

# **KPA e-NEWS**

KPA Event Calendar Upcoming Events

Friday, March 6th Live CE: Louisville, KY Expanding Opportunities for Psychologists in Healthcare Delivery, 3 CE Elizabeth McKune, Ed.D.

Friday, March 6th Live CE: Louisville, KY Best Practices in Outcome Measures, 3 CE Norah Slone, Ph.D.

Friday, March 20th KPA Board of Director's Meeting Frankfort, KY

Wednesday, March 25th Webinar: 12pm EST Integrated Care: Increasing Value through Pediatric Integrated Care, 1 <u>CE</u> William Tynan, Jr., Ph.D.

Saturday, March 28th KPF Spring Academic Conference <u>A Call for Compassion: Using</u> <u>Psychology for a Better World</u> Midway, KY

Saturday, March 28th Live CE: Midway, KY <u>The Contemporary Science of</u> <u>Compassion, 1 CE</u> Richard Hudson, Ph.D.

Sunday, April 19th KPA Western Region Social Grand Rivers, KY

Wednesday, April 22nd Webinar: 12pm EST Integrative Care: Psychosocial oncology in integrative practice, 1 CE

Timothy Pearman, Ph.D.

Wednesday, April 29th Live CE: Louisville, KY Best Practice in Assessment & Assessment Report Writing, 3 CE Daniel Walinsky, Ph.D.

Complete details and registration information can be found on the

#### **Exciting News from KPA in February**

Here's the February edition of the KPA e-NEWS, a regular e-newsletter, to enhance communication about psychology across the state. What follows is a sampling of psychology-related news and opportunities across the Commonwealth. Check out the column on the left for upcoming KPA Social and CE events, meetings, Kentucky Currents (member news items), and more. For more updates, visit the KPA website and join KPA on Facebook: simply click "Like" on the Kentucky Psychological Association Facebook page.

#### Update from KPA Executive Director

by Lisa Willner, Ph.D., KPA Executive Director

I write this report still pumped up by a very successful 2nd Annual KPA Legislative Day. Thanks to Dr. Georgeann Stamper Brown for her outstanding leadership on this event, to Dr. Sheila Schuster for her invaluable consultation and wisdom, to the great organizational skills of McCarthy Strategic Solutions staff and KPA's own Alexandra Kempf, and the participation of our members, the day was a great success on many levels. Our KPA delegation consisted of experienced advocates, firsttimers who had never contacted a legislator before, and everything inbetween. It was interesting to hear the insights of those for whom meeting with legislators was a first-time experience. Several shared that although the prospect had seemed daunting, they soon realized that their training and skills as psychologists had prepared them well for the tasks of establishing relationships and communicating a clear message, and that our "asks" were clearly in line with our professional values of increasing access to mental health services. I am confident that this event will continue to grow and improve each year, and that we will continue to raise legislators' awareness of who we are as a profession, and to increase their appreciation of the knowledge and perspective that psychology and psychologists have to offer on a broad range of issues.

On a more subdued note, I want to express my heartfelt appreciation to Leslie Proasi, KPA's Director of Operations. Leslie has served in a variety of roles during her 8 1/2 years with KPA, from receptionist to acting executive director. Her professionalism, institutional knowledge, customer service orientation, and strong work ethic have been great gifts to KPA, and our organization is stronger for them. We have been in an

#### KPA Event Calendar.

-Advertisement-

#### Mindfulness Based Stress Reduction

This **16 CE Credit** program is offered by John Shealy, PhD in four, 4-hour Saturday sessions: March 28, April 11 & 25 and May 9, 2015 in Louisville, Kentucky.

MBSR is a challenging 8-week lifeenrichment program combining a variety of formal and informal meditation practices with mindful movement and other supports for the cultivation of a healthy, lowstress lifestyle. Conducted in a small group format, emotional healing and spiritual growth are often among the rich fruits of this experiential training. Come learn why Mindfulness is growing so rapidly in popularity, what 30 years of clinical research is revealing about the effectiveness of MBSR with a variety of clinical populations, and how you can integrate Mindfulness into your personal life and professional practice. For more information, go to: www.BeMindful.org or call John at 502 727 2996.





#### **KPA Book Corner**

The KPA Book Corner highlights books written by KPA Members and those recommended by KPA speakers. <u>Click here to take a look</u> at our current listings.

