



MPA

Mississippi Psychological Association Newsletter

President's Report

By Mallory L. Malkin, Ph.D

Hello Membership!

So far 2021 has been just as strange and anxiety provoking to navigate as 2020. With rising numbers of administered vaccinations there is renewed hope of regaining some level of normalcy. However, we as psychologists know that changes in routine and any level of uncertainty can generate greater anxiety and stress. It is likely that there will be an influx of patient intakes and recurring appointments focused on the anxiety of "re-entering" the world.

The American Psychological Association (APA) wrote a brief piece "Why the pandemic's end spurs anxiety" (<http://www.apa.org/topics/covid-19/pandemic-end-anxiety>) that captures what many in mental health will be seeing over the next year. Evidence-based treatment for social anxiety, exposures, role-playing, behavioral rehearsal, and modeling techniques may play an important part in upcoming treatments as we acclimate to returning to the outside world. Please remember to engage in self-care as you work to take care of and support your patients.

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Individuals can reach out to:

Department of Mental Health Helpline 1-877-210-8513

National Suicide Prevention Lifeline 1-800-273-8255

Lifeline Chat (<https://suicidepreventionlifeline.org/chat/>)

SAMHSA's National Helpline 1-800-662-4357

MPA continues to advocate for our profession, disseminate useful resources to our membership, and build a larger degree of visibility in our communities.

Sincerely,
Mallory L. Malkin, PhD
President, Mississippi Psychological Association
2021-2022

Past President/Convention Chair Update

Kristen J. Alston, Ph.D.

Hello MPA Members! I am Kristen J. Alston, PhD, the Immediate Past President of the Mississippi Psychological Association and the current Convention Chair for our MPA Convention 2021! We are currently in the process of planning our MPA 2021 Convention that is to take place Wednesday, September 29 - Friday, October 1, 2021 at the Golden Nugget in Biloxi, MS!

As of right now, we are planning to have an in-person convention, but as always, we will keep you all updated as planning continues and the year unfolds. I am super excited to introduce our theme for this year's convention:

WHERE DO WE GROW FROM HERE? INNOVATION AND RESILIENCE IN A TIME A CHANGE.

We know that the past year has been a challenging one, but we have continued to persevere in our mission to advance psychology as a profession and as a science as we provide treatment for those in need in our state. There have been amazing developments in psychology over the past year and so many great examples of innovative ideas and tools of resilience amongst our members.

As we look back on the past year, I encourage you all to consider submitting a proposal for this year's convention that displays the hard work that you have continued to do during this unprecedented time. You should have previously received an email with details related to submitting a proposal, but please email me at kalston@umc.edu or mpa@mpassoc.org if you have any questions.

MARCH 2021

(Convention con't)

I will continue to be in communication leading up to our exciting convention as we work to make this a memorable and beneficial experience.

Additionally, I would like to give you all an EXCITING news update as we are already lining up our speakers for this year's convention...Our Opening Keynote address will be given by current APA President, Dr. Jennifer Kelly! As many of you may know, Dr. Kelly is a native of our very own Mississippi, and we are so excited to have her be a part of this year's convention! I am so excited as we plan this year's 2021 MPA Convention, and I look forward to hopefully seeing you all soon!



Dr. Jennifer Kelly
Current APA President
2021 MPA Keynote Speaker

Sincerely,

Kristen J. Alston, PhD

Immediate Past President of the Mississippi Psychological Association
2021 MPA Convention Chair

President Elect Report

Danielle Maack, Ph.D.

Greetings MPA members! I first want to say how honored I am to be your President-Elect! Over this past year I have thoroughly enjoyed the opportunities that have been offered to provide me with more specific understanding of the overall APA governance and specific guidance for upcoming state association presidents.

The APA's virtual Practice Leadership Conference (PLC) was one of those events and was certainly eye opening! This year's PLC had an emphasis on Diversity, Equity and Inclusion. From inspirational and thought provoking "Call to Action" talks by APA Governance, including the current President Dr. Jennifer Kelly, to presentations geared at understanding and forming relationships with legislators (anecdotes and encouragement from former Senators including Trent Lott and Tom Daschle), the PLC 2021 provided a wealth of information, support and connections for me moving forward. One of the salient statements made was that **"Everything is about relationships."** From advocacy, to membership, to community trust, we need to focus on our relationships.



"Everything is about relationships"

(President Elect con't)

Within the domain of advocacy, continuing to develop relationships with legislators is imperative. For all the success related to the removal of the post doc requirement for state licensure (MPA working with the MSBOP and legislators to have this amended), we had less of an impact when a call to action was needed to impact the Occupational Licensing Board vote. It was noted that we, as psychologists in Mississippi, do not have the connections with legislators the way that other professions in the state do. This is something that we can work on changing. As you may have noticed from listserv conversations and announcements from our current President Dr. Mallory Malkin, there is a push for more advocacy and learning about how to connect and engage with our state legislators. **Everything is about relationships.**

Related to MPA membership, continuing to engage current members while focusing on recruiting and retaining students, early career professionals, and psychologists moving to Mississippi is essential. What relationship do you have with the MPA? How can this relationship be enhanced? If the MPA is going to be representative of the psychologists in Mississippi incorporating teaching, research, practice, and service, what is needed to promote stronger relationships? These are questions that I will continue to ask and am hopeful to receive your thoughts and feedback on this! Again, **everything is about relationships.**

In closing, I want to make mention of a few tangible ways to be active in the MPA and help nourish these relationships. Have you thought of being a member of the executive council? In the upcoming months we will be having a call for nominations for President-Elect, Communications Officer and a few Region Representatives. Pay attention to the listserv for information on how to nominate yourself or someone else for these positions!

