

KA HŪLILI



NASW Hawaii Chapter Newsletter

Be kind whenever possible. It is always possible.

-Dalai Lama



CONGRATULATIONS 2015 GRADUATES!



BOOK REVIEW:
ALL FALL DOWN



MEMBER PROFILE:
ROBIN ARNDT,
MSW, LSW

Membership Dues Increase Scheduled by National NASW Office

On May 1, 2105 the national NASW board of directors approved a request from the National NASW office to increase dues by 18 percent, effective October 2015. The regular member dues rate will increase from \$190 to \$225. Other categories will increase proportionally. Per the National office "In response to the financial concerns of our members, NASW has held dues rates steady for 10 years. During this time, the cumulative cost of living (COLA) has increased by approximately 22 percent. NASW must increase dues in order to offer valuable products, services and experiences for members and to effectively represent social workers at the local and national levels."

Please contact the National NASW office to you to share your views and ideas or respond to the proposed rate increase through naswceo@naswdc.org or membership@naswdc.org

Letter from the President & Executive Director

Aloha Members,

Change has been a big part of 2014 and 2015 for our Hawai'i Chapter, with new board members, a new Executive Director and new and exciting programs and services for our NASW Hawai'i members! You have spoken and we are listening; we are offering more virtual CE opportunities to include members from all Hawaiian islands and members in American Samoa and Guam.

We have developed a new Licensing and test prep course and dramatically reduced prices of the course (\$15 for members!) and reduced class sizes in response to feedback from people who had taken the course in previous years, to not burden recent graduates and established Social Workers alike with high costs surrounding the licensing process. In addition, these courses will also be offered in person in December in Lahaina, Lihue, Kona and Hilo.

We seek to help grow the services our chapter can offer to our membership and cultivate the strong reputation our chapter has as a vocal participant in advocacy and lobbying.

Change has also been proposed from the National NASW office with a "modernization" plan that seeks to centralize chapter operations, change the elected boards to advisory committees, and making chapter staff no longer accountable to their locally elected boards, but rather employees of the National office.

While we embrace changes that strengthen our chapter and empower Social Workers in Hawai'i, we reject the proposed changes from the National office as being detrimental and not change that brings growth.

We believe:

- NASW is a chapter driven organization.
- Each member should receive core services
- Chapters must maintain a strong, individualized identity.
- Each chapter need to remain financially independent in a structure that assures member dues are used locally (not an increased dues split with more member dues being given to the national office)
- Strong, elected chapter governance with fiduciary responsibility should continue.

We oppose the "modernization" plan and will continue to advocate on behalf of our chapter to keep our focus on what matters to our local members.

Eddie & Sonja

*NASW HI Board
President
Eddie Mersereau,
CSAC, LCSW,*

*NASW HI
Executive Director,
Sonja Bigalke-
Bannan, MSW,
LSW*



Please welcome your new board members!

Vice President-

Wendy Yoshioka, MSW



BSW Student Rep.-

Brianne Lyn Nagamine



O'ahu Branch Rep.-

Cindy Nachtigall, ACSW, LSW



Awards & Nominations Committee
Members-

Vicky Asayama, LSW ACSW



MSW Student Rep.-

Danielle Phillips



Christian Kunz, MSW



2015-2016 NASW Hawai'i Board of Directors

President: Eddie Mersereau,
LCSW, CSAC

Vice-President, Wendy Yoshioka,
MSW

Treasurer: Gwen Murakami, MSW

Secretary: Mike Esquibil, LCSW

Members at Large:

Theresa Kreif, MSW, LSW

Lauren Wilson, MSW

O'ahu Branch Representative:

Cindy Nachtigall, MSW, LSW,
ACSW

**East Hawai'i Branch
Representative:**

Tim Hansen, MSW

West Hawai'i Branch

Representative: Brandon Kang,
MSW

Kaua'i Branch Representative:
Crystal Stoner, MSW

Maui Branch Representative:
Jessica Brazil, LCSW

Moloka'i & Lana'i Branches:
currently vacant

MSW Student Representative:

Danielle Phillips

BSW Student Representative:

Brianne Lyn Nagamine

**Awards & Nominations
Committee:**

Karissa Kinney, MSW

Ken Lee, MSW

Vicky Asayama, LSW, ACSW

Christian Kunz, MSW

Executive Director: Sonja Bigalke-
Bannan, MSW, LSW

NASW Hawai'i Chapter

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Honolulu, HI 96813

808.521.1787

info@naswhi.org

Upcoming Continuing Education Opportunities

Veterans' Services Update- 1 CEU	When: Fri, June 19, 12pm – 1pm	Place: Queen's Conference Center, 510 S. Beretania, Honolulu, HI 96812	Call Camille Cristobal Phone: (808) 627-5246 Email: cuc@hawaii.edu
NASW Webinar Series: Mindfulness in Trauma Focused Cognitive Behavioral Therapy	When: Fri, June 19 11:30a-12:30p	Place: virtual	https://attendee.gotowebinar.com/register/34965936402691330
Motivational Interviewing-Part 2- 1 CEU	When: Fri, July 10, 12pm – 1pm	Place: Queens Conference Center Auditorium (QCC) 510 South Beretania Street Honolulu, HI 96812	Call Camille Cristobal Phone: (808) 627-5246 Email: cuc@hawaii.edu
Ethical Practice & Technology- 3 CEUs	When: Friday, July 17, 9am-12pm	Where: HPU- Windward campus, 45-045 Kamehameha Hwy, Kaneohe, HI 96744	Register online: http://hpu.edu/sw Cost: early bird registration \$45 (2 weeks before workshop), \$55 regular price, \$25 for students
Hawaii: Cannabis (Marijuana) for Medical Use	When: Saturday July 18 8a-12p	Where: Hawaii Convention Center Hawai'i Cannabis Expo	Call Scottina 733-2123 scottina.ruis@doh.hawaii.gov Cost \$65
Mental Health First Aid-1 CEU	When: Fri, Aug 14, 12pm – 1pm	Place: Queens Conference Center Auditorium (QCC) 510 South Beretania Street Honolulu, HI 96812	Call Camille Cristobal Phone: (808) 627-5246 Email: cuc@hawaii.edu

Member Profile: Robin Arndt

Q: What is your job title?

A: Instructor, Myron B. Thompson School of Social Work

Q: What do you wish the general population knew about your work?

A: The profession of social work is both demanding and rewarding. I work to equip students and professionals with the knowledge and skills to be successful.

Q: How do clients access your services?

A: Since moving to the University of Hawaii, I no longer provide direct services to clients, but instead help prepare the next generation of social workers to provide services.

Q: What skill sets are important?

A: Creativity, being reflective and ethical about our practice, and critical thinking.

Q: What do you find most satisfying about your job?

A: Joining my students on their academic journey and welcoming them to the profession.

Q: What do you do for self care?

A: I spend a lot of time with my dog, Bo. I enjoy spending time at the beach, hiking, reading, and watching a good movie. The most important thing I do for self-care is traveling.

Q: How did you get into social work?

A: During my freshman year of college, I was fortunate to meet a faculty member of the School of Social Work at the University of Wisconsin - Madison. At a time when I was confused about my degree and life direction, my discussion with him helped solidify my desire to help others and

resulted in discovering social work as a career.

Q: What is your most significant social work accomplishment?

A: I feel that the opportunity of mentoring and teaching new social workers is the most rewarding opportunity. So, watching my students complete their MSW and celebrating their accomplishment has been a highlight. Another important moment occurred in 2009 when I worked with Child & Family Service with one of their Healthy Start programs. We faced significant budget cuts had done tremendous advocacy efforts to save the program. Though we weren't able to secure all the funds we had hoped for, we were able to secure enough to continue the program.

Q: Why are you an NASW member?

A: I have been an on again, off again member of NASW since 2007. At one point, I began questioning what benefit I received from the organization. I realized that my experience is what I make of it and I hadn't done my part to make NASW an integral part of my life. Since then, I made a commitment to become more active in the organization and decided to run for a position on the Board. I am grateful for the voice NASW lends to our profession. There continues to be a need for advocacy on behalf of social work and I look forward to being part of that movement.

Q: What impact would you like to make on the field of Social Work?

A: The development of high-quality continuing education and professional development activities. I'd also like to work on practice mobility as it will have tremendous impact upon our profession.