If you have presented for KPA or are a KPA Member author, please send your suggested items to kpa@kpa.org.(If you order Book Corner recommendations or other active search for an Operations Manager, and hope to have someone in place by mid-March. Leslie will transition to half-time at that point, and will remain with us through mid-April It is characteristic of Leslie that she is willing to stay long enough to ensure a smooth transition. She has offered her assurance to me - and I am happy to pass it along to you that even after mid-April she will remain available for consultation as needed so that member and organizational needs will continue to be met as efficiently as possible.

2015 got off to an active start for KPA: in addition to Legislative Day, we have already hosted two live CE events and two webinars this year, with more great programming coming up soon. I'm enthusiastic about Dr. Laurie Grimes' new Health Insurance Work Group, and am grateful for our members' active engagement in our vibrant association in a variety of roles and activities: bill and regulation watching, Annual Convention planning, 2016 CE calendar planning, and much more. As always, please feel free to contact me if you are interested in becoming more involved with KPA.

Standing with you and standing up for psychology.

# **Kentucky Psychological Foundation News**

#### **New Public Education Campaign Coordinator**

The Kentucky Psychological Foundation is pleased to welcome Jennifer Price, Ph.D., as our new Public Education Campaign Coordinator. For more information about Public Education and ways to get involved, please contact the KPA office at kpa@kpa.org.

### 2015 Spring Academic Conference – March 28th

The annual Spring Academic Conference will be held on Saturday, March 28th, 2015 at Midway College. This year's theme is "A Call for Compassion: Using Psychology for a Better World."The conference provides a unique opportunity for graduate and undergraduate students to present their research in juried competitions, develop practice skills, and network with fellow students from across Kentucky. The featured workshop for faculty and students, The Contemporary Science of Compassion, will provide an overview of compassion, a review of some of the current compassion research and how participants can use compassion in work with individuals. Students are encouraged to nominate a faculty as the Outstanding Graduate or Outstanding Undergraduate Mentor. Faculty members are invited to participate in the Spring Academic Conference as judges, mentors, and coaches. Undergraduate students have the opportunity to talk with graduate students about "how to get into graduate school," and graduate students may also serve as judges for undergraduate poster competition. There will also be a Faculty/Student Luncheon that is included with your registration. The 28th Annual Psych Bowl will be a featured event with

items through Amazon, remember to access the Amazon site by clicking on the Amazon link on the KPA home page - Amazon donates a small percentage of these purchases back to KPA!)

#### **Community Bulletin Board**

A forum is available to any KPA member who would like to post information that the psychology community may find interesting or helpful or for which psychology input is requested. Visit the <u>Community Bulletin Board</u> to view current messages or to post a new message.



#### **KPA Currents**

A Snapshot of Events in the Lives of KPA Members

David Susman, Ph.D., has created a new blog focused on recovery from mental illness and addiction. Check it out at http://davidsusman.com.

#### Members in the Media

The following members appeared on "Let's Talk" at 970AM WGTK with fellow KPA member Stan Frager, Ph.D.

Cay Shawler, M.S., discussed "Holiday Blues"

**Eugene Foster, Ed.D.**, discussed mental health in the holiday season

Bob H. Tiell, M.A., discussed

undergraduate teams competing for the top slot as 2015 Psych Bowl Champions!

#### **Registration Deadlines:**

- Psych Bowl Team Registration March 6
- Mentor Award Nominations March 6
- Poster Competition March 13
- General Conference Registration March 13

To learn more about the KPF Spring Academic Conference or to register, go to the <u>Conference homepage</u>.

#### **Research Colloquium Travel Award**

The Kentucky Psychological Foundation has created an initiative to support the presentation of research colloquia by psychologists in academic or research settings within the Commonwealth of Kentucky. The purpose of this initiative is to foster inter-institutional networking between Kentucky academic or research institutions, promote the exchange of ideas, and provide career-development opportunities for academic and research psychologists within the Commonwealth. <u>Click here for details.</u>

Help support the Kentucky Psychological Foundation by making a donation today!

