



VACP SPRING CONFERENCE

3-5
APRIL

MENTAL HEALTH THROUGH THE LENS OF AN INTEGRATED CARE MODEL

10 HOURS CE CREDITS

This engaging event aims to enhance our understanding of mental health by emphasizing the interconnectedness of emotional, physical, and social well-being. The integrated care model recognizes that mental health does not exist in isolation; instead, it is profoundly influenced by various factors, including physical health and community support. Throughout the conference, we will highlight the importance of collaboration among healthcare providers, mental health professionals, and community resources to foster a comprehensive support system for individuals.

Participants will explore strategies for prevention and early intervention that promote mental wellness and effectively address risk factors. Empowerment and education will be key focuses, as we aim to equip attendees with the knowledge needed to advocate for clients' mental well-being and make informed decisions about their care. We will promote community engagement by highlighting initiatives that support mental health and emphasizing the importance of social connections.

This spring, let us engage in meaningful discussions about mental health resources and integrated care approaches. Join us in this vital conversation and help shape the future of mental health care.

REGISTRATION FEES

- VACP Member - \$295
- VACP Student Member - \$195
- Student (Undergrad) - \$30
- VAPS Faculty Member - \$75

\$25 Late fee for all registrations received after March 7, 2025.

REGISTRATION DEADLINE

March 20, 2025.

**Scan to
register now!**



**KINGSMILL RESORT
WILLIAMSBURG, VA**

SCHEDULE OF EVENTS

THURSDAY, APRIL 3

7:00 pm - 10:00 pm VACP Board of Directors Meeting

FRIDAY, APRIL 4

8:00 am - 9:00 am Registration and Breakfast

9:00 am - 10:00 am Course 1 - *The Unique Experiences of Females with Disorders of Gut Brain Interaction*

9:00 am - 12:00 pm Student Paper Sessions 1 and 2 (VAPS)

10:00 am - 10:15 am VACP Refreshment Break

10:00 am - 12:00 pm Student Poster Session 1 (VAPS)

10:15 am - 12:15 pm Course 2 - *The Intersection between Psychology, Neurology, and Gerontology: Older Adult Clinical Neuropsychology for the General Practitioner*

12:15 pm - 2:00 pm VACP Membership Meeting and Luncheon* (Registration Required)

2:00 pm - 3:00 pm Course 3 - *Spectrum of Collaborative Care Models: Insights from Psychologists Integrated in a Hospital System*

2:00 pm - 4:00 pm Student Poster Session 2 (VAPS)

3:00 pm - 3:15 pm VACP Refreshment Break

3:15 pm - 4:15 pm Course 4 - *Collaborative Care Direct: A New Approach to Mental Health in Direct Primary Care Settings*

4:15 pm - 4:30 pm Break

4:30 pm - 5:30 pm Course 5 - *Integrating Clinical Neuropsychology into Chronic Disease Management: The Role of Lifestyle Factors in Promoting Healthy Cognitive and Psychological Functioning*

4:30 pm - 6:30 pm VAPS Annual Meeting

5:30 pm - 6:30 pm VACP Members Reception*

Dinner is on Your Own *** Restricted to VACP Members Only**

SATURDAY, APRIL 5

7:00 am - 8:00 am Registration and Breakfast

8:00 am - 10:00 am Course 6 - *The Impact of Social Determinants of Health on Clinical Psychology Practice*

10:00 - 10:15 am Break and Hotel Check-Out

10:15 am - 11:15 am Course 7 - *CCASUM: From Theory to Practice*

11:15 am - 12:15 pm Course 8 - *Managing Chronic Health and Mental Health Needs Across the Lifespan: Three Case Studies of Integrated Care in a Rural Setting*

KINGSMILL RESORT
WILLIAMSBURG, VA

Course 1

The Unique Experiences of Females with Disorders of Gut Brain Interaction

Presented by: Ellen C. Joseph, Ph.D. (GI Psychology)



One group of health conditions that uniquely and disproportionately impacts females are disorders of gut brain interaction (DGBIs). DGBIs, which were previously known as functional gastrointestinal disorders (FGIDs), are conditions without organic etiology that are attributable to a disturbance in the gut-brain axis. It is imperative that psychologists understand the unique experiences of females with DGBIs to better assess symptoms, educate patients, and treat these conditions as a part of the larger multidisciplinary treatment team.

