From the President's Desk

Molly Clark, PhD, ABPP
President

There are many things that happen behind the scenes here within MPA and I want to highlight what the leadership has been working on this year. The Executive Council (EC) meets every year after the Annual Convention and individual EC members set goals for what they hope to accomplish for the year. While I am sure that each EC member will go into greater detail in their
own columns, here is an overview of what has been going on so far this year and what we hope to accomplish in the next several months.

The legislative issues this year have been abundant. I thank Penni Smith-Foster for staying on top of this. If you have never been involved fully in these efforts, you may not realize that this position requires one to be ready at the ring of a phone call to run to the State Capitol, draft position statements, make phone calls and meet with legislators/lobbyists, and more. Penni is a huge asset to us in this arena. I am happy to report that we have been very successful this year with all of the legislative efforts we have pursued.

We are also preparing to meet with Thomas McElroy with the Governor's office to discuss this year's nominations to the MS Board of Psychology. When vacancies arise on the MS Board of Psychology, the MPA EC is contacted to help identify those who may be interested in serving in this capacity. We were able to find three nominees and will continue to work with the Governor's office in order to keep a full board.

Vicki Prosser (Past President) is doing an excellent job with convention planning. She, along with Natalie Gaughf (Communications Officer), Sara Jordan (Region 3 Representative) and Amy Wilson, has been working on updating the mail outs, discussing advertising and speakers for our Annual Convention. I think that there will be a number of topics of interest for our members as well as time for us to network and have a great time.

Julie Radico is our newest member and represents our Early Career Psychologists (ECPs). Julie set in motion the idea to give all students who are new to MPA free membership for their first year. We want to support our students and ECPs, and Julie will have more ideas on what MPA can do to help this population. In addition, we hope that this will be helpful to our academic members, who want to see their students active and presenting at conferences.

While I have not mentioned every EC members, please know that these folks are just as busy working for the betterment of MPA. I continue to invite anyone who may be interested in giving back and volunteering to self-nominate or contact Emily Thomas Johnson to see what open MPA EC positions may be right for you. Without these efforts on our members' behalf, I truly believe that our discipline would lose distinction and become irrelevant. I am also very thankful to have many dedicated people who are willing to devote their time, energy and finances toward this end.

Emily Thomas Johnson (President-elect), Angela Herzog (APA Representative), Suzanne Jourdan (Public Education Coordinator), Cheryl Johnson (Diversity Representative), Julie Radico (Early Career Representative) and Amy Wilson (Executive Director) represented us well at the APA State Leadership Conference. This is an opportunity for each State Association to meet with APA leaders and learn what are trends facing our profession and receive education on what resources are available for various interest groups within associations. I think this was a great opportunity to get some new ideas, inspiration, and to have a presence with those who support us through grants each year. It is also important to note that funding for this event is not covered completely by APA. While Julie and Cheryl were able to apply for grant funding to cover their expenses, other EC members voluntarily pay out of pocket to cover this in order to help our association grow.

Our new Executive Director, Amy Wilson has been working diligently on a number of things. We have had the most difficult time with transferring the phones, getting the bank information up-to-date and other matters of
everyday business (such as the website). I wanted you all to know how much time and effort Amy has been devoting to getting this all straight. The upside of all of this work/effort, is that we hope to save money and deliver better services once this is completed. I think that every day I have recognized what expertise Amy brings to the table in helping to improve our organization.

MPA Executive Council Nominations

Emily Thomas Johnson, PhD, BCBA-D
President-Elect

The Mississippi Psychological Association (MPA) is soliciting nominations for elected position(s) on the MPA Executive Council.

We are currently seeking nominations for the offices of President-Elect, Financial Officer, Region I representative, and Region 2 representative.

Self-nominations and/or nominations of others are encouraged. Nominations must be received by May 20th. The slate of nominees will be developed, and the slate will then be distributed to the current members of MPA for a vote.

The newly-elected Executive Council members will be announced at the annual convention in September 2014 and begin their positions on January 1, 2015.

Nominations may be emailed directly to President-Elect, Emily Johnson at ETJPhD@gmail.com or online at https://docs.google.com/forms/d/1Ozw93-euUvJxjxK-KUL6JkB93b5JaVANwHyhCX qlc/viewform.

Did you Know?

Psychologists are involved in all areas of healthcare. For interesting details, check out this article on the APA website.

http://apapracticecentral.org/advocacy/state/leadership/slc-fact-psychologists.aspx

MPA 2014 Convention Planning

Vicki Prosser, PhD
2014 Past-President/2014 Convention Chair

Save the Date!
September 10-12, 2014
2014 Annual Convention of the Mississippi Psychological Association
Gulfport Marriott
The 2014 Annual Convention will be held at the Gulfport Courtyard Marriott. Please add the date to your calendar. We have planned one workshop with Anne Marie Albano, PhD, ABPP. She will be returning to present on depression in children and teens. We are in the process of contacting other speakers and have sent the call for programs. Stay tuned for more information.

Both MPA Members and Non-Members are welcome to submit proposals for programs. Students are especially encouraged to submit proposals for posters. The call for proposals is open now, and the deadline is May 15, 2014. Contact Vicki Prosser with questions. vprosser@att.net

Save The Dates!
Mississippi Psychological Association
2014 Convention

September 10 - 12, 2014
Gulfport Beachfront Marriott
www.mpassoc.org

MPA Working for You

Penni Smith Foster, PhD
FAC/Government Relations Officer

To All:

As Government Relations Officer and Federal Advocacy Coordinator for the Mississippi Psychological Association, part of my responsibilities includes monitoring state legislation that affects the practice of psychology in the state of Mississippi. Each legislative session, I work closely with MPA lobbyist Chip Reno and the Executive Council of the Mississippi Psychological Association to address any bills that may impact the profession of psychologists. This is a complex yet important process that requires quick responses, presence and visibility at the MS State Capitol Building (often on short notice), conversations with other lobbyists and leaders of various agencies or organizations, numerous meetings with state legislators and governmental committee members, and communications with the Mississippi Board of Psychology.