### Accepting CE Proposals for the KPA 2015 Annual Conference

The KPA Annual Convention returns to Lexington from November 5-7, 2015 at the Griffin Gate Marriott Resort. The working title is "Creating our Future in a Transforming Landscape." KPA is now accepting proposals for the 2015 Annual Convention as well as the 2016 KPA CE Calendar. To submit a CE proposal for consideration, go to <u>CE proposal form</u>. Questions about the 2015 Convention? Contact 2015 Convention Chair, <u>Marianne McClure, Ph.D.</u>

#### **National Currents**

by Amanda Merchant, Ph.D., ABPP, KPA President-Elect

#### Integration in Healthcare

In a review of recent national and state psychological publications, the focus remains on bolstering psychologists' preparedness for integration in the healthcare system.

The APA Center for Psychology and Health continues to advocate for

#### career consulting

**Eva Markham, Ed.D.**, discussed Tourette Syndrome

Please send your announcements to kpa@kpa.org so that your news may be shared with the KPA membership.

#### **KPA Interest Sections**

Joining KPA Interest Sections is free and participation on the listservs is an exclusive member benefit. Many ideas, resources, and requests for treatment recommendations and other opportunities flow through the KPA listservs daily. Here is an excerpt from a post on the KPA Clinical listserv: "Thank you to everyone who shared their experiences with me. I was quite surprised at the variability of your responses.....Nice to have a community to call on for advice when such situations arise!" If you want to expand your resources and deepen your own sense of community within KPA, visit the KPA Interest Section webpage for instructions on how to join a KPA Interest Section.

Interest Section Details Listserv Details

# Join KPA and KPAGS on Facebook!

KPA has always been an organization that works to be inclusive of all psychologists in the state. Kentucky Psychological Association is officially on the popular social networking site, Facebook.com, and currently has 646 "friends". All you need to do to join the Kentucky Psychological Association on Facebook is to select the "Like" button after finding our group on Facebook. Please be sure to search for "Kentucky Psychological Association "and review the KPA Social Media/Forum Policy. The KPA Graduate Students (KPAGS) are also on Facebook! Stay up to date with the latest KPAGS news and communicate with other psychology graduate students from around the state! Click here to join KPAGS on Facebook:

https://www.facebook.com/MyKPA GS psychologists being leaders in healthcare changes. Current work includes collaborating with other healthcare organizations, working with Medicare and Medicaid to improve the value of psychotherapy services in health delivery, and educating the public on the role of psychology in health promotion.

In this regard, it was wonderful to see that the 2014 KPA annual convention was highlighted in the January/February 2015 issue of the National Psychologist for its presentations on how to work in interdisciplinary environments. This included an article about Dr. Helen Coons' workshop on "Successful Collaborations with Medical Providers', where she helped attendees problem solve opportunities to work in a medical environment (Thomas, 2015). Another article discussed Dr. Ryan Wetzler's presentation on sleep and mental health, providing a prime example of how psychological interventions can exceed medication interventions and reduce cost (Thomas, 2015).

This focus on integration is sure to continue, as Dr. Susan McDaniel, a leader in integrating mental/behavioral health into healthcare, became the President-elect of APA.

# Adjusting to Insurance Changes

National and state organizations have also tried to address the practical issues associated with healthcare changes. The APA Practice Organization has helped psychologists navigate participation in PQRS (Physician Quality Reporting System) for Medicare providers and thus prevent payment penalties in the upcoming years. Several state association newsletters addressed changes in Medicaid due the Affordable Care Act in an effort to help providers (e.g. The North Carolina Psychologist, Spring 2014; OPA Review, April/May 2014).

KPA's Director of Professional Affairs, Laurie Grimes, also recognized the need to help members with ever-changing insurance issues. Dr. Grimes developed the Health Insurance Workgroup this year; assembling a strong group of psychologists and practice managers to share their in-the-moment experiences and solutions to insurance issues.

### Preventing Violence

Another important topic highlighted was the work psychologists are doing in predicting and preventing violent behavior, particularly in the

light of numerous nationally publicized shooting tragedies. The cover story of the February 2014 issue of the APA monitor, Threat Assessment in Action, authored by Anna Miller, discussed how psychologists work with government agencies, law enforcement, and schools to develop evidence-based approaches to assess and prevent violence. APA also launched the Journal of Threat Assessment and Management in 2014.

