



AMERICAN
PSYCHOLOGICAL
ASSOCIATION

The Division of State,
Provincial & Territorial
Psychological Association Affairs

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Focus on

31

Spring 2016 • Volume 48 • Issue 1

Caring for Ourselves and Our Patients

by Dinela Rosa, PhD



State Leadership Conference (SLC). As usual, this is an opportunity to learn about issues with impact to our SPTAs, and come back to our respective SPTAs with renewed ideas to share with our respective associations.

A main highlight this year was

Dear
Col-
leagues,

This
past
March I
attend-
ed the
APAPO

the clear distinction between APA and APAPO mentioned by various presenters, in particular Dr. Cynthia Belar, APA Interim Chief Executive Officer, Dr. Katherine Nordal, Executive Director of APA's Practice Organization and Dr. Kathleen Brown, Chair of the Committee for the Advancement of Professional Practice (CAPP). In a nutshell APA's main concern is the good of psychology, while APAPO's main endeavor is advocacy for psychologists. They are equally important for us. One without the other would meet just part of our professional

President's Message
Continued on page 6

Nominations Wanted!!!

Nominations are wanted for Division 31 Annual Award of **Outstanding Psychologist**. Nominations and supporting materials should be sent to Division 31 Awards Chair Cathy McDaniels Wilson, PhD by June 1, 2016, at mcdanielswilson@yahoo.com.

The award for Outstanding Psychologist honors a psychologist whose distinguished contributions might include:

- Demonstrating outstanding leadership in state, provincial, or territorial psychological associations.
- Advocating for psychology through state, provincial, or territorial psychological associations.
- Impacting psychology and our clients through distinguished service.
- Serving as a role model for active participation in organized psychology.
- Being a volunteer SPTA member. (Required)

For additional information go to

<http://www.apadivisions.org/division-31/awards/psychologist.aspx>

Deadline is **June 1, 2016**.

Division 31 President-elect Candidate Statements



**Lindsey
Buckman,
PsyD**

Division 31
Colleagues,

I am thrilled and honored to be nominated for the Division 31 President-elect position. I have had the privilege of serving as the Division 31 ECP Task Force Chair for two years, which has allowed me to understand the division from both a new member and a board member perspective. In addition to my role in Division 31, I served as the Legislative Chair

for my SPTA for four years and continue to serve on the Legislative Committee and Leadership Development Committee. I serve as a member of the Committee for the Advancement of Professional Practice (CAPP), and acted as the liaison to the Committee of State Leaders for two years. I also serve as the Diversity Member at Large for Division 42. Through my various roles, I have gained great appreciation for the collaborative relationships that Division 31 helps to foster. I believe that Division 31 has the potential to be an even greater resource to SPTAs by

increasing our ability to act as a center for resources through the use of our website and listserv. I would like to create an advocacy committee that would focus on tracking active legislation related to psychology and practice. In addition, I am interested in highlighting successful STPA strategies related to membership, student and ECP recruitment, and legislative advocacy, so that we may benefit from community knowledge.

I welcome the opportunity to increase my service to Division 31 and thank you for your consideration.

Midwinter Meeting of Division 31 Board of Directors



The Division 31 leadership gathered for the Midwinter Board of Directors Meeting. Highlights include honoring Cathy McDaniels-Wilson, PhD, ABPP, for her leadership in 2015 (left), and the board members present at the meeting (above). Board members shown are, from left, CESPPA Representative Tom Cote, Executive Director Connie Paul, APA Council Representative Lisa Grossman, President-elect Linda Knauss, President Dinela Rosa, Treasurer Nan Klein, Student Representative Jennifer Doran, Member-at-Large Mera Kachgal, Past President Cathy McDaniels Wilson and Secretary Peter Oppenheimer.

