

The Conejo Connection

A Quarterly Publication of the
Conejo Valley Mental Health Professionals Association

www.cvmhpa.org

Spring, 2008



Mark Your Calendars

Friday, June 20th

Fibromyalgia.

Paul Barkopoulos, M.D., M.P.H., Assistant Clinical Professor, UCLA School of Medicine, Attending Physician Cedars-Sinai Medical Center will speak on **Fibromyalgia**. Dr. Barkopoulos is a psychiatrist who has, over the years, worked closely with both the Cedars-Sinai and U.C.L.A. pain programs in treating complicated, often treatment resistant patients.

Excuse Our Internet Dust

Even with best intentions, things don't always go the way we want. Our website (www.cvmhpa.org) has experienced some 'issues' of late and hasn't been updated recently. However—we are working diligently to get it up and running. Thanks for your patience!

New Slate of Officers for CVMHPA

The following members have been elected to the board of officers for the Conejo Valley Mental Health Professionals Association for 2008:

President—Howard Levitt, LMFT

Treasurer—Michelle Harway, PhD

Secretary—Susan Tschudi, LMFT

V.P. Membership - Sally Olshan, LMFT

Program Chair—Mary Ann Lovegren, LMFT and Judy Wiener, LCSW, LMFT

Hospitality Chair—Roberta Kopacz, LMFT and Linda Klug, LMFT

Marketing Chair—Lori Hops, PhD

Historian—Patrick Kolve, CHt

Prelicensed Rep—Helen Edler, MFT Intern

The new officers and other interested parties held a strategic planning retreat in March and are looking forward to working toward creating new and enhanced programs and opportunities for member involvement. The group is listed (along with telephone numbers) on page four of the newsletter so feel free to call for more information or if you have any questions.

Ask the Doctor—Ed Jesalva, M.D.

Recently a new medication, Vyvanse™, has been introduced to treat Attention Deficit Disorder. CVMHPA asked Dr. Ed Jesalva to answer some questions for us.

Q: What is Vyvanse™?

A: Vyvanse™, which is (lisdexamfetamine dimesylate), is a new stimulant marketed by Shire pharmaceuticals recently approved by the FDA for treatment of AD/HD. It is the first pro-drug used in psychiatry and has several advantages compared to its predecessors, Dexedrine, Adderall and Adderall XR.

Q: What are the advantages over the older preparations?

A: Its main advantages are

that its duration of action is longer, providing a smoother and longer coverage for stimulant activity. This makes administration very easy as one dose can last for 12 hours or more eliminating the need to remember multiples doses per day. For kids, this means the ability to focus to do homework and chores (yeah, right!) after school. For adults, greater focusing and attention to family members and activities outside of work. Ease of use always translates to greater compliance.

The drug's long duration of action also eliminates the "rebound" phenome-

non often seen in shorter acting preparations. Adverse effects are often seen in these medications when serum levels fluctuate shortly after ingestion and a few hours after the medication begin to wear off. Frequent adverse effects include irritability, fatigue, sleepiness and sometimes depression. Longer acting preparations like Vyvanse™ minimize these effects.

Secondly, Vyvanse™ is inactive in its native form and needs to be ingested in order for the medication to become active. This is a huge step in attempting to reduce the potential abuse of

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“And The Survey Said . . .” – Results from the Recent CVMHPA Survey

Recently CVMHPA members were asked to fill out an internet survey. Following are some of the results and responses:

- 60% of you are MFTs
- 25% hold a PhD or PsyD degree
- Less than 10% are pre-licensed
- And only 3.5% are medical doctors

The vast majority (over 90%) work in a private practice setting and the next largest group (13%) work in a school or university setting.

Most favored CVMHPA activities appear to be the general meetings at Sherwood Country Club (P.S. We are working on revamping the menu), accessing the membership directory and reading the newsletter.

Regarding our general meetings, you seemed to find most valuable getting those CEUs along with interaction with your colleagues. An overwhelming majority felt that the level of the presentations was good, not too basic and not too advanced. And most of you are satisfied with the speaker's abilities.