The legislative advocacy efforts of the Mississippi Psychological Association are one of our organization’s most important initiatives. These efforts help to preserve our profession and its unique services, protect the
practice of psychology, and ensure that the residents of Mississippi continue to benefit from the competent care provided by licensed, qualified psychologists. This is why the MPA Executive Council made a commitment in 2012 to increasing our legislative efforts and working toward a greater political presence on the state level. This commitment resulted in contracting the services of Chip Reno, lobbyist for the Talon Group, in 2012. Mr. Reno's expertise and presence at the state Capitol has been invaluable to our association and our advocacy efforts with multiple legislative issues. During the 2014 legislative session, MPA was involved in substantial efforts to address multiple bills affecting our practice. These efforts were successful and resulted in the extension of our statute governing the practice of psychology in Mississippi, positive negotiations with another group of mental health providers that protected and distinguished our scope of practice, and education of legislators regarding the importance of licensure and board regulation for individuals providing treatment for those diagnosed with autism spectrum disorders. Please see below for a list of the 2014 bills for which MPA successfully advocated this legislative session.

I hope that you will support MPA’s efforts to continue our state legislative initiative each year in order to preserve the practice of our great profession. If you would like to provide a monetary donation to MPA for our legislative initiative, please send a check earmarked as "Government Relations" to MPA, PO Box 16826, Jackson, MS 39236. If you would like to donate to the Mississippi Psychologists Political Action Committee (MP-PAC), please send donations to MP-PAC, PO Box 4326, Jackson, MS 39216. More information about the MP-PAC can be found at http://mpassoc.org/mp-pac/.

HB 383 - AN ACT TO REENACT SECTIONS 73-31, MISSISSIPPI CODE OF 1972
MPA successfully lobbied to extend the repealer on the statute that addresses the practice of psychology in Mississippi to 2018.

HB 583 - AN ACT TO REENACT SECTIONS 73-53, MISSISSIPPI CODE OF 1972, FOR MARRIAGE & FAMILY THERAPISTS & SOCIAL WORKERS AND REVISE DEFINITION OF MARRIAGE & FAMILY THERAPY
Over the course of several months, MPA leaders met and collaborated with leaders of the Mississippi Association for Marriage and Family Therapy to address the group's proposed revisions in HB 583 to the definition of the practice of marriage and family therapy. These negotiations led to a mutually agreed upon definition that accurately reflected the practice of marriage and family therapists and did not impede upon the practice of psychology.

HB 542 - AN ACT TO REQUIRE THE STATE AND SCHOOL EMPLOYEES HEALTH INSURANCE MANAGEMENT BOARD TO REVIEW AND STUDY WHETHER TO EXPAND COVERAGE CURRENTLY PROVIDED FOR THE TREATMENT OF AUTISM SPECTRUM DISORDERS UNDER THE STATE AND SCHOOL EMPLOYEES HEALTH INSURANCE PLAN
Along with the Mississippi Board of Psychology, MPA worked to address language in HB 542 that could have potential negative effects on the public. Language in this bill allowed for unregulated, unlicensed individuals to be covered for treatment provided for autism spectrum disorders. Education provided by both MPA and the Board of Psychology to state legislators about licensure, training qualifications and competency, and protection of the public was instrumental in creating this closer review of coverage for the treatment of autism spectrum disorders.
Financial Report

David Elkin, PhD
Financial Officer

MPA continues to manage its funds very closely. We are currently planning for an excellent Fall Conference, similar to ones in the past. But we are also looking at ways we can better streamline our services to the members without losing touch with everyone. For example, in the past we have paid for many items that we simply don't make much use of, such as a private mailing address and a private phone line. We now have a wonderful Executive Director, Amy Wilson, who has agreed to let us use her office's phone number and mailing address, thereby saving money in these areas. There are other line items we will be monitoring over the next 6 months to determine efficiency and efficacy. If you have suggestions about things that we could do that would better serve you, please let us know.

I look forward to hearing from you on how we can best manage your money.

Please don't hesitate to contact me at delkin@umc.edu.

Public Education Campaign

Suzanne Jourdan, PhD
Public Education Coordinator

Public Education Campaign: Call to Action

How can we better promote our profession?

Talking to the media or writing articles for local newspapers and magazines are some ways of promoting psychology. Others may prefer a more didactic and interactive setting such as giving a talk on topics such as: bullying, stress management, resiliency, parenting, wellness, or the mind-body connection. Manning a psychology booth at a YMCA kids day or health fair, or administering measures on depression and anxiety screening days are some other avenues in which we give back to our communities and promote our profession.

It would be great if MPA developed a vibrant network of psychologists working to promote our profession. We have access to public education materials, brochures, and short Utube videos APA has produced that are accessible at www.apahelpcenter.org. As your PEC coordinator without an established committee, I have asked that our MPA Regional Representatives identify at least one public education venue in their community this year and then rally a few volunteer psychologists in the region to participate. I urge you to contact your Regional Rep. to volunteer a few hours of your time.

What's in it for you? Engaging in educational activities provides you with the opportunity to get out of your offices and show the public ways in which psychologists can positively affect their lives. By bringing psychology from behind closed doors, we can make it more approachable and less intimidating. Public education can help break-down stereotypes.
about psychologists, clarify what psychology is and is not, and help make psychology feel more accessible. If we team up, we get the added benefits of networking with each other.

My vision is to have a network of psychologists, across the state, willing to say or do something publicly for psychology. There are many disciplines that provide mental health and wellness information and services. The public needs to understand why to choose a psychologist.

P.S. I you already do some of these pro bono activities, please let me know so we can give you credit and maybe others can join in your efforts.

Suzanne Jourdan, Ph.D.
Director of Psychological Health
172d Airlift Wing AW-47
141 Military Dr.
Jackson, MS 39232
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Region 1

Philip G. Cooker, PhD
Region 1 Representative

Hello to all my colleagues in Region 1 (we are the northern-most region in the state, if you are wondering). As your representative, I will be most pleased to hear from you regarding your practice and any concerns that you would like passed on to the EC. If you have not yet seen Dr. Suzanne Jourdan's Public Campaign column in this newsletter, please do so. The essence of the piece is communicated in the opening line: How can we better promote our profession?

