (Tamara Latawiec)

As agreed upon in the last board meeting, the Forum was removed from the website and replaced with a Classifieds section. Minor aesthetic changes were also made to the website to create a more pleasing appearance.

VIII. MOCPA Bylaws (Tamara Latawiec)

The bylaws were also amended so that any mention of the Forum was removed from it, and the addition of a Classifieds section as a member benefit was included in it.

Tamara suggested that the Board consider changing Article IX of MOCPA's bylaws regarding dissolution of the association. Instead of distributing MOCPA's assets to NJPA, Tamara suggested that its assets instead remain in the MOCPA bank account until such time that the association reconstitutes. A motion was made to maintain the MOCPA bank account upon MOCPA's dissolution (rather than distribute MOCPA's assets to NJPA), and the Board approved said motion.

IX. January 13th New Year's Brunch (Tamara Latawiec)

MOCPA held its third social event on January 13th at the Carriage House Bed and Breakfast in Ocean Grove. Seventeen members registered for the event, but only fifteen showed, plus an unexpected spouse of a MOCPA member, who thankfully could be accommodated as a result of the two members

not showing up. It was a really lovely event that felt very warm, friendly, and intimate, and the exceedingly cozy and charming setting encouraged that experience. The bed and breakfast has also purchased the home behind it and is renovating it into a larger event space, so that will be an additional option in the future if MOCPA books there again. A selection of photographs has been posted to the MOCPA website.

X. Social Event Planning (Tamara Latawiec)

As discussed in our prior board meeting, MOCPA members Rick and Julie Zakreski agreed to host a spring event in their Red Bank home during the month of April and have now settled upon Sunday April 14th at 4pm for a catered dinner. The NJPA leadership will be invited to join us, and there is plenty of leftover wine from the October Wine and Cheese event that can be supplied. Tamara met with Julie and viewed her home, and they discussed layout. The Board discussed catering options.

A party boat tour will hopefully be planned for the summer. Classic Boat Rides and Teal Cruises are two options in Atlantic Highlands that look possible in light of the size of our group and the options they have available. Classic Boat Rides has a Navesink River Mansions Tour on Sundays from 3:30pm to 6:30pm beginning May 19th for \$41 for adults and \$28 for veterans. MOCPA members would have to buy individual tickets directly from the Classic Boat Rides website, and if they wait too long to do so, they may not get a space, given that these spots are available to the public as well. It would be anywhere from \$1100 to \$1500 to charter the whole boat privately, which is too expensive. MOCPA can supply its own catering, as many as 4 full trays of food or 8 half-trays of food, with a cash bar. MOCPA would have to charge members separately for the cost of the food. As an alternative, Teal Cruises would need to be emailed to inquire when their open boat cruises are available. Last year, open cruises were \$35 per person with a \$50 per person VIP option and included live music and BYOB, although food options are not known. Otherwise, Teal Cruises generally tends to operate via private charter, which again would be too expensive, given that the boat holds 75 people. The Board discussed rental options and dates and settled on a July weekend. Tamara is awaiting return correspondence from Teal Cruises.

XI. February 23rd Mindfulness CE Workshop (Tamara Latawiec)

Erin Mendoza and Josh Cohen co-presented on the topic of mindfulness in clinical practice for 2.5 CE credits at the Middletown Township Public Library, and a luncheon was included. Twenty-five participants signed up for the workshop, seven of whom were not MOCPA members, and three of those seven were folks who work for Autism NJ. The presentation was very good, and members also liked the luncheon. There were some minor issues with the venue itself.