Substantive Change Is in the Air



**Pat DeLeon,
PhD
Former APA
President**

If one needed an incentive to become involved in one's State Psychological Association, the opportunity to attend the annual APAPO State Leadership Conference (SLC) would be paramount. SLC has consistently been the highlight of the APA year and this Spring 400-500 dedicated colleagues heard inspirational messages from Executive Director Katherine Nordal and psychologists Congressman Tim Murphy and former Ohio Governor Ted Strickland. Ted was the first psychologist elected to the U.S. House of Representatives and is currently running for the U.S. Senate. Early Career Psychologists (ECP), first time attendees, and graduate students were visibly evident. The "changing of the guard" is upon us. A former Chair of APAGS announced his candidacy for the APA Presidency and the Division's Le Ondra Clark Harvey received an APA Presidential Citation from Susan McDaniel, highlighting her passionate commitment to mentoring ECPs engaging in important social justice agendas. David Ballard hosted the 11th Annual Psychologically Healthy Workplace Awards ceremony. Special congratulations to our Ohio colleagues for their numerous accomplishments.

It was particularly moving to see Interim CEO Cynthia Belar. Cynthia is one of the profession's gifted visionaries who has long fostered the interaction of science

and practice for the public interest, which is critical for psychology's future. This year the Interprofessional Education Collaborative (IPEC) accepted nine new members, thereby expanding its representation of associations of schools of the health professions to 15 professions. Established in 2009 by six organizations, IPEC is committed to advancing interprofessional learning experiences and promoting team-based care (a fundamental element of President Obama's Patient Protection and Affordable Care Act (ACA)). The founding members include the American Association of Colleges of Nursing, American Association of Colleges of Osteopathic Medicine, American Association of Colleges of Pharmacy, American Dental Education Association, Association of American Medical Colleges, and the Association of Schools and Programs of Public Health. The newest members are the APA and the training leadership of Podiatric Medicine, Physical Therapy, Occupational Therapy, Veterinary Medicine, Optometry, Allied Health, Social Work, and Physician Assistants. IPEC's mission is to ensure that our nation's health care professionals become proficient in the competencies essential for patient-centered, community and population oriented, interprofessional, collaborative practice. For psychology, this represents "integrated care."

The SLC training sessions for the subsequent Hill visits stressed the critical nature of constituent presence. Currently, 54 Senators and 36% of the House of Representatives have law degrees, with business backgrounds being very popular in the House. We would

suggest that each state association should seriously explore developing collaborative activities with their local Bar Associations, perhaps with their Family Law sections. Katherine: "This year 30% of SLC attendees are Early Career Psychologists. SLC is a major training ground for leadership and advocacy for students, ECP, and our diversity delegates. YOU are our future leaders and we trust that you will lend a hand to those coming behind you to help groom another cohort of psychology's leaders. We have brilliant psychologists doing brilliant things, thinking outside of the box, and trying new and innovative ways to practice. We are building a positive future for professional psychology." In keeping with this exciting evolution, Neal Morris, President of Division 55, noted that his convention program co-chairs, Joanna Sells and Omni Cassidy, are graduate students at USUHS. Mahalo to Dan Abrahamson and Susan Lazaro for their truly inspiring SLC.

Aloha!

Advertise with Us

Focus on 31, the newsletter of APA Division 31, would like to invite you to consider advertising in our newsletter. Published three times annually, we reach decision makers throughout the country, provinces and territories.

Advertising Rates

Classified Ads: \$10 per line, minimum three lines. Type the ad as it should appear in the newsletter and [email](#) it to the Editor.

Display Ads: Ads must be in digital format, 300 dpi, .eps, .tif or .pdf. 8x10: \$400; 3x5 Vertical: \$150; 3x2: \$50.

Not Your Everyday Ordinary Council Meeting



**Lisa
Grossman,
JD, PhD,
ABPP
Div. 31
Council Rep.**

NOTE: This is a portion of the Council Report posted on Division 31's list serv.

The Gathering of Voices....