On a state level, Colorado psychologists responded to the 2011 Aurora

#### Advertise in the KPA e-Newsletter!

The bi-monthly editions of the KPA e-Newsletter, are distributed to over 1100 KPA members. The eNewsletter is sent via blast email at the end of Feb, Apr, Jun, Aug, Oct and Dec with submissions accepted at any time. Complete information and pricing details are available on the KPA Advertising webpage.

#### Support KPA during 2015 via Shopping on Amazon.com

You can support KPA when shopping on Amazon by clicking the Amazon link on the main KPA website as a first step in making purchases on Amazon.com. Up to 3% of every purchase made on Amazon when you click their link on the main KPA website benefits KPA.

#### The Easiest Way to Accept Payments

The Kentucky Psychological Association is pleased to offer member merchant accounts - credit and debit card processing for your practice. A merchant account provides your clients with a convenient and immediate payment option and makes it easy for them to pay you for your services. Accept payment for consultation fees, counseling sessions and insurance copays. With a merchant account, you can:

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KPA Home Study Opportunities

Under revised KRS CE regulations,

shooting by recently supporting legislation to combat gun violence through increased support and reform of mental health services. Colorado's Duty to Warn statute was also revised to include a 'specific threat on a facility or location'.

Locally, Kentucky legislators have proposed a Gun Safety and Violence Prevention Taskforce to study public safety, public protection, and gun safety. Given that one of its aims to assess the 'current state of regulation of gun ownership by the mentally ill' it's imperative that a psychologist be on this task force to use their expertise to inform decisions and advocate for individuals with mental illness. Sheila Schuster has requested an amendment that the task force includes one member from KPA.

The concerns of other state psychological associations and national organizations are reflective of challenges in Kentucky. KPA's intent is to continue to stay aware and be proactive.

#### References:

Miller, A. (2014) Threat Assessment in Action. *Monitor on Psychology, 45* (2), 37.

Thomas, J. (2015, January/February). Psychologist urged to 'look outside the box'. *The National Psychologist, 24(1), pp. 1, 4.* Thomas, J. (2015, January/February). Insomnia clients may be wary of talk therapy. *The National Psychologist, 24 (1),* p. 5

# **APA Releases Stress in America Survey Results**

by Jennifer Price, Ph.D., Public Education Campaign Coordinator

According to the 2014 APA Stress in America survey, 72 percent of Americans reported feeling stressed about money at least some of the time during the past month, whereas 22 percent endorsed extreme stress about money during the past month. This makes the seventh year in a row since the survey began in 2007 that money has topped the list as a major cause of stress for Americans. Younger generations and/ower income families reported the highest levels of stress, a pattern that mirrors the growing wealth gap nationwide.

Almost a third of adults with partners (31 percent) reported that money is a major source of conflict in their relationship. Compared to other touchy topics, couples' arguments about money tend to be more intense, more problematic and more likely to remain unresolved.

The survey did reveal some positive results as well, showing that the average amount of stress has dropped from 6.2 (on a 10-point scale) in 2007 to 4.9. Unfortunately, this degree of stress is still above the level thought to be healthy/manageable (at or below 3.7). People with more emotional support from family and friends reported lower stress levels

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KPA Domestic Violence Home Study Series

KPF Diversity Conference - Cultural Connections: Competence, Quality, and Equity in Mental Health Care -Home Study Courses

Exploring Attachment: Clinical Insights Across the Life Span, Season 1

Exploring Attachment: Clinical Insights Across the Life Span, Season 2

Working Together Toward Recovery

View the <u>KPA Home Study Page</u> for additional options.

Kentucky Psychological Association 120 Sears Ave, Ste 214 Louisville, KY 40207 502-894-0777 kpa@kpa.org www.kpa.org and better related outcomes, a finding which confirms the importance of social support in successful stress management.

To read the full Stress in America survey report, go to: <u>http://apa.org/news/press/releases/stress/index.aspx</u>

To learn how you can get involved in KPA public education efforts in your area, contact the Public Education Campaign Coordinator, Dr. Jennifer Price at <u>Jennifer\_Price@georgetowncollege.edu</u>

# Introducing the Health Insurance Work Group

by Laurie Mount Grimes, Ph.D., Director of Professional Affairs

Many of the inquiries that come to the DPA box regard insurance billing. And why not? If the insurance industry was a client, it would be the most unpredictable, moody, and unreliable psychotherapy patient in your practice - of course people need help dealing with them! To try and help KPA members through the seemingly illogical and certainly frustrating maze of insurance company practices, I have assembled a Health Insurance Work Group to act as my go-to panel of in-the-trenches colleagues whose collective experience I can tap when I'm stumped. The following six professionals represent different regions of the state, different degree and licensure levels, and different roles in the business of psychology practice (four are psychologists and two are practice managers who *happen* to be married to a psychologist). I appreciate these busy people lending their expertise and time to help me help you, the KPA membership.