XII. Continuing Education Planning (Tamara Latawiec)

MOCPA's original plan was to hold February's CE event at Monmouth University's Graduate Center at Monmouth University's Corporate Park, but the additional NJPA CE certificate fees on top of the cost of the program, the special event insurance, the custodial fee, and the luncheon would have been cost prohibitive, and the Middletown Library was secured at the last minute as a much cheaper option. The library is open on Saturdays during the day and is closed on Saturday evenings and on Sundays. If MOCPA continues to use the Library for all its CE events, those who have religious obligations on Saturdays or have private practice patients on Saturdays will have difficulty attending. The library is

willing to open the community room, kitchen, and bathrooms (but not the library itself) on Saturday evenings and on Sundays for an additional \$100, and there would be no assistance if our presenters required library staff help. MOCPA may have to consider having some of its workshops on Sundays at Monmouth University, assuming Monmouth University would still consider working with MOCPA again, but MOCPA would then have to forgo the luncheon component entirely in order to charge reasonable fees. Tamara is in the midst of investigating the Lincroft Unitarian Universalist Congregation of Monmouth County and the Red Bank Public Library as other possibilities. Robyn reported via email how using her Zoom account could potentially work if MOCPA were to pursue online CEs. The speaker would have to deliver the presentation in her office conference room, which can also accommodate roughly 20 people in-person, and as many as 50 participants could access the presentation remotely. Zoom also automatically makes a recording of the presentation, which might allow MOCPA to sell it as well, but further clarification is needed on that.

A greater issue is how to secure ongoing presenters. Tamara had secured a speaker for the spring through CPPNJ, a social worker and psychoanalyst who teaches and supervises at the institute and has a practice in Red Bank; however, the presenter requested that the event be postponed to the fall or winter, and she may need assistance from us with the empirical science and diversity research requirements. MOCPA member and former Monmouth University professor, Doris Klein Hiatt, suggested that she may be interested in presenting on an area of research that she had begun at Monmouth that remained unfinished at her retirement, a fascinating psychological and sociological hybrid analysis of “age compression” in our era. Tamara enthusiastically encouraged her to present on this topic, Doris indicated that she would consider doing so, but when Tamara followed up, there was no response. MOCPA member, Melissa Rivera Marano, has offered to present a workshop in the fall or winter on an immigration-related theme, and Tamara gladly accepted her offer. Another presentation or two is still needed prior to then, however. Doris Schueler, the President of the Middlesex County affiliate, reached out and asked if we would like to partner with them on a presentation in the future. They have contacted a Rutgers-affiliated professional who works in the autism field. Although presenters are not required to be psychologists, this autism professional, a non-psychologist, nonetheless did not feel comfortable presenting and suggested that she reach out to psychologists in the autism field whom she knows who may be interested. The location of the proposed event would also need to be determined, and the possibility that it could be in Middlesex County would also need to be considered. Tamara also reached out to the Rutgers GSAPP alumni listserv, and six psychologists responded with topics they care about. Two are again on mindfulness, although one is mindfulness for trauma, specifically. Another is treating opioid addiction, another is treating OCD with exposure and response prevention, another is CBT for children, and another is John Sarno’s pain management. Tamara can also reach out to a Rutgers GSAPP faculty member or two as well. None of the Monmouth University professors within the Counseling Department and within the Social Work Department have responded, and Christine Hatchard and Jamie Goodwin of the undergraduate psychology department at Monmouth appeared interested initially, but then did not respond once Tamara forwarded them the NJPA application. The Monmouth County domestic violence center charges \$300 per presentation, and it is not known if they would be amenable to the NJPA application and its requirements. In light of Tara’s connections with Monmouth University faculty, Tara reported the possibility of reaching out to specific Monmouth University contacts with whom she has personal relationships in both the undergraduate and graduate departments to ask them if they would be considering presenting for MOCPA prior to the June 30th CE deadline for the current licensure period. The Board agreed to have Tara reach out to Joanne Jodry, EdD, DMH to request that she present on any clinically related topic that she has studied, including but not limited to cultural competence, feminism, transformative travel (related to her trip to India), spirituality, etc.

Meeting concluded at 4:56 pm

Next Meeting Date is Sunday, June 30th

Submitted by Tara Lally, PhD