You will also note that Suzanne has enlisted the Regional Representatives to assist members in promoting psychology within our own communities. These educational efforts can go a long way in sharing information with an audience that often sees psychologists working within a very narrow scope of practice. The APA site reference in Suzanne’s column can provide ideas and resources that may spark an interest in topics of particular relevance to your community’s needs.

If you are practicing in close proximity to other psychologists, you may want to contact them to see if they are amenable to a team effort. Keep in mind that "close" in our region could be 50 miles. Please contact me with your ideas and suggestions; I really would like to hear what psychologists in our region are already doing, whether on a one-time or on-going basis. I will disseminate that information so that we all can recognize what is being done and so that others might gain ideas that could be implemented in communities.

Regardless, I would like to hear from you via a phone call or e-mail. I would be happy to compile a list of psychologists in our region, with contact information and area of practice for those of us looking to refer (662.801.1664; cooker@olemiss.edu).
Region 2

Heath Gordon, PhD  
Region 2 Representative/Website Chair

NEEDS ASSESSMENT

Region 2 Counties:  
Sharkey, Issaquena, Warren, Humphreys, Yazoo, Hinds, Holmes, Madison, Rankin, Attala, Leake, Scott, Winston, Neshoba, Newton, Noxubee, Kemper, Lauderdale

If you are an MPA member residing and/or practicing in Region 2, I am seeking feedback on your professional interests and needs. Specifically, I would like to know what professional activities you are involved in within your community, what MPA (or other association) activities you are or have been involved with in the past 5 years, and how MPA might better fit your needs and interests in 2014 and beyond.

I became involved with MPA leadership activities in 2011, but I have much to learn about the history and nature of professional collaborations across Region 2. I anticipate some of you have either served in a leadership capacity for MPA or participated in prior Region 2 activities, and I would like to reestablish some of those efforts within our region for 2104.

As you will note in Dr. Suzanne Jordan's submission, all Regional Representatives will be assisting in at least one public education venue within the community this year, and I would like to see this activity become an opportunity for Region 2 members to become involved and as a springboard for future social and professional collaborations. Please take a few moments and email me with any feedback on MPA, the history of Region 2 engagements, and/or regional outreach opportunities so that I can determine how to move in a direction that is of interest.

Thank you.  
Heath  
webadministrator@mpassoc.org

Region 3

Sara Jordan, PhD  
Region 3 Representative

If you have questions or suggestions, please drop me a line at sara.jordan@usm.edu.

Region 4
We are emerging from a long, wet winter here on the coast and are hoping the improving weather will brighten our view and energize us anew.

Our regional effort for now is to create an opportunity for very busy folks to come together to share our common experiences and talk informally about what we might like to see emerge as a model or forum for our region. We share so much as busy practitioners yet have so little opportunity to convene with and support one another's efforts to meet the challenges of our professional and personal lives.

As a bit of news, I have recently participated in a series of working meetings for the coastal region with the MS Public Health Institute Stakeholders process, a group with representatives from a variety of coastal health care delivery organizations and agencies. While the group identified eight leading challenges, including such issues as chronic illness, preventive care, obesity, diabetes and substance abuse, the number one priority identified by the process is mental health. To be clear, the priority is toward resiliency and wellness, not mental illness. The emerging awareness is absolutely consistent with APA's Mind-Body emphasis. The next step for this process will be to again convene to discuss methodology and priorities for implementation of collaborative efforts to address the wellness and resiliency needs of coastal residents at risk. I look forward to that challenge and hope to report on that process as it evolves.

In the coming months I will be participating in the Red Cross annual Hurricane Conference, a preparatory working group, and in the 2014 Disaster Mental Health Conference sponsored by the Red Cross. Invited participants in the latter conference will include representatives from each of the mental health professional groups, including MPA, in Mississippi and representatives from the Departments of Health and Mental Health. While last year's conference was focused on disaster response, the theme for this year's conference focuses on community resilience and wellness efforts for the coming year.

As a step in that direction, and in furtherance of APA's Public Education Campaign, we have recently engaged in a partnership with the Blossman YMCA to offer a series of wellness focused, skill building workshops within their overall wellness program. Psychologists within the region have agreed to give some of their very valuable time in leading these pro bono workshops and APA has provided copies of their various Mind-Body brochures for us to distribute. That effort will be ongoing over the next few months. If any of our Region IV psychologists do have any time they can contribute toward that effort, please contact me.

I look forward to sharing with you opportunities for MPA, as a group, and for Mississippi psychologists as individuals, to participate in visible efforts along the coast to help our fellow citizens prepare for the bumps along the road inevitable in contemporary life.

Bill Martin, PhD
6901 Orchard Road
Ocean Springs, MS 39564
Executive Director Update

Amy Wilson
Executive Director

2014 State Leadership Conference Teaches Leadership and Advocacy

March 8-11, 2014, the American Psychological Association's Practice Organization (APAPO) sponsored the Annual State Leadership Conference (SLC) in Washington, D.C. The SLC was created to teach leadership and advocacy to professional leaders in the field of Psychology (State, Provincial, and Territorial Association, division representatives, diversity delegates, and early career psychologist delegates) are invited, as well as APA governance representatives and APA Graduate Student representatives.

Mississippi Psychological Association (MPA) attendees Drs. Julie Radico, Angela Herzog, Emily Johnson, Cheryl Moreland and Suzanne Jourdan as well as MPA Executive Director Amy Wilson broadened their understanding of effective methods on how to interact with politicians so they may meet with lawmakers on Capitol Hill to further advance the practice of psychology. Dr. Julie Radico, Health Psychology Fellow in the Department of Family Medicine at University of Mississippi Medical Center, says of the State's involvement at SLC, "State Leadership Conference provided an opportunity to voice the concerns and interests of Mississippi psychologists to our legislators, emphasizing the importance of recognizing the pivotal role we play in the nation's evolving healthcare system."

In addition to Capitol Hill advocacy, several other workshops were offered during the SLC meeting including individual sessions regarding diversity, public education and state leadership "State Leadership Conference is a great time to interact with other public education coordinators, to discuss what they are doing to promote psychology in their state and how they go about recruiting participants. We were updated on some new tools that APA has available regarding organizing health fairs, connecting with local Y's; and a new partnership being developed with the PTA," says Dr. Suzanne Jourdan, PEC Coordinator.