Name:
**Robin Arndt, MSW,
LSW**

**Agency name &
location:**
**UH Manoa MBT
School of SW,
Honolulu, HI**

Title: Instructor

email:
rgarndt@hawaii.edu

**School of Social
Work:
University of
Wisconsin-Madison**

LSW / LCSW Licensing & Test Prep Workshop



August 21, 2015, 1p-4p
677 Ala Moana, Room 716
Honolulu, HI 96813
Hosted by NASW Hawai'i

Workshop will cover:

- Licensing process
- Registration for the exam
- What exam format will be like
- Suggested study materials
- FAQ's about test

Cost: NASW member \$15, non-members \$45
Register on Eventbrite, limit of 20 attendees

<https://www.eventbrite.com/e/social-work-licensing-test-prep-workshop-tickets-17219766786>

Advertise in the NASW newsletter! Reach over 850 social workers in Hawai'i!

Advertising Rates Line classified: \$4.00 per line, approximately 35 characters, with a 5 line minimum.

Display advertisements with borders: business card size = \$30; 1/4 page = \$50; 1/2 page = \$75; full page = \$115.

Deadline for Receipt of articles: Usually the last Friday of the month for the following month. Call the Chapter office to verify the next printing of the newsletter and website posting (rates are per month).

Advertisements may include employment, office space, seminars, or miscellaneous ads and will also be posted on our website for that month. Our website receives over 30,000 hits and over 3,000 individual visits each month.

Subscription Rate for non-members: \$20/year; Mailing labels one time rental= 25 cents per label.

Send information to: NASW Hawai'i Chapter, 677 Ala Moana Blvd. #702, Honolulu, HI 96813, Phone: 521-1787, Fax: 628-6990

NASW reserves the right to accept, reject or edit advertisements, articles and notices of events based on publication schedule, space limitations, and appropriateness. Publication of advertising copy does not constitute endorsement or approval of the contents therein of a book, other publications, points of view,

The Mental Health and Addiction Parity Law: Exemptions and compliance issues

The MHPAEA was signed into law on October 3, 2008. The first phase of the law went into effect for plan years beginning on or after October 3, 2009. The Final Regulations (final rules) went into effect for plan years beginning on or after July 1, 2014. For the majority of plans, the regulations' protections became effective on January 1, 2015.

The parity statute originally applied to:

Employer-funded plans with more than 50 insured employees

Medicaid managed-care plans ¹

CHIP (Children's Health Insurance Program)

The Affordable Care Act (ACA) expanded MHPAEA's protections to:

Non-grandfathered employer plans with fewer than 51 employees (small group plans) ²

Non-grandfathered individual market plans

Medicaid Alternative Benefit Plans (Medicaid expansion benefit)

Plans offered through the health insurance exchanges

As enacted in 2008, MHPAEA did not require a plan to offer mental health and/or substance use disorder (MH/SUD) benefits; but if the plan chose to do so, it must offer the MH/SUD benefits on par with (equal to) the other medical/surgical benefits it covers. For example, if a plan allowed an individual to have as many appointments with an immunologist as he or she needs but only covers five appointments with a psychiatrist, this would violate the parity law.

The ACA expanded MHPAEA's protections. As a result, qualified health plans (individual and small group health plans offered in and outside the health insurance exchanges) and the benefits offered to the Medicaid expansion population must include MH/SUD benefits as an essential health benefit, and thereby, must comply with the parity law.

Exemptions

Local and state self-funded government plans may apply for an exemption from the Centers for Medicare and Medicaid Services (CMS). MHPAEA does not apply to Medicare plans. MHPAEA does not apply to TriCare/ Department of Defense (DOD) plans.

Cost Exemptions

Plans that experience cost increases of more than 2% in the first year and 1% in the following year may file for an exemption. Plans that drop coverage because the plan meets cost exemption criteria must inform plan participants of a reduction in benefits. No plans have yet qualified for a cost exemption under MHPAEA.

Common Parity Compliance Issues

Plans that provide out-of-network coverage under the medical/surgical benefit must provide on par out-of-network coverage under the MH/SUD benefit

Financial requirements (e.g., deductibles, co-payments, coinsurance or out-of-pocket expenses) imposed on MH/SUD benefits may NOT be more restrictive than those imposed on medical/surgical benefits

Treatment limitations (e.g., frequency of treatment, number of visits, number of days or similar limits on scope or duration of treatment) imposed on MH/SUD benefits may NOT be more restrictive than those imposed on medical/surgical benefits

Plans cannot require a patient to go to a MH/SUD facility in their own local or state area if the plan allows plan members to go outside of local or state areas for other medical services

