



Nevada Psychological Association

NPA News

The Voice of Psychology in Nevada

Upcoming Events:

- **August 2nd 2013 DSM-V**
Erika Ryst, M.D.
Reno 6 CEs
- **August—October, 2013 MBSR for Mental Health Professionals**
Colleen Camenisch
Reno 22 CEs
- **September 7th, 2013 Adventures on the Electronic Frontier: Ethics & Risk Mgmt in the Digital Era**
Jeffrey Younggren, Ph.D
Las Vegas 6 Ethics CES
- **October 4th, 2013 Assessment Training with Cecil Reynolds**
Cecil Reynolds, Ph.D.
Las Vegas 6 CEs



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2013 Spring Newsletter

~ ~ ~ ~ ~ A Message from our President ~ ~ ~ ~ ~

I am both excited and honored to embark on the 2013-2014 year as Nevada Psychological Association (NPA) President. I want to begin by recognizing the hard work of the NPA leaders that have come before me as well as the many others that have donated their time and resources to ensure the success of NPA and advocate for the profession of Psychology in Nevada. For those of you that have supported NPA by serving on the Board or committees, attending continuing education events, donating to the Political Action Campaign (PAC), or paid your membership dues, I want to personally thank you. It is because of you that our organization is thriving.

My goal for this upcoming year is to clarify and refine NPA's purpose and objectives so that we can more effectively carry out our mission to advance and represent Psychology as a science and a profession, as well as serve the professional needs of our membership. To this end, the Board of NPA has begun to develop a three- to five-year strategic plan that includes four strategic objectives.

The first strategic objective is to grow our membership. NPA membership is currently at an all-time high. However, we still have a long way to go. Only 35 percent of Licensed Psychologists in Nevada are members of NPA. There is strength in numbers and the stronger our membership, the better NPA can advocate for our profession. Please support NPA by renewing your membership and encouraging your colleagues to join with you.

The second strategic objective is to improve our financial stability. Although, the current financial status of NPA is relatively strong, this is an anomaly. More often than not, we have struggled to cover our basic expenses. It is extremely important that NPA remains financially solvent so that we can continue to carry out our mission as well as ensure our existence as an organization. You can help support NPA's financial objective by paying your membership dues, attending CE events, as well as by making a charitable donation of any amount.

The third strategic objective is to maximize our organizational efficiency. We are a small state organization with limited resources. The "engine" that drives NPA are the many Psychologists that generously donate their time. It is extremely important that we utilize this resource wisely and try to "do more with less." It is also important that we continually re-evaluate our business operations in order to better serve our membership. This year we will be developing a survey to help us more fully understand the needs and concerns of our membership. Please make time to complete and return this survey.

The fourth objective is to develop and prepare effective state leaders. The success of any organization is highly dependent upon the expertise and experience of its leadership. NPA welcomes participation from all of our members. We encourage you to become involved by joining a committee or serving on the Board. I began my involvement in NPA by becoming a member of the Northern Region Board, where I served for several years before taking on the role of CE Committee chair and then eventually President - Elect. These years of experience have been crucial in preparing me for this upcoming year as well as helping me to understand the necessity of working together on behalf of the profession of psychology in Nevada. If we don't advocate for ourselves, no one will.

Over the course of the upcoming year, NPA will be developing a road map to help us reach these long-term objectives as well as identify ways to measure outcomes. We will be keeping you informed as to our progress through announcements on the NPA listserve as well as on our website (www.nvpsychology.org). NPA has a tradition of dedicated and passionate leaders. I am grateful to serve with a Board of highly skilled professionals. It is because of these individuals, as well as the support of our membership, that I feel confident that we will be successful in achieving our strategic objectives.

~ Melanie Crawford, Ph.D., President, Nevada Psychological Association



**NPA
Recognizes
the
Hard Work
Of its
Members
at our
2013
Annual
Business
Meeting!**

2013 Award Winners

James Mikawa Award for Outstanding Contributions to the Field of Psychology:



NPA presented **Daniel Allen, Ph.D.** in recognition of his valuable service in training and mentoring students over the years. NPA also recognized his vast and meaningful contributions to science and the scientific literature in the neuropsychological aspects of schizophrenia, substance abuse, bipolar disorder, traumatic brain injury and child maltreatment. His many valuable years of service to the National Academy of Neuropsychology culminated into the esteemed role of president-elect. We are fortunate to have him representing psychology in Nevada.

Outstanding Advocacy Award:



NPA awarded **Louis Mortillaro, Ph.D.** for his generosity over the years in terms of his time, energy, input and financial assistance, particularly when it came to legislative issues that impact psychology and psychologists. Dr. Mortillaro is described by colleagues as dependable, enthusiastic, collaborative and positive. NPA recognized these qualities as significant, noteworthy and very commendable.

"Psychologist of the Year" Outstanding Contribution Award:



NPA recognized **Stephanie Holland, Ph.D.** for her contributions over the years in the areas of advocacy for children in need of treatment and assistance through foster care. Her dedication in mentoring of psychology students and sharing of knowledge and business acumen with ECPs has been greatly appreciated. NPA also recognized her efforts in changing Medicaid revisions to benefit psychology and the populations that we serve.