Objectives:

1) Identify 1-2 sex-based structural and hormonal differences in experiences of GI conditions. 2) Explore the intersectionality of gender identity, societal norms, and cultural norms within females' experience of DGBIs. 3) Name and describe 2-3 ways psychologists can modify assessment and treatment to better target the unique needs of females with DGBIs.

Dr. Ellen Joseph is a licensed Clinical Health Psychologist. Dr. Joseph is the Partnership Liaison for GI Psychology. Dr. Joseph's patients value her genuine and empathetic treatment style, fostering a non-judgmental space where they feel understood. With extensive training in primary care, women's health, and hospital settings, she brings a wealth of experience spanning all ages and diverse concerns.

Course 2

The Intersection between Psychology, Neurology, and Gerontology: Older Adult Clinical Neuropsychology for the General Practitioner (Introductory)

Presented By: Kim Coddington, Ph.D. (Regent University)



This presentation is designed for the generalist psychologist and offers a survey of topics related to geriatric neuropsychology. The focus will be on recommendations for integration of psychology practice with gerontology and neurology.

Objectives:

1) Participants will be able to explain basic administration and interpretation of multiple older adult assessment screenings including mental status evaluations and brief neuropsychological assessment measures designed for specific cognitive concerns. 2) Participants will be able to explain the impact of multiple chronic medical conditions affecting emotional and cognitive functioning of older adults including diabetes, stroke, Parkinson's disease, Alzheimer's disease, and depression.

Kimberley Coddington, Ph.D. is an assistant professor in the School of Psychology & Counseling at Regent University. She received her doctorate in Counseling Psychology from Gannon University in 2006 and completed a pre-doctoral internship and two years of post-doctoral training in neuropsychology. She is licensed in two states and has been a Licensed Clinical Psychologist in the Commonwealth of Virginia since 2020 and a Licensed Psychologist in the Commonwealth of Pennsylvania since 2007. Dr. Coddington has more than 16 years of experience including clinical work, supervision of trainees, teaching and administration.

Course 3

Spectrum of Collaborative Care Models: Insights from Psychologists Integrated in a Hospital System

Presented by: Shana Bellow, Ph.D. LCP, PMH-C, Mary Hill, Ph.D. (Inova Behavioral Health - Fairfax) and Guinnevere Baranowski, PsyD (Inova Children's Hospital/Inova Peterson Life with Cancer)



Clinical psychologists embedded within healthcare settings are uniquely positioned to address a wide range of emotional and psychological stressors impacting medical outcomes. Whether as a consultant or integrated members of the treatment team, psychologists play a vital role in evaluation and assessment, psycho-education, and therapeutic interventions to help promote adherence to medical protocols, foster coping/adjustment to illness, and improve behavioral management of medical conditions. Our presentation will feature clinical psychologists working collaboratively within three sub-specialties in a diverse hospital system. Our panelists are clinical psychologists currently working in the areas of perinatal health, pediatric oncology, and pain management at Inova. Each panelist will provide a brief overview of their day-to-day responsibilities, experiences working in a collaborative environment, and share clinical case scenarios that highlight the application of evidenced based treatment modalities. Panelists will also discuss cross-cutting clinical strategies of their work with a focus on the complexities of the grieving process across the lifespan. Audience members will learn more about different types of grief including loss of functioning due to illness or pain, impact of life transitions on identity, and death of a loved one. Attendees will be encouraged to ask questions or contribute comments at the end of the presentation.

Objectives:

1) Describe at least two important events contributing to the evolution of clinical psychology in integrated medical and hospital settings. 2) Identify three advantages and challenges of working in a collaborative and/or integrative care model of service delivery. 3) Describe three evidenced based clinical interventions used in medical settings. 4) Identify at least three unique symptoms of grief and loss from pediatric and adult perspectives.

Dr. Shana Bellow is a licensed clinical perinatal psychologist and is a part of Inova's women's behavioral health program with over twenty years of clinical, program management, and research experience. She has expertise with birthing persons and their families during the perinatal and postpartum periods as well as healing from trauma, grief, and loss. Dr. Bellow strives to equip individuals with tools to promote self-advocacy, pursue healthy outcomes and understands that even during the most difficult situations, there is the potential for growth and healing.

Course 4

Collaborative Care Direct: A New Approach to Mental Health in Direct Primary Care Settings

Presented by: Stacie Otey-Scott, Psy.D.

