

GLENDALE AREA
**MENTAL HEALTH
PROFESSIONALS
ASSOCIATION**

NEWSLETTER

Your guide to GAMHPA news,
information, and events.

July August September 2020

A note from the editors:

Welcome to the GAMHPA newsletter. Our newsletter team keeps you posted about upcoming GAMHPA functions, meetings, and special member opportunities. You will find a calendar of GAMHPA meetings and events in the right column of the newsletter. Organizational activities are also posted at GAMHPA.org. GAMHPA offers wonderful opportunities for mental health professionals to come together in a friendly environment to network with each other, to support each other, and to learn from each other.

-Laura & Silva



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It is with sadness that we deliver the news that on Monday, May 4, Larry Brooks, Ph.D., was struck and killed by an automobile while walking in his neighborhood, the industrial district in downtown Los Angeles. He was killed instantly. The driver was detained, arrested, and charged with vehicular manslaughter. Larry's wife, Anna Marie, was informed by LAPD officers minutes after the accident.

Dr. Brooks, clinical psychologist, was a founder and the first president of the Glendale Area Mental Health Professionals Association, as well as an active board member for many years as its newsletter editor and continuing education chair. He was a psychotherapist in private practice in Glendale. Larry is survived by his wife, Anna Marie Piersimoni, and his two adult children, Nina Brooks and Marc Brooks.

We do not have any information at this time about services.

Jim De Santis, GAMHPA President

CALENDAR OF EVENTS

**The next Networking Event
(July 17th) has been canceled.**

**QUARTERLY NETWORKING
EVENTS**

Fall - October 23

Acapulco Mexican Restaurant Y Cantina
722 N. Pacific Ave. Glendale, CA 91203
Pre-registration and payment is required
by the Wednesday prior to event date at
www.gamhpa.org

\$10 members, \$20 non-members.

No walk-ins will be permitted. Arrival
before noon is recommended because
parking is limited.

Check-In is at 11:45am - 12:00pm

Buffet Lunch is included
from 12:00pm to 1:30p.m.

All are welcome

For questions contact Kimberly Wong at
(626) 260-1356 or
kimberlycwonglcsw@gmail.com.

Spotlight Interview

Spotlight Interview

Dr. Josephine McNary
(310) 935-0754 or
<https://calpsychiatry.com>



I. If you weren't a therapist, what would you be?

A social worker.

II. What is the one thing in your treatment bag of tricks that you could not live without?

Working in conjunction with all the talented and effective therapists I know in the LA area

III. Where is the most beautiful place you have ever been?

Yosemite.

IV. What is the best advice you have ever been given?

Always meet someone where they're at.

Dr. Josephine McNary is a board-certified general psychiatrist, working with a variety of patients in her outpatient practice. She specializes in medication management and is particularly interested in the use of complementary medicine for mood and anxiety disorders. Josephine has her BA and MA degrees from Stanford University and her MD from Tulane University. From there, she completed her psychiatry residency at the UCLA Neuropsychiatric Institute, where her training included women's mental health, mood and anxiety disorders, cognitive behavioral therapy, and couples and family therapy. Passionate about developing her medical practice and technique, Josephine has completed specialty fellowship training in both psycho-oncology and mood disorders. She served as the staff psychiatrist at the UCLA Simms-Mann Center for Integrative Oncology from 2011-2015, and also completed a fellowship at the UCLA Mood Disorders Clinic, which specializes in treatment-resistant mood disorders. She is the founder of CalPsychiatry, a group psychiatry practice with six locations throughout the Los Angeles area (Santa Monica, Little Tokyo, Downtown LA, Echo Park, Hermosa Beach and Marina del Rey). They are a group of compassionate, collaborate psychiatrists dedicated to providing the highest quality, evidence-based treatments to their patients. In addition to working closely with her patients across three CalPsychiatry locations, Dr. McNary is currently attending staff at the UCLA Department of Psychiatry, where she provides both inpatient psychiatry and consultation services.