"Psychologist of the Year" Outstanding Contribution Award:



community as well as providing expert testimony in court and testing in custody evaluations.

2013 Student Poster Presentation Winners:



From left to right: Whitney Owens, Mary Vertinski, Desirae Wingerter, Emily White

1st Place: Emily White, UNLV

"The Influence of Social Anxiety on the Body Checking Behaviors of Female College Students."

2nd Place: Mary Vertinski, UNLV

"Relations between memory abilities and premorbid adjustment abnormalities in patients with schizophrenia."

3rd Place: Desirae Wingerter, UNLV

"Cognitive Ability as a Predictive Variable for PTSD in Youth Populations".

A Letter from our Past President

Overall, NPA has accomplished a great deal this past year. We took on several ambitious agenda items and ended the year with a plethora of accomplishments. I will briefly list 10 of our successes. 1) We achieved a 20% increase in membership over the past year, 2) We sent the largest delegation ever to DC for APA's State Leadership, 3) We organized and executed the most well-attended and highest grossing CE in the history of NPA (DBT Comprehensive with Alan Fruzzetti), 4) We pulled off a top-notch Annual Conference on Health Care Reform with high caliber, expert speakers, 6) Consistent with our mission to keep our state psychologists current and safe in the digital era, we have scheduled a highly-rated technology focused Ethics CE with Jeffrey Youngren in Las Vegas for September 7th, 7) We revised most of our outdated by-laws, 8) We survived the legislative session without any major scope of practice and made sure that psychology was at the table (sexual trafficking, gun control, family therapy, juvenile offenders, etc.), 9) We revived the Past-Presidents dinner with the intention of keeping the dialogue going between early, mid and late career NPA leaders, and 10) We made significant steps in working towards Medicaid inclusion of pre-doc interns as QMHP's, which would allow for them to bill Medicaid for supervised services. I am extremely grateful to all the NPA leaders and members who made this year a success.

Through all of this, I have cycled through some intense emotions and one that is most salient as I sit here today to recap the year is that of GRATITUDE. We would not be the strong, active organization had it not been for those who paved the way before us. This past year, we did some investigating to help document the rich history of the organization. I have come to understand there were three different streams of psychologists that ultimately morphed into one. The NPA name dates back to 1958 and we have recovered the history of every president since that date! We still have a lot more fact finding to do but several decades later the Northern Certified Psychological Association and the Southern Certified Psychological Association began forming. Unsatisfied with the limited activity of the existing NPA, the North and the South got together and formed the statewide Nevada State Psychological Association (NSPA). NSPA ultimately brought our state association to be part of APA. There are simply too many names to mention here today, but there are generations of passionate, dedicated psychologists that formed the foundation for our high quality, active state psychological association that we know today. In conversations with Judy Phoenix, I am reminded that much of this action took place long before cell-phones, conference calls, email, etc. We are so spoiled in this way! Can you imagine trying to organize and execute what NPA did this past year without our digital luxuries? Yikes!

Because of gratitude to those who paved the way for us and supported the organization all these years, I feel deeply committed to keeping the organization strong and thriving. This leads me to my next emotion - FRUSTRATION! ***Where, oh where, are the other 290+ licensed psychologists in the state who are not members of NPA?*** We do a pretty amazing job considering our limited resources, but sometimes we are criticized for being more talk than action. Anyone who has attended multiple strategic planning meetings can see that we have great ideas and ambitions, yet sometimes these ideas are repeated year after year with little execution. Another criticism is that we spin our wheels doing a lot of labor intensive work just to keep afloat (e.g., 6 large CE events a year that typically profit several thousand dollars each). We have also been criticized for taking a defensive stance legislatively, rather than an offensive stance. All of these criticisms are valid. Yet, in order to address them, we simply need more people power! We have a relatively small, volunteer-based workforce. Going back to the legislative stance, this entire legislative session, led by Judy Phoenix (who tried to retire!), we had generally the same 6 committee members on the conference call. With so many issues on the table, even with our veteran lobbyist and his team, we are spread thin just doing the defensive work! Most of the people on these legislative calls hold multiple leadership positions. I have realized this past year that this model of a relatively few people carrying multiple roles can lead to burnout. This is not a new problem in NPA. At Strategic Planning, some of our more seasoned leaders disclosed that burnout is one of the reasons they stepped away from leadership for a while. On the one hand, we have done an outstanding job in recent years cultivating an enthusiastic, energetic, early career leadership pipeline. On the other hand, we need to recruit experienced, passionate, licensed psychologists into the organization as members and to join committees and take on leadership roles. We are always open to feedback and suggestions as to how we can better accomplish this mission.

My hope is that after reading this YOU will think about what you are passionate about. Is it public education or matters of diversity? Is it a particular type of legislation? Are you passionate about training, and mentoring? Please join a committee that encompasses an issue you are most passionate about. Equally as important, I hope that you put pressure on your psychologist colleagues who are not members of NPA and help them to appreciate all that NPA does on their behalf. I cannot think of a psychologist in a single setting (private practice, state, academic, etc.) in which NPA is not working on their behalf in some capacity. If we can get a stronger assembly of members, leaders and committee chairs, the sky is the limit for our organization, our field of psychology, and the communities we serve.