The CVMHPA board of officers works very hard each year to bring to the organization 5 separate meet-

ings that will meet your professional needs. We asked if you were satisfied with the amount of meetings and 75% of you agreed with the number with very few wanting less and a respectable number (18.5%) wanting more meetings per year. Almost 50% of you agreed that the one and one half hour format is the ideal length for presentations which gives one half hour for networking and an hour for the actual presentation.

The survey asked: *How interested would you be in attending a full day program with a nationally known speaker?* And a whopping 86.9% responded in the affirmative. We listened to your response and are hard at work to bring a person of national repute to speak at a CVMHPA meeting.

What are you MOST interested in learning about? According to the survey: Couples Therapy; Anxiety Disorders; Grief and Loss; Brain Research and Psychotherapy; and Cutting and Self Mutilation.

Additionally, Psychotropic Medications ranked high (See page one regarding Drs. Jesalva and Azad's upcoming workshop.) as did Practice Building and Marketing.

What are you LEAST interested in? Biofeedback/Neurofeedback; Computer Addiction; Adoption Issues;

Closing a Practice; Group Therapy; and Gastric Bypass.

CVMHPA is involved in many other endeavors than just the Sherwood meetings. What you find valuable are the newsletter, the website, and the community resource directory. But MOST valuable to the responders is being listed in the membership directory and referring to other's listings in the membership directory.

Our website www.cvmhpa.org is currently experiencing some technical problems, but you seem to like it and most of you appreciate the calendar of events and being able to search for a professional online. We are diligently working to get the website fully functional and up to date.

Many of the membership are too busy to be fully involved within the organization, but when asked for possible involvement many of you responded that you would gladly serve on a committee or write an article for the newsletter (if you have an article, please submit it to susantmft@gmail.com for possible publication).

We want to thank those who took the time out of your busy day to fill out the survey and give individual comments. Your responses are important to the board of officers.

We're listening.

Ask the Doctor (Continued from Page One)

stimulants in the hands of patients who wish to snort, smoke or other creative ways to abuse the drug.

Q: What is a pro-drug?

A: A pro-drug is a pharmacological substance that is administered in an inactive (or significantly less active) form. Once administered, the pro-drug is metabolized in the body into an active metabolite. In the case of Vyvanse™, dextroamphetamine is bonded to the amino acid lysine that is then cleaved to release active dextroamphetamine once orally ingested.

Q. Should I recommend that my patients switch to Vyvanse™ if they're not doing well on their current stimulant?

A: Not necessarily. There are many reasons for the lack of efficacy from a particular stimulant including misdiagnosis, lack of diagnosis of co-morbid disorders, drug or alcohol abuse, non-compliance, or intolerance to that particular medication. ADD/HD is a complex disorder with many overlapping disease states and factors in which medications is only part of the treatment. A multimodal

approach incorporating various disciplines ultimately yields a much better outcome.

Dr. Jesalva graduated from the University of Health Sciences-Chicago Medical School in North Chicago, IL. He finished his psychiatric training at Harbor General-UCLA Medical Center in Torrance, CA. He is currently in private practice in Westlake Village, CA where he specializes in the diagnosis and treatment of adults and adolescents with mood disorders, anxiety disorders, and ADD.

CVMHPA CLASSIFIED ADS

Office for rent: Thousand Oaks. Large room with 2 windowed walls and beautiful view. Available full-time. Waiting room. Extra soundproofing. Contact John (805) 449-4005 or Regina (805) 496-3811.

Office for Lease in Westlake Village: Unfurnished office, part of a three-office suite. Long established psychotherapy office, soundproofed, with signal light system, fresh paint and new carpeting. Easy weekend and night access (air conditioning operated for free on weekends and evenings). Contact Bruce Whitney, Ph.D. at 805-496-2343

Beautiful Office in Thousand Oaks: Dr. Beth Haynes and Dr. Irene DiRaffael are looking for a third therapist to rent office space. Rent is \$922 per month for private office full time with balcony. Available immediately. Call 805-435-4569.