"Our lives began to end the day we became silent about the things that matter." – Martin Luther King

Probably one of the single most significant and poignant experiences that happened to me in the last six years as a Council Representative occurred on the last day of the February Council Meetings. It was Sunday morning and our invited anthropologist, Dr. Malachi O'Connor, was to begin his presentation about COR functioning and how it can be improved. Dr. O'Connor focuses on organizations' cultures and how they need to change. He was to help COR understand APA's culture as he observed it and the roadblocks

to making the changes that APA must address to regain its footing. From working with the EMG, BOD, CLT and COR, Dr. O'Connor was to inform APA about the pressure points that block our change. His presentation was to be titled, "APA Council as a Policy-Making Body: Implementing the Vision." Before he began speaking from the dais, a large gathering composed primarily of women of color all stood together by one microphone on the floor and one woman began to speak to Dr. O'Connor. The gist of what she said was that she was offended by some content concerning Native Americans in Dr. O'Connor's report outlining his observations of the August 2015 Council meetings. She questioned his competency to observe, report and help COR when he was not sufficiently aware of his cultural bias and macroaggressions. When he apologized and admitted that he didn't know that what he wrote was offensive, she retorted that "not knowing" is insufficient. She later made a point of

stating that it is not OK to ask her or others to be educators. Rather, if one wants to understand and learn about prejudice, bias and discrimination, one should take a Diversity 101 course. She believed that Dr. O'Connor should not proceed with his presentation until these issues were addressed with COR. To his credit, Dr. O'Connor listened intently, maintained his professionalism and seemed to try his best to understand.

What followed then was that many women of color went to the microphone (and a few men of color) and each began to share their individual feelings of discrimination, invisibility, frustration and disrespect from their COR experiences. Their feelings were palpable and their obvious long-standing pain was profound. We broke for lunch and in the afternoon attempted to discuss our feelings of what happened in the morning and what changes COR may need to make.

To read the rest of Dr. Grossman's report, please click [here](#).

APA Annual Convention

Denver, Colorado | August 4-7, 2016

Registration for the 2016 APA Annual Convention in Denver begins April 15 at 10 a.m. But there's plenty of information to review before then. Highlights include:

- **Continuing Education**

- Workshops:**

- Some 75 half- and full-day workshops will take place Aug.

4-7 in Denver. Take a sneak peek at some of the offerings, with the full agenda available April 15 at 10 a.m.

- **Convention Programming:**

- This year's plans include plenary sessions with top experts exploring current issues in the discipline,

- collaborative programming focused on innovative and cross-cutting themes, and special-focus programming planned for the needs of specific groups, such as educators, practitioners and early career psychologists.

Division 31 Student Task Force: A Call for Members



**Chris-
topher
DeCou,
MS
Chair,
Student
Task
Force**

Students are the future of our profession, and a critical constituency concerning advocacy for psychology within SPTAs. The Division 31 Student Task Force was created to help catalyze student involvement in advocacy issues, and to increase student membership within SPTAs and Division 31. Consistent with these broad goals, the Student Task Force is interested in developing strong collaborations with SPTAs and in developing resources to assist SPTAs in building their student membership and cultivating in students a lasting commitment to professional advocacy. I am writing this article as an invitation to students to join the task force and assist in achieving these goals, including some specific initiatives outlined below.

One area that is especially important to me as chair of the task force, and as a student who is from a rural State (Alaska), is engaging graduate students in rural and frontier regions, who are well-positioned to contribute to policy and advocacy initiatives among underserved and under-resourced communities. That is, in areas where there are relatively few psychologists, students may be of great assistance in contributing to the activities of SPTAs. In addition, effective engagement of students in rural and frontier States may promote the retention of psychology trainees after graduation and help address limited access to mental health services in rural areas. In this way, students offer an important resource to SPTAs in addressing compelling health disparities in rural and remote areas.

A second area of focus for the task force is identifying, synthesizing, and disseminating existing approaches to student-engagement for SPTAs within a comprehensive guide that can service as a resource for SPTAs looking to enhance or

initiate student engagement efforts. This may be especially useful for smaller SPTAs or those with limited existing student involvement. Initial steps for this project will include contacting SPTAs student committees and representatives to learn more about the ways in which they connect with graduate students, and also understanding potential barriers and facilitators to student involvement in SPTAs.

If you (or someone you know) are interested in the opportunity to contribute to student involvement in SPTAs, and develop important resources to promote lifelong advocacy among students and emerging professionals, then I invite you to contact me and join the Student Task Force of Division 31. I hope to build a collaborative and creative team during the next several weeks, and look forward to developing strategies that work for promoting the role of students in SPTAs and in advocacy for our profession. Please feel free to contact me with any questions or ideas related to the Student Task Force (decochri@isu.edu).