~ Lindsey Ricciardi, Ph.D.
Past President, Nevada Psychological Association

The View From Carson City by Bryan Gresh, NPA Lobbyist

The 2013 session of the Nevada State Legislature has had its moments, but by and large the early talk of tax reform and bipartisanship degenerated into the usual morass of political posturing and party politics. At press time, the Legislature is a little less than two weeks from adjournment, so anything could happen and much is still on the table or up in the air. And as is usually the case, a number of proposals presently working their way through the two houses of the Legislature are of interest to NPA members.



Senate Bill 155 provided two of the more heated hearing discussions of the session. The bill expands a clinical professional counselor's scope of practice to include the assessment and treatment of couples or families if he or she has demonstrated competency as determined by the Board of Examiners for Marriage and Family Therapists (MFTs) and Clinical Professional Counselors (CPCs). In each house of the Legislature, lengthy hearings involved verbal sparring between MFTs and CPCs as to differences between training and education requirements, with CPCs arguing that Nevada is one of two states (California being the other state) where CPCs can't counsel families or couples out of 52 licensing jurisdictions in the U.S. and territories. Conversely, MFTs weighed in with concerns regarding how to ensure CPCs have appropriate training, credentials and experience prior to expanding their scope of practice. In the Assembly Commerce hearing, Chairman David Bobzien ended the two hour hearing when civility dissipated into hostility on both sides. Fortunately, this turf war allowed NPA to watch from afar.

Changes related to the reporting of suspected child abuse and neglect are the subject of Assembly Bill 155. The bill requires mandatory reporters of child abuse to be informed of their duty as mandatory reporters, with current mandatory reporters informed at the next renewal time for licensure, certificate or endorsement. One of the more controversial portions of AB 155 involves new reporting exceptions for attorneys representing children, who would not be mandated to report suspected abuse or neglect of a child if the information was acquired through privileged communication with a client who: 1) Has been or may be accused of committing the abuse or neglect; or 2) Is the victim, is in foster care, and does not give consent to the report. The bill would not relieve attorneys of the duty to advocate for and take actions to protect the safety of their client. AB 155 also removes the requirement for certain child welfare services or law enforcement agencies to investigate immediately a report concerning the possible abuse or neglect of a child solely because that child is five years of age or younger is removed. AB 155 would increase the penalty for a second or subsequent failure of a mandatory reporter to report abuse or neglect to a gross misdemeanor. Lastly, the bill expands the "Safe Haven" locations to include volunteer fire departments and ambulance service providers.

Human trafficking, including child sex trafficking, was the subject of a number of emotionally charged and intense hearings this session. Two related bills are still moving through the process. AB 311 creates the Contingency Account for Victims of Human Trafficking in the State General Fund, and funds could be dispensed by the Interim Finance Committee to entities establishing or providing programs or services for victims of human trafficking. AB 338 expands efforts to provide outreach to and identify victims of human trafficking by law enforcement and in schools, and to provide services and assistance to such victims.

SB 221 and SB 277 both contemplate firearms in the possession of the mentally ill, and attempt to balance personal freedom with individual and public safety. Involuntary commitments, mandatory reporting by health care professionals, reporting to the state Central Repository, and cooling off periods prior to being able to purchase a gun are under consideration.

AB 287 authorizes a court to order the involuntary admission of a person with a mental illness that is likely to self-induce harm to a community-based program or outpatient service, if appropriate. The bill requires a plan of treatment that meets certain requirements, authorizes a conditional release of a person under certain circumstances, outlines the process for petitioning a court to order a peace officer to take such a person into custody and deliver them to the outpatient program.

Last, but certainly not least, SB 318 and SB 276 require interim studies be conducted. SB 318 requires the state Commissioner of Insurance to conduct a study concerning claims, coverage and payments under policies of dental and health insurance, while SB 276 directs the statutory interim Legislative Committee on Health Care to conduct a study of the delivery of supported living services and jobs and day training services to recipients of Medicaid. Interim committees usually generate a number of legislative proposals for the next session, so watching the work of such committees is an early indicator of coming issues.

To the casual reader, the above is nothing more than a series of bills, the end result of an arcane process few NPA members understand or wish to be involved. After the session, more on these bills and others will be written and spoken about. What isn't apparent, though: NPA's dedicated Legislative committee headed up by Judy Phoenix, Lisa Lining and Lindsey Ricciardi worked tirelessly to ensure NPA members and the practice of psychology was not overlooked, never left out of the conversation during the 120 day session. It would have been a very different session in Carson City without the Legislative committee's input.



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2013/2014 NPA Strategic Planning Meeting

NPA's 2013-2014 Strategic Planning Meeting was held on May 11th, 2013 in Las Vegas at the home of Stephanie Holland, an active member of NPA for many years. There were 29 members in attendance to help plan goals for NPA numerous committees over the next year.