**Michele Amburgey** is a Certified Psychologist with Autonomous Functioning who has been in private practice in eastern KY (Whitesburg) since 1996. She has worked with Humana and Anthem primarily.

**Kent Browning** and his wife, Dr. Kelly McGraw Browning, own Pediatric Psychological Associates (PPA) in Louisville, a practice with 7 full time child psychologists on staff. Kent applies his 11 years of working in the banking and finance industry to manage the billing and other financial responsibilities of the practice as well as to deal with multiple insurance companies.

**Jonathan D. Cole** is a health psychologist in a private practice in Lexington that employs 3 health psychologists and a social worker. The practice has multiple sites in the area and performs telemedicine all over the state. They are currently trying to obtain reimbursement for health psychology services with various Medicaid providers.

**Rich Edelson** is neuropsychologist who owns Edelson and Associates, a group practice with 14 clinicians. The practice is insurance based so he

has years of experience dealing with insurance companies and is the former head of a KPA insurance committee.

**Dan Florell** is a professor at EKU with a part-time private practice. He has 4 part-time employees and has been billing insurance on and off for three years.

**Robert Wetter** has managed the Lexington practice of his wife, Martha Wetter, for 10 years. He has extensive experience with both government & commercial health insurance companies, including private plans, Medicaid and the MCO's, and Medicare and the Advantage Plans.

Remember, you can find me at <u>Laurie@kpa.org</u>.

# The Frankfort Beat.....

Sheila A. Schuster, Ph.D., KPA Lobbyist and Federal Advocacy Coordinator

# Frankfort Bill Watch

**HB 270** is a bill sponsored by Rep. Mike Denham at the request of KPA. The bill clarifies that mental health professionals are able to deliver mental health services to minors. The statute is clear that physicians can do so, but there is no specific reference to mental health professionals in the current statute and we think that this needs to be clarified. HB270 is assigned to the **House Health & Welfare Committee** and is scheduled to be heard in committee as early as this week.

**SB 51** – The Duty to Warn revision - was passed unanimously by the Senate Judiciary Committee and has been passed by the Senate. We will alert you as to its committee assignment in the House – either Health & Welfare or Judiciary.

There has been one change in SB 51 and that is its sponsor. Sen. Whitney Westerfield (R-Hopkinsville) was the bill's sponsor, as he had been last year. However, Sen. Westerfield has announced his candidacy for the office of KY Attorney General where he will oppose Andy Beshear (the Governor's son) in the November election). Sen. Westerfield has graciously stepped aside from sponsorship of the bill in case there would be political opposition to it in the House. The bill is now sponsored by Sen. Morgan McGarvey (D-Louisville). Please thank

Sen. Westerfield for his advocacy on our behalf and for his unselfish statesmanship in handing the bill off to Sen. McGarvey. He can be reached via the Legislative Message Line – 1-800-372-7181.

Updates on other bills:

**HB 145 –** The statewide smoke-free bill was passed by the House on Friday and has been assigned to the Veterans, Military Affairs, and Public Protection Committee in the Senate for consideration.

**HB 65** – Sponsored by Rep. Tom Burch – would strengthen the Agreed Outpatient Order for individuals in the hospital and would create a new mechanism for individuals with symptoms of anosognosia (inability to understand that they have an illness) to get outpatient MH treatment without having to be hospitalized. The bill was passed unanimously by the House Health & Welfare Committee and is on the **House Consent Calendar**. Currently, it is at the stage of a 2<sup>nd</sup> reading to Rules.

**HB 141** – sponsored by Rep. Terry Mills – would establish a problem and pathological gambling awareness and treatment program. It is posted to be heard in the **House Licensing & Occupations Committee** later this week.