Josephine and her team believe that the best outcomes are achieved through working as a team. They value frequent collaboration with therapists and other mental health providers. For more information about CalPsychiatry, please visit www.calpsychiatry.com

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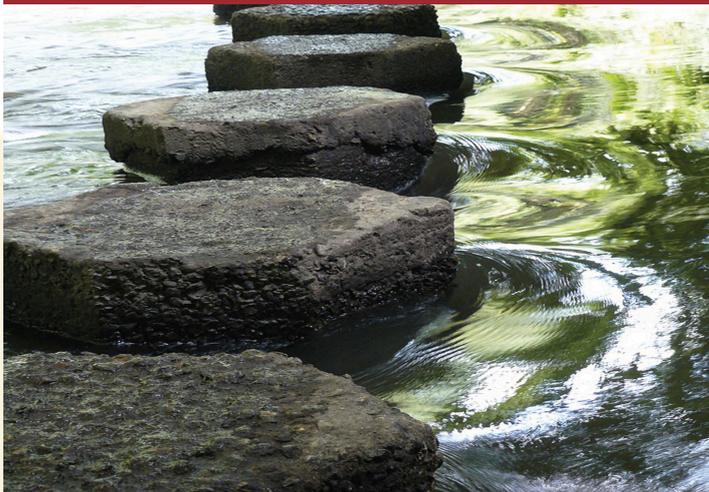
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We offer transportation and provide continental breakfast, lunch and snacks

**INTENSIVE
OUTPATIENT PROGRAM**

Our Senior Behavioral Health Services outpatient program is designed to relieve emotional and personal distress for individuals 50 years of age or older who are suffering from:

- Sadness, isolation, low motivation
- Sleep issues
- Grief/loss
- Irritability/restlessness
- Panic attacks
- Hallucinations
- Decline in ability to function

Our program helps older adults maintain as much of their independence as possible by providing the following specialized care:

- Assessment and evaluation
- Case Management
- Group therapy
- Licensed clinicians
- Monthly psychiatrist visit
- Provide community resources and referrals as needed

To learn more about services and physicians at USC Verdugo Hills Hospital, call (818) 790-7100.

USC Verdugo Hills Hospital

Keck Medicine of USC

USCVHH.org

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“Is Getting a Book Published on Your Bucket List?”

by Sylvia Cary, LMFT

Getting a book published is the quickest way for a mental health professional to become known as an expert, bringing with it more referrals, more speaking requests and, hopefully, more money. While the idea might seem daunting, it's doable. Thousands of mental health professionals have done it. I've done it. You can, too. After all, you've spent years honing your skills. Don't keep what you've learned a secret. Help thousands, not just hundreds. Don't wait “until the time is right.” Do it now!

Publishing Options

Thanks to the Internet and digital printing, today there are many publishing options for writers, the main ones being traditional publishing (including academic and university presses), self (or “indie”) publishing, and e-book publishing. While traditional publishing may still be the best choice for some, it usually involves writing a book proposal and getting an agent, all time consuming. On the other hand, self-publishing utilizing digital files (Print-on-Demand or POD) means that a quality book can be published and put online for sale in a matter of *days* instead of *years*. Like magic!

In this article I'm going to talk about self-publishing using CreateSpace, Amazon's publishing wing. It's absolutely the easiest, fastest and cheapest way to get the job done. In fact, publishing on Amazon is free.

How to Publish a Book on Amazon

Here's a kind of “cheat-sheet” overview of the process. Let's start off with the hardest task of all - figuring out what to write about!

What to Write About

On a sheet of paper write down 3 things you know a bit about.

1. Your specialty as a mental health professional;
2. An area of interest or study aside from your work (politics, music, art, photography, languages, cooking, travel, a sport);
3. Your life (for those who may want to write a memoir, autobiography, or novel);
Pick one. *That's your topic!*

Why Write

Know your main reason for wanting to publish a book.

- Be a best-seller (not everybody's cup of tea);
- Use book as stepping stone to something else;
- Use book for workshops, seminars, conferences, classes, clients;
- Use book as gift for “inner circle” friends & family (family history, recipes, photos);
- Legacy for kids and grandkids (especially memoirs).

How to Start

- Pick a working title; subtitle;
- Write Table of Contents (10-12 chapters) for clarity on what to cover;
- Determine your primary, secondary and tertiary audiences;
- Self-educate about the publishing industry (books, e-books; YouTube videos; webinars; newsletters; writing organizations)

When to Write

- Keep your day job; steal hours from the early morning, lunchtime, or at night;
- Know when you have your *best brain*: Early morning? Late at night? Write then.
- Carry chapters around with you so you can write/edit if you have a cancellation.