If you would like to learn more about this topic, new presentation materials are available online at www.apa.org/helpcenter on "How (anxiety, depression, stress) affects your health." A new You Tube video produced by APA featuring the "stress monster" is also available and may be accessed at https://www.youtube.com/user/APAHelpCenter.

Amy Wilson is available to assist the MPA membership by calling her office at 601-853-4282 or email me at awilson@weminc.net.

Amy Wilson
Wilson Events & Management
Madison, MS

Diversity Initiatives
Cheryl Moreland, PhD
Diversity Chair

2014 Diversity Delegate

It was my pleasure to serve as MPA's Diversity Delegate at the APA Practice Directorate's State Leadership Conference (SLC) in Washington, DC. The Diversity Initiative of the Committee of State Leaders is now in its 16th year, thanks to the Office of Ethnic Minority Affairs (OEMA) and the Committee of Professional Practice (CAPP). The primary goal of the initiative has been to encourage ethnic and cultural representation of psychologists in leadership positions in the State, Provincial, and Territorial Psychological Associations (SPTA). Recently, diversity has been expanded by APA to include race, ethnicity, language, sexual orientation, gender age, disability lass status, education, and religious/spiritual orientation. There were 31 diversity delegates represented at the 2014 conference. As a returning delegate, I found it a rewarding experience that was enlightening and inspiring. Also, it reinforced my commitment to advocate for psychology to embrace itself as a multicultural profession in order to more effectively serve the ever changing face of the population to which it caters.

Some highlights of this year's convention included the annual pre-conference dinner on Friday night where many of the delegates met each other for the first time. On Saturday, a combined orientation was held with the President-Elects, Early Career Psychologists, and Diversity Delegates. On Saturday afternoon, there was the SLC Keynote Addresses by Katharine Nordal and David Barlow on "Creating Roadmaps for Practice." The conference was filled with numerous informative workshops, such as "Infusing Diversity into Hill Visits" and "Clinical Practice Guidelines used in Healthcare."

The Diversity committee is continually looking for members to assist MPA in furthering its initiatives. Please join us in our advocacy efforts of incorporating more ethnic, minority, and cultural issues in our state and national associations, as well as in our local and national government.

Early Career Update

Julie Radico, PsyD
Early Career Chair

A Message from the New Early Career Chair

Early this March I was fortunate enough to be part of a group of psychologists representing Mississippi at the APA State Leadership Conference. During the conference, I collaborated with Early Career Psychologists (ECP) representing ten different states to identify strategies and events aimed at increasing ECP membership and engagement state associations. The meeting was enriching and I hope to implement some of these new strategies to advance the benefit of MPA membership and involvement for ECPs and psychology students. Keeping in mind that part of the ECP group discussion at APA State Leadership Conference identified many reasons why ECP membership may be low in...
state associations (e.g., cost of paying dues for APA and state associations, the distance of events in larger states). Therefore, my goal is to identify and highlight useful opportunities and resources for ECPs in Mississippi. Look forward to some exciting opportunities for MS ECPs in the near future!

In efforts to find ways to engage students in MPA and reduce cost barriers we are offering one FREE year of first-time membership to students enrolled in a psychology program (including internship). Interested students/interns will can print and complete the membership application found at [http://mpassoc.org/membership-renewal](http://mpassoc.org/membership-renewal) and will need to write in the name of the school and program they are attending and the name of their department chair. MPA has recently reached out to all of the university and college psychology programs in the state to ensure that students are aware of this opportunity. As an MPA member you can also help by passing this information along to any Mississippi psychology students you know and contact Julie Radico at jradico@umc.edu with any questions.

**FREE MEMBERSHIP**

One-year first-time student membership

If you are interested, complete and mail the membership application found at [http://mpassoc.org/membership-renewal](http://mpassoc.org/membership-renewal).

Be sure to include the name of your school, name of your program, and name of your department chair.

Contact Julie Radico, PsyD with questions. jradico@umc.edu

**APA Governance Affairs**

**From the APA Governance Affairs Office**

**APA Adopts a More Efficient Governance System**

In February 2014, Council voted to begin a 3-year trial delegation of authority to the Board of Directors for: financial and budgetary matters; oversight of the CEO; alignment of the budget with the Strategic Plan; and internally focused policy development. The Board composition changes with 6 member-at-large seats now open to election from and by the general membership, the addition of a public member and the guarantee that both a student and early career psychologist voice will be present. Two seats are reserved for members of the Council Leadership Team, to ensure a bridge between the two bodies.

This change frees Council to focus on strategic and emerging issues affecting psychology, and will be engaged in higher level strategic dialogues that inform the development of policy and strategic directions. The work of Council will be managed by a newly created Council Leadership Team (CLT). Understanding member wants and needs related to the topics at hand will be an integral element of the deliberation process. In addition to this change in function, Council plans to consider a
change in its structure this August. The current proposal retains a single seat for each division and state, province and territory, and adds a handful or member-at-large student and early career representatives. The attributes of the at-large seats will be determined based on an annual needs assessment to determine what would best help create a balanced Council.

These changes, coupled with a more efficient triage system, improved integration of technology, a formal leadership pipeline and development program and other enhancements, will allow APA to be more responsive to the needs of its members, to allocate resources more efficiently and to address emerging issues in a rapidly changing environment head on. Members will have the opportunity to vote on new bylaws language this fall that will optimize APA's governance system for the 21st century.

For additional information on the implementation of the Good Governance Project, please visit http://www.apa.org/about/governance/good-governance/index.aspx or contact Nancy Gordon Moore, PhD, MBA, Executive Director, Governance Affairs at nmoore@apa.org.

APA Council Representative Report

Angela Herzog, PhD
APA Council Representative

The primary focus of the APA Council of Representatives over the past year or more has been that of making changes to the governance structure of APA. During the most recent meeting of the Council in February, many hours were spent in small group as well as open floor discussions and debates regarding the recommendations of the Implementation Work Group which was devised as part of the overall project, which is dubbed, the Good Governance Project. One major accomplishment is that the Council voted to delegate authority on a trial basis of three years for specific duties to the Board of Directors which have previously been duties of the Council. Significant authoritative duties were modified so that the Board will maintain responsibility for financial and budgetary matters, policy development of internal affairs, and hiring, evaluation and support of the CEO. A new composition of APA's Board of Directors was created, including six members drawn from the general membership and elected by members (not Council as before), a new public member, and at least one early career psychologist. The change to the Council is that of a new Council Leadership Team, which will be charged with identifying, prioritizing, and managing the Council's workflow to address major issues facing psychology.