**HB 70** Restoration of Voting Rights - allow Kentuckians to vote on amending Section 145 of the KY Constitution to require the automatic restoration of voting rights after a person completes their sentence. Passed in House and assigned to State and Local Government Committee in Senate.

The Legislative Research Commission (LRC) staff is working, so the **Legislative Message Line is open:** <u>1-800-372-7181</u> – and taking calls for legislators.

The LRC website has a new feature for you to locate your House and Senate member (remember that nearly all legislative districts were redrawn last year!).

### To Find Out Who Your Elected Officials Are:

Go to: <u>www.lrc.ky.gov</u> and in the middle, under "Find Your Legislator" click on "Who's My Legislator?" Either click on your location on the map or enter your street address, city and zip and click "Find My District". It will take you to a marker on a map showing your street. Double-click at the bottom tip of the marker and your House and Senate members will appear with picture and LRC link!

Each legislator's picture has the link to their LRC website page, giving home address and phone number, email address, etc. NOW is a great time to reach out as a constituent to YOUR legislators! If you email your own Representative or Senator, put this in the Subject line: I Am Your Constituent! and be sure to include your contact information, along with your message urging action on a particular bill.

### **KPA Member Benefits: Available Resources**

**Ethics Resource** - The KPA Ethics Committee has developed a list of resources for KPA members aimed to help psychologists find resources about self-assessment, self-care and the development of skills, relationships, and personal qualities that will allow them to be less vulnerable to ethical breaches and "slippery slopes" in their professional careers and foster ethical awareness that leads to optimal practice. The posted resources define and discuss the stress—distress—impairment continuum, and the vulnerability at any point along the way to an ethical violation. They touch on topics such as risk factors, prevention of impairment, intervening with an impaired colleague, treatment options and the national movement toward establishing colleague assistance programs. <u>Click here to learn more and to access the resources</u>.

**Technology Resource** - Dr. Dan Florell, presenter of the June 21st, 2013 KPA CE Workshop, Advanced Supervision: Influence of Technology, has been gracious enough to share an audio recording of his workshop with KPA members interested in the advancements of technology and their use in the field of psychology. <u>Click here to learn more and to access the recording.</u>

#### Clinical Psychology – Overview and Effectiveness

PowerPoint courtesy of KPA Member Eric Russ, Ph.D., University of Louisville. Click <u>here</u> to access the PowerPoint presentation.

# Post-Ferguson Resources for Coping, Learning, and Teaching

Resources courtesy of the Georgia Psychological Association. Click <u>here</u> to access the webpage with listed resources.

### **Q&A on Current Issues in Ethics**

by KPA Ethics Committee

#### Ethical Question:

The Ethics Committee received a question regarding the appropriate release of records subsequent to a psychologist's departure from agency employment. The committee worked under an assumption that the employer is the owner of the records. If this assumption is correct, the psychologist has no connection to those records subsequent to departure, and therefore, it will be up to the owner of the records regarding how and when to release them. However, it was noted that the committee does not have an attorney member, so the psychologist may wish to speak with an attorney about any concerns regarding what might happen to records generated by the psychologist while an employee at an agency subsequent to departure.

While the Ethical Standards below do not directly address the issue, they

may be relevant if ethical standards are in conflict with organizational demands.

# 1.02 Conflicts Between Ethics and Law, Regulations, or Other Governing Legal Authority

If psychologists' ethical responsibilities conflict with law, regulations, or other governing legal authority, psychologists make known their commitment to the Ethics Code and take steps to resolve the conflict. If the conflict is unresolvable via such means, psychologists may adhere to the requirements of the law, regulations, or other governing legal authority.

# **1.03 Conflicts Between Ethics and Organizational Demands**

If the demands of an organization with which psychologists are affiliated or for whom they are working conflict with this Ethics Code, psychologists clarify the nature of the conflict, make known their commitment to the Ethics Code, and to the extent feasible, resolve the conflict in a way that permits adherence to the Ethics Code.

# Have an Idea or Contribution for the KPA e-newsletter?

Contact the KPA Central Office or Sean Reilley, Ph.D., KPA e-newsletter Editor at <u>dr.sean.reilley@gmail.com</u>. Deadlines for submission are the 15th of the month the newsletter is scheduled for distribution (Feb, April, June, Aug, Oct and Dec).

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