Writing Tips

- First draft: Plow through and edit later;
- Don't over-quote a bunch of thought leaders; this is *your* book!
- Print-outs: Double-space so you have room for editing and notes;
- First chapter (non-fiction) is usually about “*How I came to write this book.*”
- Explain the need for your book; make promises to readers about benefits.

“Is Getting a Book Published on Your Bucket List?”

by Sylvia Cary, LMFT

Formatting

- Pick a trim size (book size) you like (such as 6 x 9 inches for trade paperback; 5.5 x 8.5 for fiction; 8.5 x 11 for workbook);
- You can set margins in Word or “pour” your document into a template later;
- Today, books are shorter (making them cheaper); 200 pages is OK;
- Don’t let formatting hold you up; everything can be changed in an instant.

Signing up for Amazon’s CreateSpace

When you’ve finished your book, have it edited and proofed. All such tasks can be hired out. There are many affordable book publishing talents online.

- Sign up for CreateSpace.com with email and password;
- Complete their application re: ISBN, pricing, bank information for royalties;
- Fill out the *Book Description* carefully. This isn’t just for Amazon’s files. It’s what goes up on your Amazon book page!
- Put down 7-10 keywords so later on searchers for your topic will find your book;
- View your book on the CreateSpace “Internal Reviewer” screen; check for errors;
- Cover: Use templates offered by CreateSpace or use online cover designers and photo sites;
- Once paperback is finished, files are transferred over to Kindle for e-book version;
- There are no “fatal mistakes.” Even if your book is up on Amazon, you can take it down to fix something. Takes a day or two.

Proof Copies (aka Advance Reader Copies or ARCs)

Once your book is approved for publication, order PROOF copies (up to 5 at a time), Cheap.! Proof-reading it “as a book” makes a big difference. Give out copies to get peer reviews, “blurbs” and “testimonials” to put on your cover or Author Central page.

Marketing

Thousands of books and e-books are published every day. To stand out from the crowd marketing is advised. You have 3 choices: 1) hire a publicist; costly; 2) DIY; steep learning curve but can be fun), or, 3) do nothing or do just the basics below which can actually accomplish a lot:

Low-Key Marketing

- Send email to personal list to announce your book launch. Include a link to your Amazon book page. Ask them to please write a Customer Review or comment;
- Amazon’s Author Central page can serve as your website. Every author gets one;
- A Pinterest business account and LinkedIn may be enough to spread the word;
- Create a short video of you talking about your book and upload to Amazon;
- Create a *One-Sheet* (“press kit” on one piece of paper) which can be emailed;
- Memorize elevator pitches (30, 60, 90 seconds) about your book;
- Email a newsletter (some are free for up to 2000 names);
- Handouts (business cards, bookmarks, postcards).

Done! Now what’s next on your Bucket List?



Sylvia Cary, LMFT is the author of ***THE THERAPIST WRITER: Helping Mental Health Professionals Get Published.*** She’s in Sherman Oaks and does publishing coaching through Cary Editorial & Book Consulting (sylviacary.com). Email: sylvia@sylviacary.com.



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CLASSIFIED ADVERTISING

Employment Positions:

Licensed Therapist: DBT:

The Institute for Girls' Development's Comprehensive DBT program serves teens, families, and young adults as well as school-aged children. Applicants with DBT training and experience are invited to apply for this full time position in our practice. For details, visit our practice website: www.instituteforgirlsdevelopment.com/employment/

Licensed Therapist:

Child and Adolescent Specialty Program (C.A.S.P.): The Institute for Girls' Development is accepting applications for full time licensed therapists (LMFT, LPCC, LCSW, and Psychologists) to join our practice. For details, visit our practice website: www.instituteforgirlsdevelopment.com/employment/

Pre-Licensed and Post-Doctoral (CAPIC) Positions:

The Institute for Girls' Development is accepting applications for full time prelicensed and post-doctoral candidates. For details on these training positions working with children, teens, families, and young adults, visit our private practice website: www.instituteforgirlsdevelopment.com/employment/

Groups:

Divorce Class:

The Law Collaborative hosts free family law classes on the second Saturday and fourth Wednesday of every month, as a free service to the community. An attorney answers questions and concerns of attendees regarding divorce, child support, child custody, and alimony. It is extremely beneficial to people currently affected by divorce in any way. If you would like more information on this topic, please call Courtney at (818) 348-6700 or send an email to courtney@thelawcollaborative.com.