In light of changes to how psychology functions in the health care delivery system, Council approved as APA policy a document entitled Health Service Psychology: Preparing Competent Practitioners, which describes competencies that should be possessed by psychologists working in settings where there is a broader focus on a range of health issues. The goal is to shape training programs and inform policymakers toward understanding the distinctive competencies that psychologists possess when providing services in the health care arena. APA will create an online application system for psychology graduate programs per funding of Council, with expected availability in 2015. And also in keeping with major focus upon pressing issues for the field of psychology, substantial time was spent during Council meetings looking at the Affordable Care Act.
While there are opportunities created for our discipline, it is also evident that there are omissions to recognizing psychological treatments in integrated health care.

And back to the issue of changes in the organization and structure of governance at APA, the motion passed for the APA Board of Directors to sunset the C3 responsibilities of CAPP, which had been recommended by APAPO and advanced by practice Divisions and State Psychological Association leaders. CAPP will focus on the C6 issues pertinent to practice more effectively, and APAPO members will more directly support and shape the functions of APAPO with CAPP directives. Alternatively, The Board of Professional Affairs will address C3 issues. This plan was approved "in principle" to facilitate CAPP's relinquishing its dual responsibilities for both APA and APAPO, and to prioritize restructuring issues for APAPO where it can most effectively focus on the professional needs and interests of practitioners.

Additional Council agenda items that were addressed included:
- Adopted an official, standardized definition of Early Career Psychologists as those within 10 years of earning their doctoral degrees.
- Adopted a new policy, Resolution on Gun Violence Research and Prevention, to replace the 1994 policy.
- Approved the revision of the Principles for the Recognition of Proficiencies in Professional Psychology.
- Endorsed the Multidisciplinary Competencies in the Care of Older Adults at the Completion of the Entry-Level Health Professional Degree.
- Received the Report of the Task Force on Trafficking of Women and Girls, to raise awareness among psychologists and the public about human trafficking, and to urge psychologist's expertise to influence policy makers.
- Received the report Assessing and Evaluating Teacher Preparation Programs which states that measurements should be based in scientific methods from the psychology discipline.
- Declined to approve the petition for a proposed new Division of APA, the Society for Technology and Psychology.

Please go to the APA website to gain invaluable resources for your particular professional needs in the field of psychology. Keep yourself aware and current on pressing issues in our field. With access to APA, we benefit as professionals, as well as those for whom we provide services.

Should you need assistance accessing needed information, please contact me and I will gladly assist.

Continuing Education Online

John Askew, PhD
Continuing Education Chair

CONTINUING EDUCATION OPTIONS ONLINE

This quarter we will continue to highlight online CE courses available from the APA Online Academy. Each course contains multimedia presentations with interactivity and downloadable Power Point slide presentations. Visit the online academy to view the entire course catalog at http://advance.captus.com/apa/default.aspx. The course offerings are varied and include topics relevant to practice and research from most
perspectives. Be sure to review the biographies of the presenters to gain a full appreciation of their experience and credentials.

BIPOLAR ACROSS THE LIFE CYCLE
5 CE credits; $100.00 for one year's access.
Course Description: Bipolar disorder is a complex diagnosis that affects four times as many adults than previously thought. This INTERMEDIATE workshop discusses key issues, including: Whether bipolar appears differently in children versus adults, how often bipolar occurs in youths in different settings, what issues make accurate diagnosis especially challenging, how to use specialized measures to diagnose it more accurately, what are promising treatments, and how to adapt methods such as cognitive behavioral therapy (CBT) techniques to better treat bipolar disorder. Updated content includes new measures, longitudinal findings, and treatment implications of mania versus depression.
Presenter: Eric Youngstrom, Ph.D.

THE IMPACT OF STRESS AND TRAUMA RELATED TO MILITARY DEPLOYMENT ON PERSONNEL AND THEIR FAMILIES
6 CE credits; $120.00 for one year's access.
Course Description: This intermediate workshop is for clinicians interested in learning about the needs of military personnel and their families during and after military deployments. Center for Deployment Psychology faculty will discuss recent findings on the impact of deployment and combat exposure on service members, the stress of deployment on families, and the complex individual and family problems associated with post-deployment difficulties including posttraumatic stress disorder (PTSD).
Presenters: David Riggs, Ph.D.; William Brim, Ph.D.; Debra Nofziger, Psy.D.

EMERGING BEST PRACTICES FOR TELEPSYCHOLOGY SERVICES
2.5 CE credits; $50.00 for one year's access.
Course Description: Telemedicine or real-time videoconferencing is an innovative strategy to address the challenges rural families face in finding quality mental health care. But there is caution in making sure the best quality psychology services are provided in technology context. This INTRODUCTORY workshop will summarize best practices in the emerging field of telepsychology, including clinical and distance education applications. The instructors will give examples of following evidence-supported practice within different telemedicine settings.
Presenters: Martha U. Barnard, Ph.D.; Dr. Ann McGrath Davis, Ph.D., M.P.H., ABPP; Kathleen G. Davis, Ph.D.; Dr. Stephen Lassen, Ph.D.; Dr. Eve-Lynn Nelson, Ph.D.; Dr. Yasuko Landrum, Ph.D.

BUILDING YOUR PRACTICE THROUGH INTERPROFESSIONAL COLLABORATION WITH HEALTH CARE PROVIDERS
3 CE credits; $60.00 for one year's access.
Course Description: This introductory workshop is designed for practitioners who are interested in expanding their practice through interprofessional collaboration. The presenters will review the challenges of interprofessional collaboration, including health care culture, training disconnects, and institutional barriers. Participants will learn the business of practice strategies to overcome these challenges, including payment mechanisms and contractual and statutory mechanisms. Specific collaborative clinical approaches and their application to patient care will be reviewed.
Presenters: Susan H. McDaniel, Ph.D.; Nancy Ruddy, Ph.D.; Barry S. Anton, Ph.D., ABPP.