Melanie Crawford presented four (4) Strategic Objectives to be worked towards over the next 3-5 years: 1) Improve financial stability, 2) Grow our membership, 3) Maximize operational efficiency, and 4) Develop and prepare effective leaders. Each committee was assigned to create a Tactical Plan for this next year to support the four long-term Strategic Objectives. Each action item was linked to at least one Strategic Objective.

Here is a summary of each Committee's Tactical Plan:

Legislative Committee

Chair: Lisa Linning, Judy Phoenix

Tactical Plan: Educate members about PAC, connect PAC monies with legislative efforts, increase PAC donations and increase involvement in legislative committee. Develop pro-active agenda, get membership more interested and involved, passionate and dedicated to the process.

Method for reaching this goal:

Action Item #1—Increase PAC funds, plan fundraising in the North and South by September.

Action Item #2—Educate membership about PAC by sending out more specific and edge emails about issues, include links on how to donate to PAC

Action Item #3—Organize advocacy retreat within six months to develop proactive agenda i.e. what we want to do as a committee.



Continuing Education Committee

Chair: Lindsey Ricciardi

Tactical Plan: Great product that needs a larger reach and more passive income. We need to be more organized and effective in marketing efforts.

Method for reaching this goal:

Action Item #1—Bring to the board a lead person for each CE event with free admission in exchange for coordinating of details, travel for speaker as well as MC, point person at event.

Action Item #2—Investigate webinars (CE requirements, cost, etc)

Action Item #3—Develop a formal template (assign someone as a point person, assign marketing, checklist) for marketing and planning.

Action Item #4—Investigate option of providing fewer high quality CE events for more money.

Diversity Committee

Chair: Johannah Kang

Tactical Plan: Increase infusion of diversity into existing committees and events.

Method for reaching this goal:

Action Item #1—Pair with regional boards to incorporate diversity into regional CE events.

Action Item #2—Enlist NPA members to conduct diversity mentoring to PsyChi, graduate students and ECPs.

Action Item #3—Create a Diversity blog.

Membership Committee

Chairs: Susan Ayarbe

Tactical Plan: Increase membership, especially with full members; recruit more licensed psychologists to become members; simplify the membership renewal process online.

Method for reaching this goal:

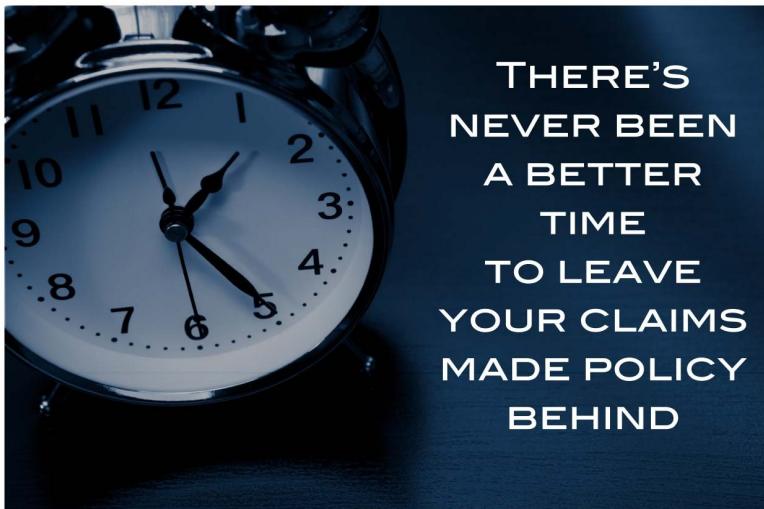
Action Item #1—Increase the number of automatic membership renewals

Action Item #2—Develop clear membership benefits (elevator speech) to help with membership recruitment through assessment and analysis of membership value.

Action Item #3—Target students & ECPs in the North; Market NPA to under-represented populations

Action Item #4—Simplify the membership application.

Action Item #5—Increase membership by “working” the workshops (identify non-members, increase membership recruitment at CE workshops).



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2013-2014 Nevada Psychological Association: Executive Board Members



President: **Melanie Crawford, Ph.D.** is a licensed clinical psychologist in private practice specializing in the neuropsychological assessment of children and adolescents. She received her doctoral degree in child clinical psychology and developmental cognitive neuroscience from the University of Denver and completed her predoctoral internship in child clinical psychology at the University of CA, San Diego School of Medicine. This is her fifth year with NPA Northern Board and third term as Northern Region President.



President-Elect: **Whitney Owens, Ph.D.** has been involved with the NPA since moving to Las Vegas in 2008. In 2009, she became the Southern Region Secretary and involved in the Southern Region events. Professionally, Whitney is an ECP who became licensed in the Spring of 2009. Her specialties include addictive disorders, depression, anxiety and relationship issues.



Past-President: **Lindsey Ricciardi, Ph.D.** is a Licensed Clinical Psychologist specializing in the assessment and treatment of eating, weight, and body image related issues. She was in the first cohort of the UNLV Clinical Psychology Doctoral Program and completed her internship and fellowship at the University of Chicago Medical Center. She is the co-director of Creative Health Solutions. Dr. Ricciardi has been active with NPA for the past decade serving as student rep, APAGS rep, Southern Board vice-president and president.