Divorce And Separation Support Group For Father's:

For men who have children or teens and are contemplating, going through, or recovering from separation or divorce. Topics include communicating with an estranged spouse, coping with the legal process, co-parenting effectively, optimizing your relationship with your children, developing a new home life, building a new community of friends, dating again, maintaining productivity at work, and achieving personal satisfaction in life. Two groups: either first and third Thursdays, 7-9 pm, or first and third Tuesdays, 6:30-8:30 pm, Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714, JJDeSantis@aol.com or JJDeSantis.com.

Gay Men's Personal Development Group:

Growth and insight-oriented group addresses dating and relationships, careissues, life enrichment Uses here and-now - small group dynamics to increase self awareness, understand one's impact on others, and practice better

ways of self expression. Second and fourth Thursdays, 7-9 pm, Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714, JJDeSantis@aol.com or JJDeSantis.com.

Men's Dating Support Group 25-35:

A place for men to talk about dating, relationships, sex, and women. Themes include examining limited beliefs, sharing dating skills and knowledge, brainstorming where and how to meet eligible women, screening women for compatibility, troubleshooting problem situations, and receiving candid positive feedback. Goals include clarifying what you really want, making the best of yourself, building confidence, and meeting more of the right women. Once a month, 6-7:30 pm, Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714, JJDeSantis@aol.com or JJDeSantis.com.

Men's Healthy Relationships Group:

This group is for men seeking to develop healthy and satisfying relationships with their partners. Men in this group are dealing with intimacy issues and disorders, i.e., conflicted, compulsive, addictive, and hyper-sexuality. Complements concurrent individual and/or couples therapy. Thursday 7:00 - 8:30 P.M. Glendale. D. Lee Stoltzfus, Ph.D. PSY 8607, MFT 6746, CSAT (818) 248-1140.

Men and Women's Interpersonal Therapy

Group: A safe environment for adults to explore their issues and gain the support and feedback of other men and women. Members learn how to connect past experiences with present circumstances, to gain self-awareness and find new ways to cope and relate to others and find overall well-being. Thurs, 6:30-8pm. Glendale. Susan Chakmakian, MA, MFT. MFC41817. For more info: susan@susanchakmakian.com or (818) 839-0390.

Existential Experience:

A Group for Women: This weekly psychodynamic process group is designed to provide a safe and supportive space for adult women (18 y/o+) to examine and process anxieties inherent in human existence and interactions. Together, we will cultivate self-awareness and authentic identity, embrace freedom and responsibility, and make meaningful relationships. The group is 3-months long and requires 1-month commitment to join. Meets Tuesdays 6-7:30pm in Old Town Pasadena. Dr. Samantha Miller, PSY30998, (626) 600-6346, www.DrSamanthaMiller.com, or DrSamanthaMiller@gmail.com

CAREGIVER SUPPORT GROUP:

Caregivers need care, too. Caregivers are at higher risk for emotional fatigue, social isolation, financial pressure, physical injury, and job stress. This support group is for caregivers dealing with a loved one, such as an aging parent, disabled adult child, or ill spouse coping with cancer, dementia, mental illness, or chronic pain in a home health situation, residential placement, or hospice. This group provides a supportive space for caregivers to build community that mutually provides validation, shares information, and offers guidance. Combines well as an adjunct to individual or conjoint therapy. Call today for a private initial consultation. James De Santis, Ph.D., C.G.P., (Lic. # PSY10315), Glendale, (818) 551-1714 or JJDeSantis@aol.com.

Girl Power Group (4th and 5th grades):

In this creative space, girls engage in activities, art, movement, and conversation to build their skills for friendship and emotional awareness and management. Institute for Girls' Development. (626) 585-8075, ext 108. www.IFGD.care.