Plans are prohibited from using “separate but equal deductibles.” In other words, MH/SUD and medical/surgical benefits must add up together towards the same, combined deductible

Plans cannot exclude certain types of MH/SUD facilities or provider types while covering a full range of medical/surgical facilities and provider types

Criteria for medical necessity determinations must be made available to any current or potential plan participant, beneficiary or contracted provider (in-network) upon request

- The reason for any denial of reimbursement or payment must be made available to the participant or beneficiary
- Where there is a similar state parity law or regulation, the federal parity law serves as the floor. State regulators must enforce at a minimum the federal requirements, along with any additional state requirements
- State laws that offer more consumer protections than the federal law are NOT preempted

Which Plan does the federal parity law apply to?	
Employer-funded plans with more than 50 insured employees	Yes
Medicaid managed-care plans	Yes
Children’s Health Insurance Program plans	Yes
Medicaid Alternative Benefit plans (Medicaid expansion)	Yes
Non-grandfathered small employer plans (less than 51 employees)	Yes*
Non-grandfathered individual market plans	Yes**
Plans offered through the health insurance exchanges	Yes
Federal Employees Health Benefits Plans (FEHBP)	Yes***
TRICARE/DOD plans	No
Medicare plans	No
Veterans Administration	No

*Technically MHPAEA does not apply directly to small group health plans, although its requirements are applied indirectly to non-grandfathered small group plans in connection with the Affordable Care Act’s essential health benefit (EHB) requirements.

**Non-grandfathered plans are plans that came into existence after the March 23, 2010 passage of the ACA.

***While the MHPAEA statute does not apply to Federal Employees Health Benefits Program (FEHBP), the Office of Personnel Management has issued carrier letters directing such plans to comply with MHPAEA. For more information or for a free copy of the Parity Resource Guide for Addiction & Mental Health Consumers, Providers and Advocates, visit www.thekennedyforum.org



**HUI HO'OMALU
FOSTER CARE PROGRAM**

Maui Recruiter

Full-time position for an energetic, outgoing individual. Recruits, screens, provides licensing support, assesses, and trains potential Resource Families for children in foster care. Some supervisory responsibilities. **Min. qual.:** BA in Social Work or related field, experience in foster care, and knowledge of the Maui community.

West Hawai'i Recruiter

Full-time position for an energetic, outgoing individual. Recruits, screens, provides licensing support, and trains potential Resource Families for children in foster care. Some supervisory responsibilities. **Min. qual.:** BA in Social Work or related field and knowledge of the West Hawai'i community.

**Recruitment Assistant – Child Care Provider
Hawai'i Island (East & West Hawai'i)**

On-call PT, flex hrs. Provide child care for children 0-12 yrs old. **Min. qual.:** H.S. Diploma & exp. working w/ children.

**Home Study Assessor
East Hawai'i**

On call PT, flex hrs. Conduct home assessments for resource (foster) families. **Min. qual.:** Master's Degree in Social Work or related field and exp. in human services. Exp. conducting foster care home assessments pref.

Apply at: www.pidfoundation.org/about/careers
or fax resume to 808-440-6619

Free training for providers interested in learning about military culture

The Department of Veteran's Affairs has recently partnered with a non-profit called "Give an Hour" to offer training materials to develop cultural competency about working with Military communities. The training is free and is composed of 3 modules

Module 1: Give and Hour Provider Orientation,

Module 2: Military Mental Health Care,

Module 3: Serving National Guard and Reserve Units.

Modules 2 and 3 have been approved by the NASW National office for CE units.

To sign up for the complimentary training workshops, please visit:

<http://connected.giveanhour.org/training.shtml>



PRACTICE ALERT

New Medicare Payment System Includes Raises for Clinical Social Workers
Mirean Coleman, LICSW, CT, Senior Practice Associate

Since 1997, The Sustainable Growth Rate (SGR) has been used to calculate Medicare reimbursement and was based on economic growth and the quantity of services performed. Although the SGR was scheduled to decrease Medicare payments in April 2015 by 21.2 percent, the Medicare Access and Children Health Insurance Program Reauthorization Act of 2015 (MACRA) eliminated the formula. Medicare Fee for Services is being replaced with payment increases for clinical social workers and other Medicare providers over the next five years. Beginning July 1, 2015 through December 31, 2015, clinical social workers will receive a 0.5 percent increase in Medicare reimbursement. They will continue to receive an annual increase of 0.5 percent from 2016 through 2019. Medicare will transition to a new payment system focusing on quality and value. Alternative payment options are being considered including a "Merit-Based Incentive Payment System." A technical advisory panel is also being established to recommend payment models.