Treasurer: **Robyn Donaldson, Ph.D.** Graduated from UNLV's Clinical Psychology program during which time she served as Campus Rep for NPA southern region. She completed her pre-doctoral clinical internship at the CAPS of Oregon State University and is currently a psychological assistant working for Dr. Kenneth McKay at Healthy Minds in Las Vegas, where she conducts disability and vocational rehabilitation assessments and provides psychotherapy to adults and children.



Secretary: **Susan Ayarbe, PhD.** received her degree in Clinical Psychology from UNR in 1988. After working for eight years at the Rocky Mountain Multiple Sclerosis Center in Denver, Co as a staff neuropsychologist and research assistant, Susan spent the next six years in corporate consulting, providing training in process improvement and change management. After moving to Reno, Susan started her private practice, which is focused on the neuropsychology assessment of children and adolescents.



Diversity Chair: **Johannah Kang,** is a Clinical Psychology Doctoral Student at UNLV who is passionate about all things diversity related. She is also the Diversity Graduate Assistant in the Clinical Psychology department at UNLV. The Diversity Committee plans to continue promoting diversity issues in NPA and Nevada in the upcoming year.



ECP Co-Chair: North - Kara Bunting, Ph.D. received her Ph.D. and her master degree from UNR. She has worked in the mental health field for more than 10 years as a therapist and a researcher. Her areas of interest as a psychologist include relationships, mindfulness and creativity. She specializes in adults, young adults and adolescents, working with specific disorders as well as with concerns more related to relationship, self-exploration and personal growth issues.



ECP Co-Chair: South—Bree Mullin, Psy.D. earned her undergraduate degree in Psychology at the University of Arizona. After working with youth in foster care for two years, she earned her Psy.D. in Clinical Psychology from Alliant International University in San Diego, California. Bree returned to Las Vegas in September of 2010 and became licensed in February 2013.



APA Council Rep: **Lisa Lanning, Ph.D.** is a Licensed Psychologist at DRC, Children's Program, in Las Vegas and part-time private practice. She is involved with treatment of severely abused and disabled youth through research, youth corrections, residential and inpatient treatment centers, and outpatient services. Dr. Lanning started with NPA in 2002 as UNLV/APAGS rep, spent several years on the Southern Board and committees

APAGS Reps: Michelle Pitts (UNLV)

Campus Reps: Mary Vertinski (UNLV) and Yelena Oren (UNR)

2013-2014 Nevada Psychological Association: Regional Board Members



Northern Regional President: **Brie Moore, PhD.** is a Licensed Clinical Psychologist in private practice in Reno, Nevada. She specializes in the evidence-based treatment of behavioral health concerns, including childhood anxiety, depression, and noncompliance. Dr. Moore also specializes in the family-based treatment of childhood obesity. She has been active in NPA for several years and served two terms as Secretary of the Northern Board.



Northern Regional Vice-President: **Yani Dickens, Ph.D.** is a Licensed Psychologist working in private practice and also at the University of Nevada, Reno (UNR) Counseling Services. He provides UNR student athletes with counseling and sport psychology consulting services as an adjunct clinical faculty member with the University of Nevada School of Medicine. In private practice, Dr. Dickens provides sport psychology consultations, psychotherapy, and assessment.



Northern Regional Secretary: **Ree Noh, Ph.D.** completed her Masters in Psychological Counseling at Columbia University and her Ph.D. in Applied Developmental Psychology at Boston College. She interned at the Northern Nevada Child and Adolescent Services in Children's Behavioral Services division and Adolescent Treatment Center. She has been part of the UCAN team since 2008. In her private practice, she provides psychological/psycho-educational assessments, therapy for children, and adults experiencing emotional and behavioral difficulties



Northern Regional Treasurer: **Mandra Rasmussen-Hall, Ph.D.** received her Ph.D. at the University of Nevada, Reno and has a private practice in Reno. She works with adults and couples, and has clinical expertise in treating problems associated with posttraumatic stress and difficulties regulating emotion.



Southern Regional President: **Karen Sims, Ph.D.** is a licensed psychologist and assistant professor at Touro University Nevada Center for Autism and Developmental Disabilities. She specializes in neuropsychological assessment and treatment of children and adolescents. Dr. Sims completed much of her training in the Las Vegas area. More recently, however, she lived and maintained a private practice in Austin, Texas evaluating and treating children with a wide range of neurodevelopmental delays.



Southern Regional Vice-President: **Cindy Schmidt, Ph.D.** graduated from University of Connecticut in 1999 and now has a private practice in Henderson specializing in chronic health conditions. She owns the Tapestry Center for Integrated Living, weaving mind, body, spirit for lives filled with meaning and abundance.