AN AFFECT REGULATION TOOLBOX: CALMING THE HIGHLY
REACTIVE PATIENT
3 CE credits; $60.00 for one year's access.
Course Description: Mastery and maintenance of self-regulation skills are impeded by the individual's habitual knee-jerk response to frustration, perceived threats, or environmental stressors. In this intermediate workshop, participants will be introduced to the "Affect Regulation Tool Box," a set of therapeutic tools that incorporates hypnosis, cognitive behavioral approaches, and mindfulness. There will be an emphasis on training patients to identify the start of an over-reactive response and to take immediate interruptive breaks to self-regulate with effective affect regulation interventions.
Presenter: Carolyn L. Daitch, Ph.D.

HOW DOES THE PSYCHOANALYTIC PROCESS WORK?
2 CE credits; $40.00 for one year's access
Course Description: The psychoanalytic treatment process, involving exploration of emotional experience in the context of a relationship, has informed all types of psychotherapy being practiced today. Its impact can be seen in behavioral, interpersonal and experiential therapies, as well as the many different forms of psychodynamic treatment. Freud was prescient in many respects in his theory of the treatment process; as in any complex theory, however, the basic premises and their therapeutic applications need to be continuously open to examination and revision in the light of new scientific knowledge. The goal is to formulate a modern theory of the psychoanalytic treatment process, and its various changing forms, in the light of current work in cognitive science and affective neuroscience. Such a theoretical framework is needed to provide a basis for research on mediating and moderating variables associated with change in different forms of psychotherapy, and to address questions concerning what treatment methods may be most effective for different types of patients.
Presenter: Wilma Bucci, Ph.D.

Please send questions to john.askew@va.gov.

Psychology & Law

Gilbert S. Macvaugh, III, PsyD
Chair, Psychology & Law Task Force

Colleagues:

As many of you may know, the United States Supreme Court is currently in the process of revisiting the very important issue of intellectual disability in death penalty cases.

The issue of intellectual disability (formerly known as mental retardation) in death penalty cases was first addressed by the U.S. Supreme Court in 1989 in the case of Penry v. Lynaugh, which involved a capital murder defendant in Texas. In its decision in Penry, the Court held that, although an intellectual disability should constitute a mitigating circumstance in the sentencing phase of a capital murder trial, intellectually disabled offenders
were nonetheless eligible to receive a sentence of death if convicted of capital murder.

In 2002, however, the U.S. Supreme Court addressed this issue again in the landmark case of Atkins v. Virginia. In Atkins, the Court overturned its previous decision in Penry and held that the execution of offenders with intellectual disabilities is unconstitutional because it violates the Eighth Amendment ban on cruel and unusual punishments. In its decision in Atkins, the Court cited several stems of reasoning, including "evolving standards of decency" and evidence of a national consensus against the execution of offenders with intellectual disabilities. The Court concluded that, because of their impairments, offenders with intellectual disabilities are "categorically less culpable" compared to the average criminal defendant. Although the Court's holding in Atkins exempted this entire class of offenders from capital punishment, the Court did not require that any particular definition of mental retardation/intellectual disability be used for the purpose of death penalty eligibility and left it up to the individual death penalty states to determine the legal procedures for deciding which offenders are intellectually disabled. For a review of the Atkins decision and its implications for psychologists who conduct forensic evaluations of intellectual disability in death penalty cases, see Macvaugh & Cunningham (2009) (accessible online at: http://www.iapsych.com/iqmr/macvaugh2009.pdf).

The United States Supreme Court is now in the process of revisiting the issue of intellectual disability in death penalty cases again, this time in the case of Hall v. Florida, which involves the appeal of a Florida death row inmate who was denied an Atkins claim because Florida law requires a strict IQ score cutoff of 70 in order to qualify for the diagnosis. In contrast to Florida, some death penalty jurisdictions, including Mississippi, expressly allow for the consideration of the standard error of measurement for IQ tests (plus/minus approximately five points) in determining if a capital murder defendant (or current death row inmate) is intellectually disabled pursuant to Atkins. For example, the Mississippi Supreme Court held in its 2004 decision in the case of Chase v. State (which formally adopted the Atkins decision in Mississippi) that, in addition to satisfying several other procedural requirements, capital offenders who have a Full Scale IQ score of 75 or less are entitled to an evidentiary hearing in the trial court, where the judge must make a determination as to whether or not the offender is intellectually disabled and thus ineligible for the death penalty.

As described in the previous issue of this newsletter, back in December of 2013, an amicus curiae brief led by the American Psychological Association (and joined by the American Academy of Psychiatry and the Law, the Florida Psychological Association, and several other professional organizations) was filed with the U.S. Supreme Court on behalf of the Petitioner in the Hall case. The American Association on Intellectual and Developmental Disabilities (AAIDD) also filed an amicus brief in support of Mr. Hall. The amicus briefs by both the APA and the AAIDD urge the high court to consider the importance of recognizing the error that is inherent in all IQ tests when making these high stakes, life and death legal decisions. APA's amicus brief can be accessed online at: http://www.apa.org/about/offices/ogc/amicus/hall.pdf. AAIDD's amicus brief is available at: http://www.iapsych.com/iqmr/hallaiddbrief2014.pdf. A key issue in the case is whether death penalty states should be required to adhere to clinical definitions of intellectual disability as promulgated by professional organizations, including the AAIDD and the American Psychiatric Association in its Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM 5), both of which recognize the standard
error of measurement as a critical component of appropriate IQ score interpretation when determining the intellectual functioning prong of the diagnostic criteria for intellectual disability.

On March 3, 2014, oral arguments were held before the United States Supreme Court in the Hall case. As evidenced by some of the questions and comments by several of the Supreme Court Justices during the oral argument, the Court appeared deeply concerned about the potential risk of denying Atkins claims based upon the use of a rigid “bright line” IQ score cutoff that excludes consideration of the standard error of measurement for IQ tests. For those who may be interested, the audio recording (and transcript) of the oral argument in the Hall case can be accessed online at: [http://www.oyez.org/cases/2010-2019/2013/2013_12_10882](http://www.oyez.org/cases/2010-2019/2013/2013_12_10882). Although the principal question before the Court in the Hall case is whether Florida's statutory framework for adjudicating Atkins claims is unconstitutional, the Court's holding also could potentially have a significant impact on how courts decide Atkins claims in all death penalty jurisdictions across the country. The U.S. Supreme Court's ruling in Hall is expected sometime in June.