This presentation will consider how a Collaborative Care Direct (CCD) model for behavioral and mental health care can become the companion to Direct Primary Care services. Collaborative Care Direct aims to enhance the ability of direct primary care providers to support patients with necessary mental and behavioral health services. This kind of support is a critical component often overlooked in traditional care models. By establishing affordable monthly membership agreements for both physical and mental health care, this model ensures that comprehensive care remains accessible and financially sustainable for patients.

Objectives:

1) Explore the practical implementation of the collaborative care direct model for mental health private pay providers and direct primary care providers. 2) Analyze how the collaborative care direct model can alleviate common challenges faced by direct primary care and other medical providers such as timely access to mental and behavioral health providers and resources. 3) Identify the benefits and limitations of employing the collaborative care direct model for providers and patients.



Dr. Stacie Otey-Scott is a licensed clinical psychologist in the Commonwealth of Virginia. Her experience includes time spent as a Primary Care Psychologist with Eastern Virginia Medical School and as the Clinical Director for Summit Wellness Center at The Mount Chesapeake. She now serves as a staff psychologist at the College of William and Mary and as owner of Doctor SOS, which recently announced The Well on High by Doctor SOS, an innovation in care for women of color. Her media presence has included national radio and television with appearances on the Oprah Winfrey Network, and she is featured in multiple seasons of the Stress Less with Dr. SOS on streaming platforms.

Course 5

Integrating Clinical Neuropsychology into Chronic Disease Management: The Role of Lifestyle Factors in Promoting Healthy Cognitive and Psychological Functioning

Presented by: Anna S. Ord, Psy. D. (Regent University)



This presentation offers a comprehensive review and meta-analysis of the roles that various lifestyle factors (i.e., exercise, sleep, mental engagement, tobacco use, alcohol use, chronic pain management, and the management of diabetes and hypertension) play in neuropsychological functioning and healthy aging. Drawing on ten previously published (or presented) studies, this synthesis examines the cumulative and comparative effects of these factors on cognitive health.

Objectives:

1) Summarize and synthesize information from all findings of 10 studies. 2) Meta-analyze comparing effect sizes for various lifestyle interventions. 3) Explore the roles that various healthcare providers can play in promoting healthy aging and managing chronic disease.

Dr. Anna Ord, born and raised in Russia, she received a Bachelor's Degree in Business Administration from the Academy of National Economy in Moscow and then moved by herself at 19 to the United States to obtain a Master's Degree of Business Administration from Miami University in Oxford, Ohio. After graduation she started as a Management Trainee at a large logistics corporation in Florida and over the next seven years progressed to the level of a Manager of Operations Support and later Manager of Transportation Solutions. Ord and her husband made Virginia Beach their home in 2011 after living in Florida for many years. They are Steelers fans and enjoy watching football as well as going to football games.

Course 6

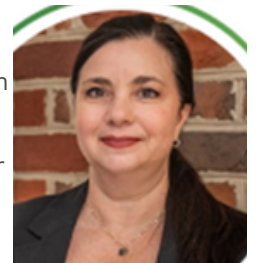
The Impact of Social Determinants of Health on Clinical Psychology Practice: Examples of Multi-level Interventions and Action Responses

Presented by: Shannon G. Kuschel, PhD. (Regent University), Cassandra Page, Psy.D. (Regent University)

This presentation will provide a review of information related to SDOH, as well as their complex and significant impact on population health and well-being. Implications relevant to clinical psychology practice will be explored. Particular attention will be paid to risk, protective, and resilience factors, providing direction for intervention at the individual, family system, and community level. Interdisciplinary perspectives from neuropsychology, health care, diversity, and education specialists will be shared. Lastly, a panel of local clinical psychologists will provide examples of their current work addressing various aspects of SDOH in their quest to affect meaningful and sustainable change.

Objectives:

1) Understand the importance of collaborative care in enhancing patient outcomes through integrated approaches to lifestyle modifications and chronic disease management, 2) Discuss clinical implications and evidence-based recommendations for promoting healthy aging in clinical settings.



Shannon G. Kuschel, PhD, is an Assistant Professor and External Practica Coordinator for the PsyD program in the School of Psychology & Counseling at Regent University. She is also the Co-Director of the Center for Research in Clinical Neuropsychology. She earned a doctorate in Educational Psychology & Special Education from Regent University, and a Master of Science degree in Counseling Psychology from Palm Beach Atlantic University. She is a Licensed Professional Counselor in the Commonwealth of Virginia. Her current research focuses on topics at both ends of the life span, to include cognitive, social, and learning development/interventions with diverse child and adolescent populations, as well as brain health lifestyle factors in relation to the neuropsychological functioning of older adults.