South Regional Treasurer: **Nicole Williams, Ph.D.** earned her Ph.D. in Clinical Developmental Psychology from Bryn Mawr College in 2006. She completed her Clinical Internship at Friends Hospital in Philadelphia and served as a Postdoctoral Psychology Fellow at The Devereux Foundation the following year. She is in private practice in Henderson. Dr. Williams has a particular interest in Autism Spectrum Disorders. Additionally, she has specialized training in Anxiety Disorders, and treats children and adults suffering from a broad range of anxiety symptoms...



Southern Regional Secretary: **Sarah Ahmad, Psy.D.** is a native of Las Vegas and received her B.A. from UNLV. She completed her graduate work in California and then secured a Postdoctoral Fellowship in Las Vegas at Desert Psychological. Eager to actively participate with NPA, she now serves as the Secretary for the Southern Board and looks forward to the upcoming year.

Nevada Psychological Association: Membership Benefits

MEMBERSHIP HAS ITS BENEFITS....

NPA Keeps You on the Cutting Edge

- Reduced fees on NPA's Continuing Education programs - Keep up to date on standards of practice and develop your skills and knowledge base

NPA Helps Shape the Profession Through Advocacy

- Advocacy for psychology and psychological services in the State Legislature
- NPA Legislative Committee works with our lobbyist to identify and speak out on issues relevant to psychology
- Meet with our national representatives in our nation's capitol to influence federal legislation through the State Leadership Conference in Washington, DC

NPA Can Help Your Practice Grow

- Free statewide Referral Service Network
- Website advertising and low-cost credit card processing services
- Market your practice with a professional webpage
- Make presentations to businesses and community groups through public education programs that enhance the general understanding of psychology and promote psychology services.
- Outreach to businesses, the media, and other social service organizations

NPA Can Connect You with Your Colleagues

- Meet and stay connected with your peers across the state through networking events, meetings and workshops
- NPA's listserv allows members to discuss and keep abreast of relevant issues
- Find an outlet for your talents and interests by serving on any of our active committees and task forces
- When you join NPA, you become a member of one of our regional chapters. These regional groups offer a smaller, more easily accessible, and intimate setting in which to interact with your colleagues

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2013 State Leadership Conference in Washington D.C.



Meeting with Dean Heller's HLA: (from right to left)
Gary Lenkeit, Lindsey Ricciardi, Melanie Crawford, Lisa Lanning,
Whitney Owens, Robyn Donaldson, Wendi O'Connor

Perspective on SLC from our FAC Chair:

Two issues were prominent for me in the 2013 State Leadership Conference. The first issue is the significant changes in store for psychology with the implementation of the Affordable Care Act. Psychology could potentially undergo numerous changes in the implementation of services. Major focus will be placed on evidence-based services and quality of care. Additionally it appears that group practices with a wide range of psychological services will become more prominent. It will be very important for psychologists to remain informed regarding the changes that could be implemented. It is clear that we will need to work together as a profession.

The second issue is the increased partisanship in Congress. While our members of Congress listened politely to our presentations, it is clear that both parties are quite pessimistic regarding compromising on issues. It appears that gridlock will continue for some time.

On another note, it was a pleasure to work with our Executive Director, Wendi O'Connor, and the other psychologists representing the Nevada Psychological Association. Of the many delegations that have represented NPA in Washington in past years, this was the largest and most knowledgeable with whom I have worked. In my opinion, Nevada psychologists were very well represented by the leadership of NPA.

~Gary Lenkeit, Ph.D.
Federal Advocacy Coordinator (FAC)

Perspective on SLC from our APA Council Rep:

The State Leadership Conference (SLC), hosted by American Psychological Association Practice Organization (APAPO) is a unique leadership and advocacy training event, and one of the most intense and meaningful "psychology infusions" I have experienced! SLC is held in March each year, near APA/APAPO headquarters in Washington, DC. This event is the meeting place for leaders of ~ 75 State, Provincial, and Territory Psychology Associations (SPTA) and APA Divisions, alongside APA governance, Diversity Delegates, Early Career Psychologist (ECP) Delegates and representatives from APAGS (graduate students). Over four days, these movers and shakers of psychology build and share their leadership skills, discuss challenges in the field of psychology, challenges within their association and share information about how different associations are addressing these issues. Attendees also learn about key APA advocacy initiatives, then share this message on Capitol Hill with their respective state Congressmen/women.

I have had the privilege of attending many years, representing Nevada as APAGS rep., twice as ECP delegate, President-Elect, President, fill-in Pres, and Council rep. Special programming is designed for SPTA leaders in their respective roles. Each year has been incredible and each year I have learned more and more about how much APA advocates for the field of psychology and the incredible efforts and federal advocacy of APAPO for practicing psychologists. In fact, without APAPO, and the CAPP grant NPA receives each year, our tiny organization would simply not survive year to year! It is so important for each of us to support APA and pay the APAPO dues, so this critical federal advocacy and state support can continue!