Rainbow Grit Group:

Do you know an LGBTQ teen who is looking for a safe and supportive place to share, connect and grow? Rainbow Grit meets weekly at the Institute for Girls' Development (626) 585-8075, ext 108. www.IFGD.care.

Wellness Grit Group:

A place for teen girls and young women experiencing chronic pain and/or chronic health issues. Meet weekly with others for support, connection, self advocacy and mindfulness. Institute for Girls' Development. (626) 585-8075, ext 108. www.IFGD.care.

Services:

Free Divorce Options Professional Training! Open to both professionals and clients: Do you know your clients' critical divorce -

choices? Pasadena Collaborative Divorce (PCD) presents this FREE PUBLIC SERVICE to educate professionals working with couples, and to empower couples with options that can preserve respect, money and relationships. Few people are actually familiar with all the divorce options! For example: SelfRepresentation, Mediation (different versions), Collaborative Divorce, and Traditional Litigation. Our Professional multidisciplinary presenters are: Licensed Therapists, Financial Professionals specifically trained in divorce financial matters, and Family Law Attorneys. Registration Required. Call or text Ria Severance, LMFT: (626) 354-4334. When? January 14, February 11, and March 17, 2020, noon-1:30pm. Where?: Donald E. Wright Auditorium in Pasadena Central Library, 285 E. Walnut St., Pasadena, CA 91101 (across from courthouse). Come join us! We also come to you to educate and train groups of 10+ FREE!

Marketing Consultation:

Individualized coaching for mental health professionals and students/interns wanting to start or build a private practice. Formulate goals, identify optimal niches and target markets, design ethical and effective marketing strategy, write effective advertising materials, and track results. Flexible format uses in-person meetings, telephone, and e-mail as-needed. Jim De Santis, Ph.D., Glendale, at (818) 551-1714 or JJDeSantis@aol.com

Mental Health Billing and Credentialing:

We're accepting new clients. No Minimum and Free Verification of Benefits. Needs to be Credentialed Telepsychiatry? We can help your enrollment in all insurance networks. Contact us at Doris Mollenkopf, MA, CPC, - CRC, INFO@MANAGEMENTRESOURCESBILLING.COM or contact us at (818) 238-9280 Ext.5

Private Practice Office Forms:

Field tested, up-to-date quick-start kit of forms includes patient intake, financial agreements, HIPAA notice, consents and releases, and clinical screening forms. CD- ROM, paper copy, or digital files via e-mail. For more information or to examine samples, visit JJDeSantis.com.

The Business Of Practice:

Building an Optimal Private Practice for Mental Health Professionals. Paperback challenges and inspires mental health professionals to expand and refine their opportunities for a private practice that is personally fulfilling. Content emphasizes pragmatic, real-world information and action oriented steps to offering mental health services, while respecting both established business concepts and ethical principles of professional practice. \$18.95 online at Lulu Books or Lulu.com.

Publications:

Child Psychiatrist Directory: Concise list of 440 physicians who provide psychiatric services to children and adolescents throughout Los Angeles County available on the internet at JJDeSantis.com

Diagnostic Testing Directory:

The Assessment List is a free directory listing of 300 licensed psychologists throughout -

Los Angeles county who offer psychological assessment services, including educational, neuropsychological, forensic, vocational, custody, or general psychiatric differential diagnosis. View, print, or download from JJDeSantis.com.

East San Gabriel Valley Directory:

Free directory of 141 mental health professionals from Pasadena to Claremont, cross-indexed by specialties, services, second languages, and insurance accepted. View or download at www.JJDeSantis.com.

GAMHPA Members Directory:

120 licensed mental health professionals in the Glendale area, cross-indexed by specialties, services, second languages, and insurance accepted. This 65-page is available free at the GAMHPA website: gamhpa.org.

Group Therapy Directory:

Free directory of 1,900 outpatient psychotherapy groups offered by 900 licensed mental health professionals throughout Los Angeles county. Online directory has been viewed on the internet 44,000 times. Download a copy from TheGroupList.org.