Visit the

[Division 31 web site](#)

**for current information for SPTAs and blogs
for a variety of communities.**

Treasurer's Report



**Nanci C.
Klein,
PhD**

I am pleased to report that the Division 31 budget has remained stable over the past two years, and it is projected to remain so for 2016. At present, Division 31 has two years of reserves in savings.

I have also been reviewing the performance of Division 31's investment portfolio in light of the current economic picture. I will be making recommendations to the Division 31 Board of Directors at the August meeting to update the division's investment strategy.

As of March, 2016, 39 State Psychological Associations, one Territorial Psychological Association, and four Provincial Psychological Associations have renewed membership in Division 31. This rep-

resents over 77% of SPTAs having renewed within the first quarter of 2016. It would appear that the division could potentially achieve 100% membership support from SPTAs for 2016.

The current stable financial status of Division 31 is key to maintaining the division's initiatives for providing useful resources, services and benefits to all SPTAs, as well as advocacy for SPTA and state issues within the evolving governance structure of APA.

President's Message Continued from page 1

needs. It is up to us however, to consider our membership to either one or both.

Another topic discussed at SLC, membership, is a concern for most SPTAs. With very few exceptions, most associations are struggling with recruitment and retention of members, including diversity representation. Old tricks do not seem to work the same now. New media and technology brings new opportunities to attract members but not all our SPTA's have the resources available to venture into this new terrain. In particular, our small associations lack the infrastructure that can facilitate this and similar alternatives. Supporting our SPTAs in this and many other areas ought to be part of our division's undertaking. Currently we are exploring ways in which our division can play a role to support SPTAs. We are looking into creating a section of resources in our website readily available to leaders of all SPTAs. We are hoping to start with

a collection of ideas implemented by some SPTAs that have shown to be effective. Soon you will receive a survey asking to share some of the most effective ideas to increase membership. We plan to collect them and add them to our website. It takes a village, therefore your cooperation responding to the survey will be pivotal to make this happen.

Increasing communication between our division and all SPTAs is another area of interest in recent years. We envision our associations seeing our division as a hub to share what is going on in their respective associations, and to learn how other associations are addressing similar issues. More importantly, we envision our division as a venue of collaboration and empowerment for our SPTAs. With the swift outward changes in health care, tele-health among others, and the inward transition and reconstruction, more than ever our SPTAs can benefit from sharing in the common issues. These commonalities can serve as a based board to associations efforts. No need to reinvent

the wheel.

Toward this goal we have been reaching out to all APA council representatives inviting them to join our division. For the second consecutive year, we are offering a complimentary membership to presidents of SPTAs. Additionally, each SPTA membership includes the membership of the executive director. The hope is that by having the executive director, president and council representative (s) of each SPTA as members of our division, we would increase the connection between us and associations. As we all know, this effort goes beyond a one-year presidential initiative. I stand on the shoulders of recent president who had this as one of their main initiatives. I just hope to continue the efforts.

Our division is best known for advocacy and leadership. We are proud to have an active group of members including ECPs committed to these efforts. In an effort to increase visibility and collabora-

**President's Message
Continued on page 7**

Fellowship in Division 31



**Donald
McAleer
Psy.D.,
ABPP
Div. 31
Fellows
Chair**

As many of you know, APA has several categories of membership including Associate, Member and Fellow. To quote from the APA website, the category of Fellow “is an honor bestowed upon APA members who have shown evidence of unusual and outstanding contributions or performance in the field of psychology. Fellow status requires that a person's work has had a national impact on the field of psychology beyond a local, state or regional level.”

Although reviewed by the APA Fellows committee, nominations for fellow status are made through the various APA divisions who generally set their own nominating criteria. For example, Division 31 encourages applications from its members who have made unusual and outstanding contributions in one or more of the following areas: development of exemplary programs; leadership in organized psychology; publication or dissemination of information; and national policy development or political action. Contributions in each of the following four areas are not necessary. For more details on the specific criteria from Division 31, please go to the following: <http://www.apadivisions.org/division-31/membership/fellows/index.aspx>. Applications are accepted from August through the end of November.