Finally, and in related news, the AAIDD formed a Death Penalty Task Force (on which I was fortunate to be an invited member) that has been working diligently for the last several years to develop a best practice guide to assist the courts in making legal determinations of intellectual disability in death penalty cases. The work of the Task Force has culminated in a multi-authored, edited book entitled, The Death Penalty and Intellectual Disability: A Guide, which provides a comprehensive review of the most up-to-date science available as well as professional practice recommendations for evaluations of intellectual disability in death penalty cases. It is our hope that this guide will serve as an invaluable resource for attorneys, judges, and forensic mental health experts who become involved in Atkins proceedings. The book, which is being published by the AAIDD, is currently in press but is tentatively scheduled to be available for purchase in June of this year. Additional information about the book is available on the AAIDD website [http://aaidd.org/publications/bookstore-home/forthcoming-titles](http://aaidd.org/publications/bookstore-home/forthcoming-titles), and a preview of the book’s table of contents and list of contributing authors is available online at: [http://www.atkinsmrdeathpenalty.com/2014/01/the-death-penalty-and-intellectual.html](http://www.atkinsmrdeathpenalty.com/2014/01/the-death-penalty-and-intellectual.html).

Gilbert S. Macvaugh III, Psy.D.
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**Making Psychology Stand Out**

**Emily Thomas Johnson, PhD, BCBA-D
President-Elect**

Making Psychology Standout - The second in a series of articles focused on further establishing the worth and applicability of psychologists in the state of Mississippi.

**Taking Ownership for Our Contributions**

As part of the delegates for this year's State Leadership Conference (SLC) hosted by APA, I had the honor of attending the keynote address by Dr.
David Barlow, "Psychological Interventions: Opportunities and Challenges Ahead." As part of the address, Dr. Barlow focused on psychological practice and how we, as a field, have demonstrated significant progress in establishing, through structured research, the benefit of "what we do." However, we have failed to separately define ourselves from other mental health practitioners. We have openly shared and disseminated our methods and techniques, but we have allowed others to neglect to reference our contributions.

As discussed in the last MPA newsletter, we need to continue to establish ourselves as separate from other mental health providers. One method of clearly defining ourselves is in the everyday labeling of what "we are doing." One specific method of doing so would be to refer to methods that are based in psychological science and that are being utilized as "psychological treatments" instead of "mental health treatment." Evidence based practices have been scientifically established as effective. These practices are characterized by their origins and their origins are firmly based in psychological science.

Changing simple wording does not change our openness to give away our methods to further assist individuals in need in our world, it does, however, firmly establish psychology's contribution to making the world better.

We must be assertive and affirm what our profession brings to the table. We can be collaborative but not give ourselves away. Objections from other partners, such as nurses and social workers, who are conducting "psychological treatments" may be met with education regarding the origins of the methods and further dissemination of psychological science.

In the words of Dr. Barlow, "We have capitulated in our history and have not well defined our scope." This has led to a specific and imperative need to establish our scope now. To this end, MPA has led state-based legislative initiatives this year in response to multiple bills introduced into legislation including HB 542 and HB 583. Recent revisions to Mississippi Code Ann. § 73-31-3 has clearly defined the scope of practice within Mississippi. However, it is expected that psychologists will continue to be required to monitor state-based legislation and offer guidance to legislators in regards to the scope of psychological practice and how others may not define themselves as equivalent to psychological practice.

We need to unite as psychologists to clarify our language regarding what "we do." However, the second required step is to clearly disseminate this to others that may not yet have been exposed to the differences between mental health providers. Whether in Mississippi or in Italy, wherever we, as psychologists, are practicing we must also be advocates for psychology as a science and assist with establishing for others how much of a contribution we have made and continue to make.

**Featured Article**

**Patrick H. DeLeon, PhD, JD**
**Former APA President**

**THE NECESSITY OF APPRECIATING THE "BIGGER PICTURE"**

**Evolving Reimbursement Priorities:** With the enactment of President Obama's landmark Patient Protection and Affordable Care Act (ACA), our
nation's health care environment and its underlying reimbursement mechanisms are undergoing unprecedented change. The ACA places a high priority on developing patient-centered systems of care which will emphasize utilizing interdisciplinary teams of providers and capitalize upon the clinical potential of the advances occurring within the communications and technology fields. Cross-patient and cross-population comparisons in real time, will allow for the development of data-based "gold standards" of care. Providers will be held accountable for their clinical decisions and be expected to be knowledgeable about state-of-the-art protocols, resulting from clinical effectiveness research. Educated consumers will be urged to take responsibility for their own health care. Prevention, wellness, healthy lifestyles, holistic care (including diet, exercise, and relaxation) will be given increasing priority. Reimbursement strategies will gradually move from encouraging procedures to rewarding wellness.

The Centers for Medicare and Medicaid Services (CMS) recently approved the State of Maryland's proposal to continue setting hospital prices while adding an overall cap for all hospital spending, thereby limiting hospital spending growth to 3.58% per annum for the next five years. This will occur largely by giving each of the state's 46 hospitals a firm budget to work within. Since the mid-1970s, Maryland has been the only state in the nation to set the prices that hospitals charge patients - and not insurance companies. The Governor: "We need to shift away from our near exclusive focus on treating illness, and move to a balanced approach that encourages prevention and wellness. Such a shift will reduce costs for families and small businesses and will simultaneously keep many Americans from dying of preventable causes." If successful, Maryland state officials plan on exploring ways to extend a similar approach to other parts of the health care system, such as doctors' offices and nursing homes. This approach should be understood within the context of the Institute of Medicine (IOM) having consistently found that health care in our nation is more expensive than in other developed countries, costing $2.7 trillion in 2011. And, at the same time, despite advances in biomedical science, medicine, and public health, health care quality remains inconsistent with underuse, misuse, and overuse of various services often putting patients in danger. Most significantly, regions of the country that deliver more services do not appear to achieve better health outcomes than those that deliver less.