Most notably the past few years at SLC has been an education about the Affordable Care Act (ACA). Hot topics include benefits accountable care organizations (ACOs) will be able to realize if they voluntarily participate in meeting quality thresholds, new collaborative models of practicing and teaching, and many other ways practicing psychologists ARE (not will) being affected by Health Care Reform. NPA has been working furiously to gain more information about the healthcare reform measures already underway in Nevada, to assure that psychologists are not left out of these delivery system reforms. This has happened to psychology in the past (Medicare/Medicaid) and we certainly do not want to be left behind today and in the future. We invite each of you to bring your talents and voices together through one of our committees so that we can continue to advocate loudly and clearly for psychology in Nevada.
~ Lisa M. Lanning, PhD, Council of Representatives



APA Banquet Dinner

2013 State Leadership Conference in Washington D.C.



In front of the Capitol Building

Perspective on SLC from our PEC Chair:

No one can prepare you for the greatness that is the APA State Leadership Conference (SLC). I had heard that it is a whirlwind from start to finish, that you learn so much valuable information, and that you meet with Senate and Congress members and so much more. However, the whole sum of the overall experience is greater than that. Going to SLC as the Public Education Coordinator helped me learn a tremendous amount about how we, as Psychologists, can be a driving force in educating our communities about Mental Health issues. Also, educating the community about the role that Psychologists play and the expertise that we can offer to our communities is important in helping others understand the value that we offer in an integrated teamwork approach to their healthcare. I learned how we can use a variety of media, including television, radio, print media, social media (including Facebook, Twitter, and LinkedIn) and community events to raise awareness about mental health issues that are impacting our communities.

Meeting with Senators and Representatives may seem like an anxiety provoking idea to some (including me). I learned what a tremendous opportunity I was given to make a difference in how Psychologists are included in the law. I enjoyed educating our Nevada Senators, Congressmen/Congresswomen to help them understand the unparalleled value of Psychologists in the healthcare system. Our delegation educated them on how Psychologists need to be included in the healthcare reform and how Psychologists can be key to achieving better overall medical, physical and psychological results for our patients. SLC allowed me to gain a greater appreciation for what our SPTA can do for its membership and for our community at large.

~Whitney Owens, Psy.D.
Public Education Coordinator

Perspective on SLC from our ECP Delegate:

Attending SLC this year as the ECP delegate, I realized how welcoming our own state organization is for those in the nascent stage of our careers. However, similar to other state psychological associations, we are confronted by the challenge of integrating the needs of the organization with those of ECPs as well as our more established and seasoned psychologists. Some ideas generated for facilitating such an integration encouraging collaboration included recognizing those newly licensed as well as members who have been involved for many years, instigating a structured mentorship program, creating a needs assessment of members, and integrating technology into standard operating procedures of the organization. As ECPs, we were also encouraged to become more involved in the APA by applying for positions when posted. The sessions I attended opened my eyes to a number of issues facing psychologists in our own state as well as across the country. One session focused on the internship shortage. Many graduate students attended this session and were exasperated by the disparity in numbers between students applying for internship and the number of internships available. It made me very proud of the NPA for working on our own internship consortium in an attempt to address this quagmire. Another session provided information on Medicare's requirements for documenting when measures are used with clients and the increased requirement for such assessments. As one of the speakers explained, Medicare is interested in ascertaining what overall benefits clients are receiving from services. It will be important to track the development of this movement as other insurance companies tend to follow suit.

The experience of SLC seems to be part leadership conference and part lobbyist boot camp. In addition to all of the important sessions intended to educate us about significant issues facing psychologists, we received additional information about issues being presented in Congress and the House of Representatives that directly relate to mental health and to psychologists. We rehearsed how we would attempt to persuade our political delegates to support mental health initiatives. Although it initially felt nerve-wracking to be on Capitol Hill, the preparation received along with the excitement and urgency conveyed by those closely involved in this process helped to inspire us to overcome this apprehension and successfully communicate our concerns. At the end of this conference, I felt that we had participated in an amazing process which will ultimately result in making a positive difference in psychology, even if it takes some time for that difference to fully materialize.

~ Robyn Donaldson, Ph.D.
ECP Delegate



Northern Region 2012/2013 Report

An Update from the North

The Northern Region held their Annual Fall Social on September 27th at Silver Peak Brewery and Restaurant in Reno, Nevada. The event was well attended with 45 students, post-docs, interns, and psychologists present. This past year, the North has also observed the revitalization of the Early Career Psychologists (ECP) group thanks to the efforts of Drs. Ruth Gentry and Kara Bunting. Additionally, thanks to the efforts of Dr. Melanie Crawford and the Continuing Education Committee, the Northern Region hosted a number of exceptionally high quality continuing education events. These included Behavioral Interventions for Tics in Youth and Adults on August 11, 2012 with John Piacentini, Ph.D., Mindfulness-Based Stress Reduction for Mental Health Professionals from September 4 through October 23, 2012 with Colleen Camenisch, and most recently, in collaboration with the University of Nevada, Reno, the McReynolds Lecture on March 27, 2012, featuring Motivational Interviewing with Bill Miller, Ph.D. For the coming year, we are pleased to have our existing Board Members continue with Brie Moore, Ph.D. as President, Yani Dickens, Ph.D. as Vice President, Mandra Rasmussen-Hall, Ph.D. as Treasurer, Ree Noh, Ph.D. as Secretary and Yelena Oren as the University of Nevada, Reno Student Representative. We will continue to provide a Fall Social and Early Career Psychologist events and are excited to announce upcoming Continuing Education events, including further training in Mindfulness-Based Stress Reduction and training on the DSM V at the University of Nevada, Reno. Thanks to all who contributed to a successful and productive year.