Once the application is completed, it is initially reviewed by the division Fellows committee who assess the contributions relative to Division criteria. The committee then either does not recommend or endorses the submission. If accepted, the application is then forwarded to the APA Fellows committee which reviews the application against APA criteria and confirms whether clear evidence of those criteria have been demonstrated and clearly articulated in the application. In either case, both Fellows committees provide feedback in those circumstances where the criteria have either not been demonstrated or clearly articulated.

Applications are reviewed by the APA Fellows committee in March of each year and, if all criteria are met, the committee recommends Fellow status to the Board of Directors and APA Council of Representatives for approval.

So what do you need? The process has been streamlined now that the application is available and submitted online but in essence requires: 1) A completed Fellow application. 2) A statement of your accomplishments. 3) A copy of your updated Vita and 4) Support letters from three Fellows, two of whom are Fellows of Division 31. In drafting the personal statement, I encourage people not to be shy and to feel free to sing your own praises and accomplishments. This is often hard for people to do but it is the only way we can fully understand how your life's work reflects outstanding professional contributions worthy of Fellow status.

The portal below will again open in August 2016 and there will

be further reminders along the way. Please consider becoming a Fellow of Division 31. Please visit the Fellows page at <http://www.apa.org/membership/fellows/index.aspx> for more information on the process or feel free to email me at dmcaleer@nspractices.com.

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tion, we are in the process of creating an advocacy committee to bring all existing efforts into a common umbrella. We envision a committee consisting of seasoned members working in advocacy for quite some time, early career members and students. This interactive model will serve a dual role, of advocacy and mentoring in action. I invite you to consider participating in this effort.

On another topic and for the first time, this year our division will recognize the “host” SPTA where the annual APA convention takes place. This year we would be acknowledging the Colorado State Association during our social hour. Needless to say, they are very proud for having the convention in their state and will be sending information about things to do while in Denver via our listserv. Additionally, CPA will participate in our convention program. Stay tuned for further information as we get closer to August.

In closing, keep using our listserv for discussions relevant to our SPTAs. Don't forget to visit our website for useful information to you and your state. Stay tuned of blogs for our task force groups. Let's keep in touch. Feel free to share your thoughts about how to make our division relevant to the needs of all our leaders. It takes a village...



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FAC Report: Activate Your Advocacy



**Cynthia Sturm,
Ph.D.
Div. 31
Federal
Advocacy
Coordinator**

“Expanding the Practice Spectrum” was the theme of the 2016 State Leadership Conference held February 27 – March 1 in Washington DC and attended by over 400 state, provincial and territorial leaders. APA Executive Director for Professional Practice Katherine Nordal, PhD and invited speakers addressed innovative practice models as well as how traditional models of practice can adapt to changes in the healthcare marketplace. On the SLC Capitol Hill Day psychologists met with over 300 congressional offices to ask for support regarding the following legislation:

Bipartisan Mental Health Reform Legislation: Two bills introduced in 2015, the “Helping Families in Mental Health Crisis Act” (H.R. 2646) Rep. Tim Murphy (R-PA) and Rep. Eddie Bernice Johnson (D-TX), and the “Mental Health Reform Act (S. 1945) introduced by Senators Bill Cassidy (R-LA) and Chris Murphy (D-CT) include many provisions to increase access to mental health care for individuals with Serious Mental Illness, strengthen programs and add support resources for families. It is hoped that these ideas and other important reforms can be enacted this year in consensus bipartisan legislation.

Medicare Mental Health Access Act: (H.R.4277/S.2597) Rep. Kristi Noem (R-S.D.) is co-

sponsoring H.R. 4277 with Rep. Jan Schakowsky, (D-Ill). This bill would add psychologists to the Medicare Physician Definition so that psychologists could treat patients without unnecessary physician supervision in all treatment centers. This change would improve access to care for the growing number of Medicare beneficiaries, especially those that have comorbid mental disorders and chronic medical conditions. The companion Senate Bill is sponsored by Sens. Sherrod Brown (D-OH) and Susan Collins (R-Maine).