Individual Involvement Makes A Difference: For over two decades, working behind the scene, Tony Puente has been in the forefront of psychology's efforts to obtain administrative parity within Medicare. About 16% of the Gross Domestic Product of the nation is health care. And most, if not all, is associated with a nomenclature system called the Current Procedural Terminology (CPT). This system has been developed by the American Medical Association (AMA) under license by the CMS. It is a numerical system of 8,000 procedures that the federal government and most private insurance companies consider scientific and clinically useful. The CPT essentially determines what health procedures can be done, how they should be documented, and how much they should be reimbursed. The system is comprised of over 120 advisors from the health specialties in the U.S. (e.g., psychology and family practice physicians) who advise a voting Panel of 17 members which include CMS, Blue Cross/Blue Shield, and others. Around 1990, psychologists had access to about 3-5 codes and over time, as psychology's scope of practice and scientific breakthroughs evolved, that number has increased today to over 50. Though the majority of the codes are in the psychiatry (mental health) section, they are also now found in other sections that reflect more medical types of problems (e.g., brain injury, diabetes, etc.). Tony has represented APA since the AMA opened the system to
non-physicians in 1992. In 2008, he was voted on to the Panel itself and now no longer represents APA. Instead he is responsible for addressing all health proposals and has the same voting capacity as Medicare and Blue Cross/Blue Shield. At the Panel’s next meeting they will address 110 different proposals, with APA being represented by Norman Anderson, Randy Phelps, and Neil Pliskin (Tony’s replacement).

**Serving The Community:** As highly educated members of society, we have a unique obligation to provide visionary leadership and personal involvement in effectively addressing our nation’s most pressing needs. Two impressive examples of such dedication, who were highlighted by President Don Bersoff at our Honolulu convention, are Barbara Van Dahlen for “Give an Hour” and Jon Nachison for “Stand Down.” The President of the American Psychiatric Nurses Association (APNA), Patricia Cunningham, noted for her membership that in the next five years, over one million Service Members are projected to leave the military. Accordingly, she has initiated a Presidential Task Force on Military Mental Health. “Helping to meet the mental health needs of Service Members and Veterans is a top priority for the mental health community.” She has charged her Task Force with developing a White Paper to inform the membership and the mental health community at large on actions they believe are appropriate for an evidence-based approach to military mental health. A former USUHS colleague of mine, Commander (Ret.) Sean Convoy, will chair the Task Force. “I believe that there are many across APNA’s ranks that want to actively support military mental health. The problem is, they don’t necessarily know how or what to do. The APNA White Paper can provide that necessary structure.” Psychiatric-mental health nurses representing all branches of the military will be working with the Task Force. Their deliberations will build off First Lady Michelle Obama’s Joining Forces Initiative and have an evidence-based orientation.

The IOM recently released a very thoughtful report "Educating the Student Body: Taking Physical Activity and Physical Education to School." Like most of us, children and adolescents in our nation have grown accustomed to a sedentary lifestyle. The predictable result has perhaps been best crystallized by the proclaimed "Epidemic of Obesity." Extensive scientific evidence clearly demonstrates that regular physical activity promotes growth and development in youth and has multiple benefits for physical, mental, and cognitive health. Physical activity is related to lower body fat, greater muscular strength, stronger bones, and improvements in cardio-vascular and metabolic health; as well as improvements in mental health, by reducing and preventing conditions such as anxiety and depression and enhancing self-esteem. There is also a growing body of evidence which suggests a relationship between vigorous and moderate-intensity physical activity and the structure and functioning of the brain. Children who are more active show greater attention, have faster cognitive processing speed, and perform better on standardized academic tests than children who are less active. A longtime colleague to whom I had the pleasure of presenting a special APA Presidential Citation, Colleen Hacker, has worked with several women’s Olympic teams over the years. Her American Psychological Foundation (APF) William Bevan Lecture enumerated in great detail the long term health, education, and employment benefits of active participation, especially for girls, in team sports.

Due to a number of issues, including constricting budgets and the federal pressure to raise standardized test scores through increased classroom contact time, schools today are increasingly challenged to provide sufficient time, resources, and supervision for adequate physical...
activity. As a result, our nation's school systems present an unprecedented opportunity for psychologists and other mental health specialists to provide pro bono consultation on how to increase the likelihood of student and faculty engagement in meaningful physical activities. This is, after all, a "people" problem - and one too important to ignore. Similarly, another colleague at USUHS recently inquired that since there are 9,000 rural and urban communities served by Federally Qualified Community Health Centers, which under ACA must provide mental and behavioral health services, "Are your behavioral health colleagues providing pro bono anti-violence services for the families and youth these centers serve?" Visionaries such as Rodney Hammond (retired from CDC) have developed effective teenage-oriented anti-violence programs. Her fundamental question remains, however. As a profession, is psychology and nursing aggressively bringing this evidenced-based expertise to fruition, where it is so clearly needed?

Sincere Appreciation: As I reflect upon my rather lengthy career within APA, several individuals from New Jersey immediately stand out. Without the guidance and mentoring of Stan Moldawsky, Marv Metsky, Bob Weitz, and Gene Shapiro, I seriously doubt that I would have been so intimately involved within our association's governance and for such a long period of time. During my Presidential convention, Stan's band was a highlight at our Union Station "blast." I have also had the pleasure of serving on the APA Board during Dorothy Cantor's exciting year and subsequently with her on the extremely visionary APF Board. One of my fondest policy memories was hearing the staff director for New Jersey Senator Pete Williams say that the Chairman had directed him to include psychology in the Federal Workers' Compensation statute after listening to Gene's testimony. Involved individuals do make a very real and lasting difference. Aloha,

Pat DeLeon, former APA President - New Jersey Psychological Association - February, 2014

Submit an Article

Natalie W. Gaughf, PhD,
ABPP Communications Chair

The Mississippi Psychologist is the Mississippi Psychological Association's (MPA) newsletter for its members, associates, and friends of psychology.

If you are a member of MPA or have an interest in psychology in the state of Mississippi, we invite you to submit an article. Please contact the Communications Cair for submission guidelines.

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