Office Space For Rent:

Glendale:

We are looking for the right mid-career mental health professional with license, insurance, and established practice. Attractive, highly secure, professional building with elegant architectural details and charm. Fashionable Brand Boulevard address, near The Americana. Acoustically sound-proofed, third-floor suite of six offices, with central air and separate exit. Handicap accessible throughout. Available office is 9x17 inner unfurnished space, no windows. Warm, tastefully-furnished waiting room with call light system, aquarium, and Hockney prints. Kitchenette with sink, refrigerator, photocopier, bottled water, and coffee & tea. Adjacent covered, gated, off-street parking structure. Nearby access to 2, 5, & 134 freeways and bus route. Great networking opportunities with multidisciplinary group of experienced clinicians. Reasonable rate. For more information, contact Jim De Santis, Ph.D. at (818) 551-1714 or JJDeSantis@aol.com.

South Pasadena:

Office space available for sublease in South Pasadena on Fridays all day for \$200/month and Sundays all day at a reduced rate of \$125/month. The cozy & quaint office is located on Huntington Dr. near Marengo in a single-story building built around an oak tree. This peaceful space has large picture windows on one side with views of a fountain waterfall and foliage, and it is perfect for individuals and couples. There is plenty of free parking on Huntington or in the front parking lot. The main lobby has call buttons for visitors, and there is a kitchenette area for building tenants. The rooms are soundproofed. There are several therapists in the building and opportunities for cross-referring. For more information, contact Kimberly C. Wong, LCSW directly via email, phone call, or text at KimberlyCWongLCSW@gmail.com or (626) 260-1356.

GAMHPA

Glendale Area Mental Health Professionals Association
138 North Brand Boulevard Suite 300 Glendale, CA 91203-4618
(818) 771-7680 www.gamhpa.org

MISSION

GAMHPA was founded in 1992 by a few local area mental health professionals in private practice. Within several years, it, grew to over 100 members. Our mission is to advance professional development through networking, continuing education and public awareness. We offer equal membership to all licensed mental health professionals regardless of discipline, reflecting real patterns of professional referral. We are an interest group only and do not provide referrals to the community. We are not a profit making organization.

BENEFITS

Members receive a number of exclusive benefits. Members can present a talk or publish an article on a professional topic. They are listed in the annual membership directory, distributed to the local professional mental health community and posted on our website. They have access to our internet discussion group. Members are automatically entered for free newsletter advertising. They receive reduced rates for continuing education. New members can submit a brief professional biography for publication in the newsletter.

BOARD OF DIRECTORS

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NEWSLETTER

The GAMHPA Newsletter is published quarterly on our website. Notices of publishing are distributed to the local mental health community, including Glendale, Burbank, Pasadena, La Crescenta, La Canada Flintridge, Los Feliz, and Silverlake. Contact us to be added to our mailing list.

If you have changed your email address, or mailing address, or wish to discontinue delivery please notify us.

EDITORIAL POLICIES

GAMHPA encourages members to contribute articles of scholarly or clinical interest for publication. Submissions should be forwarded to Editor Laura Dickson at ldicksonlcsw@sbcglobal.net

Opinions expressed in this newsletter are not necessarily those of the Association or its members. GAMHPA does not endorse any of the products or services advertised.

Newsletter Deadlines:

July/Aug/Sept 2019 Issue June 1
Oct/Nov/Dec 2019 Issue Sept 1

ADVERTISING

All advertising questions should be directed to Laura Dickson at ldicksonlcsw@sbcglobal.net. Classified and display ads run for one issue. Advertising for services by psychologists or psychological assistants must include the license number of the psychologist. Advertising is accepted up to one week before publication.

Advertising Rates:

Item	Member	Non-Member
Classified Ad	Free	\$25
1/8-page display ad	\$25	\$50
1/4-page display ad	\$50	\$75
1/2-page display ad	\$65	\$90
Full-page display ad	\$100	\$150

Mailing lists are available. Contact
Jim De Santis at: jjdesantis@aol.com.

Rates:	Member	Non-Member
Mailing list, printed	\$25	\$35
Mailing list on labels	\$30	\$40
Mailing list on disk	\$70	\$80
Member e-mail list	\$20	\$30



Call for Submissions

We want to hear from YOU! GAMHPA is looking for mental health articles, press releases, essays, or case studies (under 1000 words) for our upcoming issues. Submit to Laura Dickson at ldicksonlcsw@sbcglobal.net