Rep. Kristi Noem was recognized Monday night at SLC with the 2016 Outstanding Leadership Award, given by APAPO each year to a member of Congress who has worked to benefit professional psychology.

Do you know a member of Congress? Psychologists can ad-

vocate for our profession by building relationships with our legislators and telling our story. Do you have contact with your members of Congress? The APAPO Key Contact initiative seeks to identify these important relationships. If you have a connection and would be willing to contact him or her to advocate for psychology please contact me at csturmphd@me.com or Chad Appel, J.D., Director of Field and State Operations, by e-mail cappel@apa.org or (202) 336-5620.

Use the Legislative Action Center at <http://capwiz.com/apa-practice/home/>. You can advocate for legislation that improves care for patients and promotes psychological services. Show a colleague how easy it is to send a message to your Congressional representatives and encourage them to support mental health policy reform.

**Visit the
[Division 31 web site](#)
to see these blogs for a variety of
communities:**

[Diversity Task Force](#)
[Early Career Psychologists](#)
[Ethics Education](#)
[Health Care Reform](#)
[Student Task Force](#)

ECPs at the 2016 State Leadership Conference



**Le Ondra
Clark
Harvey,
PhD
Co-Chair
of the APA
Committee
on ECPs**

Greetings!

I am the State, Provincial and Territorial Psychological Associations (SPTA) Representative and new Co-Chair of the APA Committee on Early Career Psychologists (CECP). In February, the new CECP Practice Representative, Tyson Bailey, and I had the pleasure of hosting over 40 ECPs during the APA's annual State Leadership Conference (SLC) held in Washington, D.C.

The ECPs participated in a number of events including an orientation session that provided an opportunity for the ECPs to share about the challenges in recruiting and retaining ECPs within SPTAs as well as share success stories. There were a number of other ECP focused

events including a social where the ECPs had the chance to mingle with members of the APA Board of Directors. Another highlight was the annual awards luncheon where the Ohio Psychological Association was presented with the *Division 31/CECP Initiative Award* in recognition of implementing activities that engage and sustain ECPs in advocacy, leadership, and the practice of psychology. During the closing banquet, both I and Lindsey Buckman, the ECP representative on the Committee for the Advancement for Professional Practice, were presented with Presidential Citations for our work on behalf of ECPs.

The conference provided attendees the opportunity to learn about the importance of advocating for the profession of psychology at the state and federal level. The SLC ended with visits to Capitol Hill where attendees met with Congressional representatives, and left with a renewed commitment to continue to strive to meet the needs of ECPs within their respective states.

One thing I heard during the SLC was that ECPs are looking for

ways to gain leadership experience and get more involved in APA governance. As such, I want to highlight two upcoming opportunities for ECPs.

First, the Division 31 has an ECP Task Force. This task force is in need of ECP members. If you are interested in learning more about the ECP Task Force, visit the webpage and submit your inquiries: <http://www.apadivisions.org/division-31/about/students/index.aspx>

Second, the CECP will have two open positions. The CECP advocates for the unique needs of ECPs and provides useful resources for ECPs, e.g. scholarships, ECP listserv and the CECP Financial Planning Guide. Please visit our website for information about the application process and to access resources: <http://apa.org/careers/early-career/committee/index.aspx>

In closing, many thanks to the delegates who attended SLC. ECPs are the future of APA and I encourage all ECPs to reach out to the Division 31 ECP Task Force as well as the CECP to learn about opportunities to get involved.

Division Membership Opportunities and Benefits

Div. 31 is excited to offer students and new professionals information on becoming involved in association governance, advocacy and professional development activities.

- Be informed and involved in the advocacy activities (e.g., licensure mobility, prescriptive authority) of states.
- Obtain mentorship and opportunities for entry into APA gover-

nance.

- Become familiar with APA governance and its structure.
- Learn about the professional and public education activities of states.
- Work with SPTAs to advance the profession and to promote the highest standards of ethics.
- Membership also includes three issues of the Bulletin of Div. 31.
- Access to the division's List-

serv®, which allows you to network with members and discuss issues of concern to students.