For several years, NASW advocated for the elimination of the SGR to prevent Medicare reimbursement reductions for clinical social workers. Additional information about the elimination of the SGR and future changes in the Medicare payment system is available online at <https://www.congress.gov/bill/114th-congress/house-bill/2>

Book Review: *We All Fall Down*

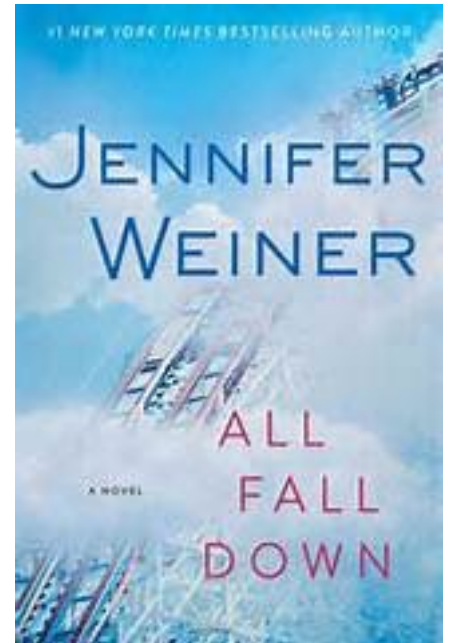
In keeping with summer, this month's book selection is a novel, rather than my usual review of a non-fiction selection. Jennifer Weiner's *We All Fall Down* follows a suburbanite who seems to have it all; the perfect marriage, a beautiful daughter, a wonderful job and a chic house in the "right" neighborhood. Things begin to unravel one day after taking a magazine quiz while waiting in the Doctor's office and realizing that her use of prescription pain killers may not be the harmless "mommy's little helper" that she thought it was and that her Percocet use is becoming her go-to coping skill after a fight with her spouse, gym time or a frustrating day in general.

As Allison's perception abuse becomes more rampant, she realizes that it is becoming increasingly expensive and more difficult to hide. As Allison hits rock bottom, the book follows her struggles through seeking help and her journey through addiction treatment and rehab.

This book alternates between humor and pain while being a sharp and insightful look into addiction and recovery.

Reviewed by Sonja Bigalke-Bannan, MSW, LSW

Love to read? Then check out The New Social Worker Book Club group on Facebook. Join the book club for in-depth discussions about the reading selections and Q&A sessions with several of the featured authors.



NASW Hawai'i Advocacy in Washington D.C.

NASW Hawai'i President Eddie Mersereau, and Executive Director Sonja Bigalke-Bannan visited Washington D.C at the end of April to participate in the NASW Annual Leadership Meeting (ALM) and Lobby Day. ALM provided an opportunity to hear from the National office about a proposal to change the management structure of chapters and boards, with a proposal from the National office to centralize financial management of the chapters to them. The Hawai'i team was busy advocating for small chapters and making sure that our state was fairly represented during the discussions surrounding "modernization" of the Association.

They made time to visit Capitol Hill and met with all 4 Hawai'i congressional delegations to advocate for issues important to Social Workers, parity in Medicare/Medicaid reimbursement rates, student loan forgiveness, tele-health initiatives and supporting the Reauthorization of the Older Americans Act and the Social Work Reinvestment Act.



Welcome to the profession, class of 2015!

NASW Hawai'i would like to extend our sincere congratulations to the BSW and MSW 2015 graduating classes and PhD recipients of University of Hawaii (Manoa & Distance Program), Hawaii Pacific University, Brigham Young University-Hawai'i, and the distance education students in Hawai'i with University of Southern California! We applaud your tenacity and hard work and wish you success as you embark upon your chosen career as Social Workers!



UH School of Social Work MSW Convocation



HPU Graduation 2015

(photo credit HPU SW Facebook page)



UH School of Social Work BSW Convocation 2015

CAREERS.socialworkers.org

The Social Work Career Center

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Professional Development And Training



Employers



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Go from student to employed professional, frontline worker to manager. Find a higher-paying position closer to home. Apply your skills and experience at a new location across the nation. Whatever your next professional step may be, the Social Work Career Center has the tools you need to excel.

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