Cassandra Page, Psy.D., is the Assistant Dean and Associate Professor for the College of Health & Behavioral Sciences at Regent University. Page's passion for integrating faith, multicultural competence, and psychology training developed while completing undergraduate studies at Pepperdine University and was further fueled during graduate training at Rosemead School of Psychology. Her unwavering charge to return to a Christian graduate school community that values integrating faith into practice while also emphasizing mentorship of minoritized students in the clinical psychology field was fulfilled with her appointment at Regent. Page's love of mentorship is continually demonstrated through her roles as niche mentor for students of color, faculty advisor to the Association of Black Psychologists' Student Circle, and founder of the Academy of Minority Identity Development and Advocacy (AMIDA) research team.



Course 7

CCASUM: From Theory to Practice

Presented by: Hannah Jones, Psy.D. (Prosper Health), Aryssa Washington, Psy.D. (Nebraska Department of Health and Human Services)



The Connection, Competency, Attunement, Safety, Understanding and Meaning (CCASUM) model of BIPOC caregiving emphasizes the critical importance of cultural competence, historical trauma awareness, and the intersectionality of identities in childrearing contexts. Drawing on the Attachment, Self-Regulation, and Competency (ARC) framework and other prominent trauma and attachment theories, the model addresses the unique challenges faced by BIPOC caregivers and those they care for. Presenters will provide a detailed overview of the model's components, including strategies for enhancing attachment security, promoting self-regulation, and building caregiver and client competencies.

Objectives:

1) Participants will be introduced to the CCASUM model of trauma-informed BIPOC parenting. 2) Participants will apply the principles and theory underlying this model to their clinical practice with BIPOC caregivers.

Hannah Jones, Psy.D., is a VA/PsyPact-licensed clinical psychologist committed to fostering inclusivity and empowerment in mental health. Dr. Jones specializes in culturally responsive care, child and adolescent development, neurodiversity, and integrative, trauma-informed interventions. Driven by a dedication to recognizing the dignity and personhood of all clientele, Dr. Jones provides neuroaffirming autism assessments for adults who were often overlooked in health and education systems at Prosper Health. She also teaches and mentors at Clinical Psychology doctoral programs, guiding students and collaborating with faculty and community supervisors on developing and implementing identity-affirming, responsive clinical practices. Dr. Jones extends this spirit of advocacy as a board member and Diversity Committee co-chair of the Virginia Academy of Clinical Psychologists.



Aryssa Washington, Psy.D. is the licensed clinical psychologist in the juvenile service's residential treatment centers with Nebraska's Department of Health and Human Services. Dr. Washington has worked as a Psychologist Supervisor in Wisconsin DJC, Clinical Director at a youth Residential/Day Treatment Center in Alabama, and a float Psychologist working within a university hospital system providing inpatient, day treatment, and residential treatment services. She has specialized experience in developing, implementing, evaluating, and contextualizing programs and treatment approaches to the needs of youth or systems providing services. Dr. Washington often provides trainings and consultation around cultural humility and guides for working with minority youth who exhibit symptoms related to cluster b personality traits, dysregulated mood, disruptive behavior, and significant trauma histories. She received a Master's in Forensic Psychology from Roger Williams University in 2012 and Doctorate in Clinical Psychology from Regent University in 2017.

Course 8

Managing Chronic Health and Mental Health Needs Across the Lifespan: Three Case Studies of Integrated Care in a Rural Setting

Presented by: Kelly Atwood, Psy.D., David Switzer, M.D., Timothy Schulte, Psy.D. (James Madison University)



Rural medically underserved communities face significant challenges around issues of mental health for accessibility, availability, acceptability, affordability, and stigma. Integrated primary care and behavioral health models help to address these challenges through improved access (one stop access), coordinated care between behavioral health and primary care, appropriate diagnostic testing and treatment planning, and ongoing coordinated care.

Objectives:

1) Understand the benefits and challenges of integrated care across the lifespan, 2) identify the components and stages of an integrated treatment plan, and 3) understand unique challenges of providing integrated care across the lifespan in a rural setting.

Dr. Atwood is the Director of JMU's Counseling and Psychological Services and Interprofessional Services for Learning Assessment clinics and an Associate Professor in the Department of Graduate Psychology. Dr. Atwood received a doctorate in Clinical and School Psychology from James Madison University and is licensed as both a professional counselor and clinical psychologist in the state of Virginia. She is a credentialed Health Service Psychologist and is credentialed staff with Valley Health Page Memorial Hospital. Dr. Atwood has expertise in the areas of family separation and loss, attachment, complex trauma, PTSD, and primary care mental health integration.