- Involvement in workshops regarding Graduate Student Psychological Association development and practice.
- A guidebook for involvement in APA governance activities.
- An abridged version of Keesey's parliamentary procedures.
- Division mentoring program.

SPTA Updates Cover a Wide Range of Activities



**By
Jennifer
Kelly, PhD**

Alabama

The Alabama Psychological Association (aPA) has been

active on several fronts this year. Medicaid continues to be a major concern for both the citizens of our state as well as for clinical psychologists that serve them. aPA has members actively working with Medicaid on revising Chapter 34 that set out regulations and defines the codes used in practice. This continues to be an ongoing task and the relationship built between aPA and Medicaid officials has been productive. In addition, aPA has responded to several state legislative efforts that affect the care our citizens, access to services, education of our children and protection of our field.

Colorado

On February 26 - 27, 2016, the Colorado Psychological Association partnered with six other local and national stakeholder organizations to present "Elevating the Conversation: Unlocking Suicidal Secrets." Keynote speaker Dr. Shawn Christopher Shea shared a presentation on "New Thoughts on Old Problems in Suicide Prevention." Experiential training was provided in the Chronological Assessment of Suicide Events (CASE) approach. Other organizing partners were Arapahoe/Douglas County Mental Health Network, the Colorado Dept. of Public Health and Environment, Judi's House/JAG Institute, Suicide Prevention Coalition of Colorado, the

Carson J Spencer Foundation and SAMHSA.

Georgia

During the fall of 2015, Dr. Nancy McGarrah hosted "An Evening with Dr. Nadine Kaslow: The Future of APA." It was an opportunity for members to hear Dr. Kaslow's reflections as a leader in APA. For the fourth consecutive year, GPA has pursued passage of the psychological testing bill. The bill denotes an explicit definition of psychological testing to State law. Without this clarification, licensing boards will have difficulty restricting this practice to licensed psychologists, and this effort is vital to protect the public and guide the practices of mental health professionals. We obtained an APAPO Legislative grant to support this effort. GPA has instituted member recruitment and information sharing events at university training programs across the state. In upcoming months, GPA will hold its Annual Meeting and yearly Ethnic Minority Affairs brunch, hosted by Dr. Jennifer Kelly. Most noteworthy, GPA won the 2016 APA Division 31 award for Outstanding Diversity Program. The GPA Diversity Directorate strongly values educating members, increasing self-reflection and building overall multicultural competency. Diversity Directorate programming includes book discussions, participating in multicultural community mental health fairs, a global effort to help girls gain access to feminine hygiene and vital health knowledge and the Directorate has an upcoming "Days for Girls" service project.

Iowa

Iowa Psychological Association has hired a new training director to

oversee its post doc training project. Dr. Brenda Payne will work directly with the Iowa Dept. of Public Health, Iowa Psychological Foundation and two training sites. The training program, started in 2007, has put 20+ trainees through the program. The retention rate of these trainees staying in Iowa has been high, has resulting in the continued funding by the Iowa Department of Public Health. The Iowa legislature is in session through April. At their February 23 legislative breakfast, IPA members lobbied for increased funding to enable more sites.

Indiana

IPA had three major successes during the 2016 legislative session. We negotiated the Medical Review Panel threshold for Psychologists. We were able to add language that allows other healthcare providers, including Psychologists, to be consulted in working with the Dept. of Education to develop curriculum protocols on concussions for the coaches and trainers education. Finally, we were able to amend language to make sure supervising nurses were only working within their scope of education and training, that addictions counselors were supervised by HSPPs or physicians, and clarified the language on the students who could get Medicaid reimbursement at the mental health centers. Nearly 70 new members were recruited throughout 2015, and 24 new members were recruited during the first three months of 2016. In March 2016, IPA launched a new website to include many features including a "Find a Psychologist" searchable directory of Psychologist members.

Your Well-being: Stillness



John F. Christensen, PhD
APA
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Assistance

Stillness

A recent development in information technology is the advent of Google glasses. These are smart goggles that allow streaming of data via the internet onto a sector of the lens and linked to a GPS embedded in the frame. Imagine walking by any place of business and with a glance at the storefront accessing the company website (restaurant menu, movie marquee with IMDB reviews) or being able to encounter a bird in the wild and with instant photo with feature recognition see all the information you want about that bird displayed in your field of vision. Pretty cool! Without waiting for this next best thing to emerge, we already have instant access to more information than was available in the great library of Alexandria (or any historical repository of human knowledge). If we wish, we can allow the information to roll over us in a continuous flow. But is there a cost to wading through this incessant stream?