Speaking of the listserv, remember that the MPA listserv is a valuable tool for communicating with other members! Being active on the listserv can help build up your network and community with a free flow of professional information related to the practice of psychology (across domains).

Finally, I hope that everyone will "Save the Date" for the 2021 MPA Convention (September 29-October 1). Have you heard the theme of this year's convention?! WHERE DO WE GROW FROM HERE? INNOVATION AND RESILIENCE IN A TIME A CHANGE. Dr. Kristen Alston is making great strides planning for the MPA 2021 Convention! Let's just say you do not want to miss the keynote speaker! I hope that you can make plans to attend the convention, and I encourage you to invite your colleagues, students, and allied professionals who might be interested in the research and clinical programming that will be included in this year's convention! If you do attend, please make an effort to come say hello as I look forward to meeting more of the members who make the MPA my professional home! And one last time, **everything is about relationships!**

Region Updates

Region 4 Report

Kathryn Waggoner, Ph.D.

As the newly elected MPA region representative for the Gulf Coast, I would like to introduce myself. I am a clinical health psychologist and a Mississippi “transplant,” having moved here after my active-duty Air Force husband (also a psychologist) was stationed here about three years ago. A week after arriving, I attended the MPA convention and was quickly able to become familiar with colleagues in the state.

Prior to our move, I worked in larger hospital systems and was accustomed to a built-in “family” of psychologists. Ready for endeavors, I shifted towards private practice and quickly realized how difficult it was to access this type of network. I was able to connect with a few colleagues at the convention, most of whom are elsewhere in the state (e.g., Hattiesburg, Jackson) and very few near me. While I am fortunate to have met a number of others in the mental health field, I found myself longing for opportunities to meet, connect, and consult with fellow psychologists. Unexpected challenges, most notably the pandemic, certainly affected connectedness in ways we really could not fathom. Thus, when given the chance to become a region rep, I jumped onboard, eager to learn ways to best facilitate professional connectiveness in these busy, difficult times. A timely opportunity for us is the rapidly approaching 2021 MPA Convention, which will be down here on the coast at the Golden Nugget! There’s still time to submit your proposals for the aptly fitting theme, “Where Do We Grow from Here? Innovation and Resilience in a Time for Change.”

Please feel free to reach out and share your thoughts and ideas with me on how to best support our regional needs at drwaggoner@phoenixpllc.com. I look forward to seeing everyone at the convention this fall!

MPA Convention 2021

**GOLDEN NUGGET CASINO
BILOXI, MS**

SEPTEMBER 29 - OCTOBER 1, 2021



Region 2 Report

Cynthia Karlson, Ph.D.

Most of us strive (and struggle) to maintain the optimal work-life balance. In honor of both work and leisure, below are a few suggestions for the Summer and Fall of 2021.

Find Your Balance

At Work

Telehealth

Stay up-to-date on coverage and billing of telehealth psychology services:

Mississippi Medicaid at <https://medicaid.ms.gov/corona-virus-updates/>

Blue Cross and Blue Shield of Mississippi at <https://www.bcbsms.com/im-a-provider/provider-updates>

Continuing Education

Need last minute CEUs before the June 2021 renewal?

The American Psychological Association has an amazing Independent Study Programs 2021 guide with over 500 CE programs:

<https://www.apa.org/ed/ce/independent-study-supplement.pdf>

At Leisure

State Parks

Mississippians love the great outdoors and we have some wonderful state parks to enjoy.

Union Falls (Ovett)—hiking, waterfall, swimming

Lefour's Bluff (Jackson)—camping, fishing, canoeing, playground

Sports

Central Mississippi hosts minor league and semi-professional sports teams that play over the summer.

Mississippi Braves Baseball (Trustmark Park, Brandon, MS)

Brilla Soccer (Clinton High Stadium, Clinton, MS)

Museums

The Mississippi Museum of Art (MMA) and the Baltimore Museum of Art (BMA) announced on May 10, 2021 a co-exhibition of newly commissioned works by 12 of the most acclaimed African American artists today examining the profound impact of the Great Migration on U.S. social and cultural life.

<https://www.msmuseumart.org/>

Students

Many college and university programs are returning to a more normal in-person school schedule or training program in Fall 2021.

As COVID-19 restrictions ease, encourage psychology students to expand their learning and training experiences by getting involved in research labs, shadowing, or externship experiences.

APA Grant

Executive Director Report

Amy Wilson

I am pleased to inform our membership that APA Services has awarded the Mississippi Psychological Association a Small State Operational Grant to help fund the salary for the Executive Director.

APA Services, provided up to \$250,000 for Small State Operational Grants in 2021 to state psychological associations. These grants are administered by the APA Practice Directorate and the Committee for State Leaders (CSL). CSL weighed important factors such as each state's grant history and financial status to ensure that funding was distributed fairly.

As a small state association, we recognize and are grateful to the members of the Practice Directorate and CSL for this financial support that helps us to function professionally and efficiently.