Dr. Switzer is a graduate of the University of Virginia School of Medicine. Dr. Switzer is currently the Medical Director at James Madison University's Health Center and the Medical Director of the Page Free Clinic. He is the former Medical Director of Primary care for the Valley Health System, a former member of Page Memorial Hospital's Board of Directors, and served as the Hospital's Vice President of Medical Affairs from 2015 to 2017. Dr. Switzer has been active in an integrated primary care behavioral health model of practice for over 20 years.



Dr. Schulte is a Clinical Professor Emeritus in the department Graduate Psychology at James Madison University. His is a licensed Clinical Psychologist, Professional Counselor, Marriage and Family Therapist, and Health Service Psychologist. He has his doctorate in Combined- Integrated School-Counseling- and Clinical Psychology and serves as Senior Clinician in Residence with Counseling and Psychological Services Clinic at JMU. He has worked with integrated Pediatric and Primary Care medical practices and maintains an active private practice.

GENERAL MEMBERSHIP NOTICE

In accordance with the VACP Bylaws, the membership of VACP will gather on Friday, April 4, 2025 to conduct business on behalf of the organization. All members in good standing are invited to attend.

SAVE THE DATE: FALL 2025 CONFERENCE



**October 9 - 11
Jefferson Hotel | Richmond, Va**

2025 Spring Conference Registration

Register Online [here](#) or complete the registration form and submit with payment to:
VACP • P.O. Box 29069 • Henrico, VA 23242-0069 • VACPoffice@gmail.com

Attendee Name: _____ (will be used for name badge)
Dietary / ADA Considerations: _____ (Please submit by March 7)
Phone: _____ Cell: _____ Email: _____
Emergency Contact: _____ Phone: _____

Daily Registration Fees (Includes all CE and meals listed below. Must register for meals by March 7th. No exceptions.)

- \$295 VACP Member General Registration** - Includes all CE, Friday and Saturday breakfasts, Friday lunch, and Friday reception.
- \$395 Non-VACP Member General Registration** - Includes all CE and Friday and Saturday breakfasts.
- \$195 VACP Student Member General Registration** - Includes all CE, Friday and Saturday breakfasts, Friday lunch, and Friday reception.

The following events may be included in your registration, please indicate which you will be attending:

- Friday Breakfast Saturday Breakfast
 Friday CE Presentations Saturday CE Presentations
 Friday VACP Member Luncheon (Limited to first 60 members)
 Friday VACP Reception

- \$30 Student General Registration (Undergraduate and Graduate)** - Includes Friday breakfast (Registration is required of ALL students presenting **and** attending VAPS sessions only.) *VAPS membership is a separate process that must be completed on the VAPS web site.*
- \$75 Virginia Association for Psychological Science Members (VAPS)** - Includes Friday breakfast (Registration is required of ALL VAPS faculty members attending VAPS sessions. Registration is valid Friday only and does not include any VACP Courses.) *VAPS membership is a separate fee that must be paid directly to VAPS.*

The following event is included in your registration, please indicate if you will be attending:

- Friday Breakfast

- \$25 Late Fee** - Applies if registering after March 7, 2025, to all registration types

\$ _____ **Total Registration Fees**

To contribute to VACP's PAC, Virginia Psychology PAC, visit www.vapsych.org/donate or scan this QR Code:



- Pay by Check Pay by Credit Card (MasterCard/Visa/American Express)

Name on account (print): _____ Exp. Date: ____/____
Card Number: _____ Credit Card CVV code: _____
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City: _____ State: _____ Zip: _____
Signature (required) _____ Authorized amount \$ _____

ACCOMODATIONS

KINGSMILL RESORT, WILLIAMSBURG, VA



Contact Kingsmill Resort at 757-253-1703 and mention the Virginia Academy of Clinical Psychologists to make your reservations. The VACP discounted rate is \$189 per night, plus appropriate taxes and a daily resort fee of \$15. Resort Fee includes: Wi-Fi in guestrooms and meeting rooms, self-parking, in room coffee/tea service, use of resort fitness facility and indoor pool. Rates are applicable April 1 - April 7, 2025. The number of rooms at this rate are limited. All reservations must be made no later than Thursday, March 13, 2025.

\$189*
per night

Scan QR code to
reserve!