Although our brains are quite adaptable and resilient, they require the full cycle of a night's sleep to prune unnecessary synaptic connections and consolidate and strengthen the connections of new knowledge. They also require stillness and silence to find the depth and meaning in what

we absorb. For us (and our children) these moments of stillness are disappearing as rapidly as ice sheets in the polar regions. I found a *New York Times* article by Pico Ayer to be a compelling reminder of the deep value of cultivating silence and stillness: <http://www.nytimes.com/2012/01/01/opinion/sunday/the-joy-of-quiet.html?pagewanted=all>.

Making a conscious effort to create "unplugged" time can reap dividends beyond the investment of time (be it a day or an hour or even five minutes). When we disconnect from light emitting screens, email, Facebook, and the text messages we might delay, we open ourselves to the possibility of encountering what the poet Gerard Manley Hopkins called "the dearest freshness deep down things," whether it be a manifestation of nature, the touch of a loved one, or the murmurings of our own soul. A physician colleague in New York tries to honor the Sabbath in whatever small way he can. If he cannot take a sabbath day, he takes a "sabbath hour," into which he enters by placing the devices that connect him to the non-stop world (pager, smart phone, iPad, car keys) into a "sabbath box," where they remain to be picked up at the end of the sabbath time. The discipline to collect these moments of stillness requires that we tolerate the technological withdrawal symptoms of boredom or the anxiety of missing out on something.

For a deeper read on this issue, I recommend *The Shallows* (no pun intended) by Nicholas Carr (<http://www.nytimes.com/2010/06/06/books/review/Lehrer-t.html>). He refers back to Marshall McLuhan's

Understanding Media to explore how the media of technology (rather than the message or content) are reshaping our minds.

To live consciously as humans entails being mindful not only of good nutrition, restorative sleep and adequate exercise—but also ensuring we get our recommended daily allowance of stillness.

"When you lose touch with inner stillness, you lose touch with yourself. When you lose touch with yourself, you lose yourself in the world. Your innermost sense of self, of who you are, is inseparable from stillness. This is the I Am that is deeper than name and form."

—Eckhart Tolle

The APA Advisory Committee on Colleague Assistance (ACCA) seeks to promote the health and well-being of psychologists by providing resources to help them prevent burnout and to thrive and flourish in their personal and professional lives. It also seeks to help organizations in which psychologists work to promote their well-being. ACCA has a threefold mission:

1. *To prevent and ameliorate professional distress and impairment and their consequences among psychologists.*
2. *To foster and provide resources via linkages to state associations to this end.*
3. *Thereby, to better protect the public.*

ACCA attempts to attain these goals in three ways: by promoting an understanding and acknowledgment of the unique occupational hazards of psychologists' work, supporting the development and maintenance of state level assistance programming, and encouraging appropriate linkages between state ethics committees, regulatory boards and assistance programs. By working in these areas, ACCA hopes to serve the interests of the public and the professional community.

Resources to help psychologists and their professional organizations can be found on the ACCA web page (<http://www.apa.org/practice/leadership/colleague-assistance.aspx>)

State Leadership Conference in Pictures

Right, the Nevada Psychological Association earned outstanding SPTA honors for 2016 for its tremendous efforts to promote psychology.



Left, the Georgia Psychological Association receives recognition for the organization's efforts in the area of diversity.



Right, New York's Executive Director Tom Cote, MBA, CAE, near right, was named outstanding SPTA staff person. The well-deserved award was presented by Division 31 President Dinela Rosa, PhD.



Above, Division 31 President Dinela Rosa, PhD, had the honor and privilege of presenting awards on behalf of the Division .



Above, the Ohio Psychological Association earned accolades for its work with early career psychologists.



Left, members of the Minnesota Psychological Association received national honors, and a big check, for their work with APAGs members and students in the association.



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