Large Office For Rent: Large, decorated psycho-therapist office located in Thousand Oaks for rent by the hour or for the day. Private door entrance facing a patio and garden. Windows, wood floors, separate, very quaint waiting room area and a small kitchen area. Very quiet street location and private parking. For more information please contact Lily Goldfarb, LCSW at 805-490-0455.

Office Space in Moorpark: Adult and play therapy offices open in Moorpark's only group practice. Next year, renters can stay in current location or move to a new medical building office atop Peach Hill. For more information, call Renee Haas, MFT at (805) 405-8642

Office Space for Rent: Thousand Oaks. Prime location adjacent to the Oaks Mall in Marin Corporate Center. Full or Part Time. Furnished or unfurnished office with a view of wooded area. Ample parking.

Located off the 101. Call Sara Rector, MFT at (805) 494-1414 or email her at rector181@aol.com or www.sararector.com

Westlake Village Office: Freeway close, great location, windowed office suite available by day or week. Hardwood floors, kitchen, wireless internet, fax and call lights. Please contact Stephen Irshay at irshaymft@sbcglobal.net or (818) 707-2200 or drmary212@aol.com or (818) 991-6040 for info.

Paid Internship: Opportunity for unlicensed MSW or MFT. Group therapy and addiction experience necessary. Positions available in Westlake Village, Encino, and West Los Angeles. Networking and marketing experience a plus, must be highly motivated. Internship hours and excellent supervision provided. Flexible hours—evenings and weekends needed and must be available 2nd and 4th Wednesdays from 12:30 to 2 p.m. for group supervision. Contact Teresa Courtwright, Office Manager, West Coast Counseling Center (818) 986-0062

Looking to Relocate Your Office? Caroline Bigelow—commercial real estate specialist with CB/Richard Ellis can help find the perfect office space for you. Experienced, efficient and trustworthy—contact Caroline for more information at (805) 338-8404 or email caroline.bigelow@cbre.com

ADDICTION AND THE FAMILY

Thursday Evening, May 29th – 6:30 to 9:00

Aurora Visa del Mar Hospital

2 **Free** CEU's

For more information & to RSVP

Contact Martha Bishop 805-653-6434, ext. 243

Or mbishop@aurorabehavioral.com

Recognizing/Treating Depression in the Elderly—from The Harvard Mental Health Letter

TREATMENT TIPS:

√ Depression may cause atypical symptoms in the elderly. Particularly common are somatic symptoms (heart palpitations, fatigue, tremors, body aches/pains, nausea, dizziness, shortness of breath, fainting, heavy perspiration, or facial flushing. Mood disturbance may show up as anxiety, irritability or preoccupation with death.
√ Selective serotonin reuptake inhibitors are recommended first in

the elderly mainly because these drugs have less dangerous side effects than other antidepressants and are less likely to interact with other medications.

√ Experts advise starting medication at half the dose used in younger adults because elderly people often have co-existing medical problems, and because they metabolize some drugs more slowly and are more at risk for drug interactions compared with younger people. The

dose can very slowly and gradually be increased to recommended levels.

√ Maintaining treatment is important to prevent relapse because as many as 38% of elderly people who experience an initial bout of depression will suffer a recurrence in 3 to 6 years. Recommendations about how long to continue taking a drug after remission vary, from 6 months to 2 years—or even indefinitely.

- Harvard Mental Health Letter, Volume 24, Number 8, February 2008

Why Serve On The CVMHPA Board?

Unto many Americans, there comes an opportunity (if you consider it as such) to serve on a board of some organization devoted to pursuing a worthwhile endeavor. What to do? On the positive side, the total effect of thousands of boards of people coming together to achieve worthwhile goals is very beneficial and invaluable. Serving on a board can be rewarding. It provides an opportunity to meet interesting people, and, if you have the aptitude and temperament for it, it can be fascinating as you view human drama being played out before you. You are dealing with real people, not wooden pawns or playing cards, and real people have their motivations and their machinations. Then there is the challenge of making it all work, and for a good cause. Here are some reasons why people join boards: they know their skills are needed; an organization is going to improve and will benefit from their contributions; there is a possibility to bring about change in an organization; they will feel good by doing good; they enjoy collaborating with interesting people who have the same interests; they want to give back to the community; and it can be fun.

