



MOCPA BOARD MEETING MINUTES

February 2, 2020

Meeting called to order at 10:40 am

In attendance: Tamara Latawiec, Deirdre Waters, Dolores Reilly, Robyn Koslowitz

I. Welcome

II. Meeting Minutes (Tamara Latawiec)

Meeting minutes from the November 10th board meeting were reviewed and approved.

III. Treasurer Report (Dolores Reilly)

Current and prior Treasurer Reports and Profit and Loss Statements were reviewed and tabled for another review at the next board meeting, so approval is pending.

IV. NJPA Meetings and Initiatives (Deirdre Waters)

As NJPA Representative, Deirdre will be attending NJPA Executive Board Meetings for 2020, and Tamara will continue to attend the Affiliate Caucus meetings along with Deirdre. The first NJPA Board meeting for 2020 occurred last month under new NJPA President Lucy Takagi. It was followed by a novel joint Affiliate Caucus meeting at which the NJPA Board was also present. Susan Esquilin will serve as Member-at-Large of the Affiliate Caucus, replacing Daniel Lee, who is now NJPA President-Elect.

Deirdre reported highlights from the NJPA Board meeting. She noted that the Mental Health Awareness Initiative is underway again this year and will again include a video contest. She will distribute the application and other relevant information to MOCPA members via email blast. She also noted plans for a Prescription Privileges Committee Meeting and announced an IMPAC workshop. Finally, she also reported that school boards will be hiring mental health professionals in the schools to serve students.

Highlights from the joint Affiliate Caucus meeting with the NJPA Board include the Mental Health Awareness Initiative as well as improving the relationship between NJPA and the Caucus. Tamara noted that a new listserv from NJPA has been developed that will include all affiliate board members.

V. *Membership Status (Tamara Latawiec)*

MOCPA gained and lost several members for 2020, bringing our membership down slightly to 53 members. Members who have opted not to renew their memberships include: Barbara Barrett, Mary Blakeslee, Victoria Cefaratti-Miller, Joshua Cohen, John Hennessy, and Tara Lally. New members include: Kyle Barr, Lauren Gerardi, and Donna Phair. A non-member attended the New Year's Brunch last month, and Tamara encouraged her to join the association afterward, but she did not do so.

VI. *MOCPA Directories (Tamara Latawiec)*

Directories for 2020 have been updated and disseminated. They include the internal directory of all MOCPA members, the abridged private practice directory, the directory of full members available through the MOCPA website, and the current member listing for NJPA.

VII. *MOCPA Website (Tamara Latawiec)*

The website was modified to note that Classified ads are now free for MOCPA members for three months of advertising. This change was announced to the membership via email, along with the MOCPA board decision that very occasional posting of member announcements via email will now be piloted and will be limited to seeking or offering office space, employment, or supervision. These announcements can then be added to the Classified ad page of the website as well.

VIII. *MOCPA Bylaws (Tamara Latawiec)*

Bylaws changes for 2019 were relayed to NJPA and approved on their consent agenda at last month's NJPA Board meeting.

It was noted that our bylaws stipulate quarterly board meetings, and the board discussed having greater flexibility with scheduling meetings, scheduling more or less as needed. The board approved amending the bylaws to reflect this greater flexibility.

IX. *Recent Events (Tamara Latawiec)*

Due to low enrollment, the November 17th Eating Disorders Workshop was moved to Tamara's Red Bank office from the Middletown Quality Inn. Ten people attended, and one or two people were unable to be accommodated due to the confines of the office space. There were a number of late registrants and non-members in attendance. The workshop was wonderful, and the smaller space and lower number of participants created a warm and intimate feeling and made the event enjoyable despite the tight squeeze. The speakers were very engaging, and a lot of free and easy discussion ensued.

The January 5th New Year's Brunch at the Carriage House in Ocean Grove was lovely and delicious, but it occurred in their new dining room, which lacked the intimacy of their former breakfast room space. This event too garnered only a few participants, one of whom was not a MOCPA member, totaling six people in all, with one person not showing up.

The low participation in events was discussed among the board. It is possible that the novelty of the revived association encouraged greater participation and curiosity at the outset, but now that members

have been introduced to the association and have attended a few events, interest in attending future events may have dropped off, as members may now be more selective in their future participation.

X. Social Event Planning (Tamara Latawiec)

Tamara suggested afternoon tea for a spring social event at Sweet Tease in Belmar or Cedars and Beaches in Long Branch. Several board members suggested that rather than continue to schedule events where the main event is conversation with food, an event during which an activity occurs might be preferable and may reduce any social anxiety related to conversation and networking that may be present. Suggestions included: a beach bonfire; a painting party; hatchet throwing; a community food drive followed by a BBQ; a garden or house tour followed by food and/or drinks; a cooking class; and kayaking, hiking, or walking in parks or around a reservoir or boardwalk. The board decided that the annual Keyport Garden Walk on June 7th would be a good activity for our spring social. It is also free to participate, so there will be no need to arrange for tickets. Afterward, if members wish, they can stop at a café or restaurant for refreshments.

Events were initially intended to occur seasonally, with social events ideally occurring four times per year. The suggestion that attendance might improve with fewer events was discussed, and it was determined that one spring and one fall event might be prudent to pilot, forgoing summer and winter social events.

XI. Continuing Education Planning (Tamara Latawiec)

The next continuing education workshop will occur in a few weeks on complicated grief and will be presented by MOCPA member Bonnie Gorscak. So far, eighteen people have registered, and more are expected to do so, given that the deadline to register is still twelve days away.

MOCPA member Melissa Rivera Marano had offered to present on an immigration related theme, initially planning for last fall, then postponing to this spring, and now unfortunately postponing again. Melissa is now President-Elect for the Latino Mental Health Association of New Jersey, so she is very busy, but said she would like to collaborate with MOCPA when she becomes President.

Tamara reached out to one of the people who had responded to her plea for speakers last year, Priyanka Upadhyaya, a former classmate who could present a workshop on trauma, but she did not hear back from her. Tamara reached out again yesterday. Tamara noted that after Bonnie's workshop, no other workshop is lined up, and speakers are therefore desperately needed. The board discussed possible future speakers and continuing education topics, including Anne Farrar-Anton on psychotropic drugs, an NJPA Ethics Committee presentation, Maryanne Layden on domestic violence, Robyn Koslowitz on post-traumatic parenting, and Mark Lewandowski from Monmouth University on relationship dynamics. Board members agreed to reach out to the potential speakers to inquire about their willingness to present a workshop for us.

XII. Elections (Tamara Latawiec)

Elections did not pan out as hoped. No one nominated themselves for a position. However, we are very grateful that Deirdre volunteered to take on the role of Representative to the NJPA Board, which is a very important and time-intensive role. Robyn also graciously agreed to function as Secretary, replacing

Tara, who stepped down. And Lori and Tamara will continue in their current capacities. So no elections occurred, given that there was only one person available per position. The possibility that we may again be faced with no nominees for next year was noted.

Meeting concluded at 12:35 pm

Next Meeting Date is Sunday, May 16, 2020 at 10:30 am.

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