If you have any interest in joining the CVMHPA board, please contact a board member for more information.

(Excerpts from Letters in Lifemanship—Brian Bell)

Conejo Valley Mental Health Professionals Association Board of Officers

President: Howard Levitt, LMFT	805-495-0375
Treasurer: Michele Harway, PhD	805-795-4390
Secretary: Susan Tschudi, LMFT	805-557-0405
V.P. Membership: Sally Olshan, LMFT	818-865-8701
Co-Chair Hospitality: Roberta Kopacz, LMFT	805-531-7250
Co-Chair Hospitality: Linda Klug, LMFT	805-526-2190
Marketing Chair: Lori Hops, PhD	805-496-8432
Co-Chair Programs : Mary Ann Lovegren, LMFT	805-449-8193
Co-Chair Programs: Judy Wiener, LMFT, LCSW	818-870-0435x3
Newsletter: Susan Tschudi, LMFT	805-557-0405
Prelicensed Rep: Helen Edler, MFT Intern	818-512-9761
Past President: Linda Lower, LMFT	805-484-3214

All are welcomed to attend the monthly meetings (first Friday of every month from 9 to 11 a.m. at the Los Robles East Facility at 150 Via Merida in Westlake Village). Call a member to verify the date or if you have questions/need more information.

CVMHPA MEETINGS, SCHEDULES, and INFORMATION

◆ CVMHPA Meeting Dates [at Sherwood Country Club]

Mark Your Calendars for the following dates:

June 20th—*Paul Barkopoulos, M.D., M.P.H., Assistant Clinical Professor, UCLA School of Medicine, Attending Physician Cedars-Sinai Medical Center will speak on **Fibromyalgia**. Dr. Barkopoulos is a psychiatrist who has, over the years, worked closely with both the Cedars-Sinai and U.C.L.A. pain programs in treating complicated, often treatment resistant patients.*

COMING SOON: *Ed Jesalva, M.D. and Fay Azad, M.D.* will present a workshop on **Psychopharmacology**. Registration will begin at 8:30 a.m. and the workshop will conclude at 2 p.m. Lunch will be served. Watch the mail for more info .

September 19th—**Annual State of Mental Health**

CVMHPA Meet & Greets 2008

Brown bag lunch discussions held monthly from noon to 1 at Teen Scene Outpatient Program, 30343 Canwood #208A, Agoura Hills. No RSVP necessary. No charge. More information? Contact Judy Wiener LCSW, LMFT at (818) 870 0435x3 or j-wiener@sbcglobal.net

May 9—Cathy Severson, MS
Topic: *VISTA Cards as a Tool in Therapy*

June 6—Susan Tschudi, LMFT
Topic: *Understanding Adult AD/HD*

September 5—Daniel Gatlin, Psy.D.
Topic: *Advances in the Treatment of Addictions*

October 3—Roberta Kopacz, LMFT
Topic: *Caregiver Burnout & Issues of Aging*

November 7—Diana Barnes, Psy.D., LMFT
Topic: *Maternal Depression & Disrupted Attachment*

December 5—Catherine Robson, CFP
Topic: *Financial Coaching for Therapists*

If you have an area of expertise or specialization and wish to share it with the community at large, please contact Programs Co-Chair, Judy Wiener to submit your proposal.

◆ CVMHPA Meeting Guidelines

DRESS CODE: Due to a policy set by Sherwood Country Club, anyone wearing **DENIM** clothing will not be admitted to the meeting.

RESERVATION POLICY: We regret that we cannot accommodate walk-in guests at our meeting. Reservations must be made in advance and must be post-marked by the **Friday** prior to the meeting.

In order to receive a cancellation refund, you must send a notification by FAX to (805) 492-6220 by the **Monday** prior to the meeting. No credits given - sorry, no exceptions.

ETC: Be prepared to show your driver's license at the gate when you arrive. If you arrive more than *5 minutes late* or leave more than *5 minutes early* you will not be entitled to CEUs or MCEPs.