Sincerely,

~ Brie Moore, Ph.D.

2012/2013 NPA Northern Regional President

Southern Region 2012/2013 Report

The Southern Region has been busy over this past year creating exciting educational and social opportunities for the Psychologists in the Southern Region. In the fall, we held our annual Fall CE event at Green Valley High School, where we showed the independent film Trans by Chris Arnold. We also welcomed Jane Heenan, MFT who spoke about her experience in the treatment and knowledge of the Transgender population in Las Vegas. We also co-hosted the Nevada Psychiatric Association and Nevada Psychological Association Holiday Mixer in January 2013, the sixth year for this event. The event was held at Lake Las Vegas and was sponsored by Millennium Laboratories. The event raised donations and awareness for the organization All About Kidz.

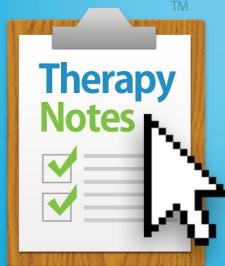
We are looking forward to hosting the Spring Social after the Annual Conference in the Southern Region. We are throwing a Hawaiian themed family friendly event in the park. As always, we look forward to bringing professionals together to socialize, network and build a stronger psychological community in the Southern Region. We look forward to a fresh new year with a great new Southern Region Board. We welcome our new President - Karen Sims, PhD, Vice President - Cindy Schmidt, PhD, Treasurer - Nicole Williams, PhD and Secretary - Sarah Ahmad, PhD.

Sincerely,

~Whitney Owens, PsyD

2012/2013 NPA Southern Regional President

An Update from the South



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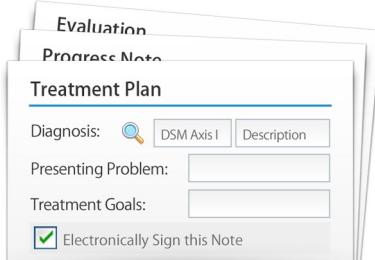
11:30AM Appt with Kyle
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12:00PM Appt with Susan
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“

My experience with TherapyNotes this past month has been fantastic!

Firstly, the system is easy to navigate, thorough, flexible, and extremely clinically intuitive. Secondly, technical and customer support has been efficient, fast, and very personal. I am leaving another EHR system for TherapyNotes... gladly. I'm very happy that you've created such a quality product. Thank you!

Dr. Christina Zampitella, FT, Licensed Clinical Psychologist

Just want to say that I truly love the system!

It takes all the guesswork out of tracking paperwork. Being able to schedule appointments and then have the system take over and track what is due for each client is wonderful.

Kathleen Bremer, PCC-S

[Many more stories on TherapyNotes.com!](#)



Whitney Owens, Psy.D., Public Education Campaign (PEC) Coordinator

The Public Education Campaign of the APA consists of marketing initiatives and public awareness campaigns which seek to encourage access to psychological services and demonstrate the value of the psychology profession in various settings. Whitney Owens, Psy.D. is the coordinator for Nevada.

*If you would like to participate in the PEC or report your communication to the media,
please email her at drowens@owensps.com*

The Public Education Campaign has been active this year with the introduction of social media as a platform for public education and information about the happenings in NPA. NPA currently uses Facebook and Twitter as means to communicate to both its members and to the public about mental health and wellness. You can find us on Facebook by searching for Nevada Psychological Association and pressing the "like" button. Our Facebook page is mainly used to communicate information to NPA members about happenings in NPA. On Twitter, the handle you will search for is @NVPsychology. We use the Twitter page for public education and outreach to the community, but it is also used to increase knowledge of NPA happenings. If you have any questions about NPA's presence in social media, please contact Whitney Owens at drowens@owensps.com for further information.

The Public Education Campaign has also been working on increasing education in the community by participating in Healthy Kids Day with the YMCA. We had a great time playing with the kids and educating them about stress relief through diaphragmatic breathing. In addition, we educated parents about resources in the community and mental health. The PEC also plans to team up with the YMCA again to present on the topic of the management of chronic illness. If you are interested in participating in this event, please contact me for further information. Last but certainly not least, the PEC will be participating in the 15th Annual Community "Back to School Health/Educational Fair" at Cashman Field on July 20th. If you are interested in providing health and wellness information to the community, please contact me to sign up.

Please also forward any television, radio or print education that you have participated in to me so that I can forward it to the PEC network for APA. APA is eager to gather information about the amazing things that Psychologists are doing to help our community and to get the word out about ways that we as Psychologists help our community.

Sincerely,

~Whitney Owens, Psy.D.

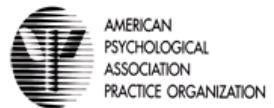
Public Education Coordinator

NPA President-Elect



Nevada
Psychological
Association

NPA would like to thank the Committee for the Advancement of Professional Practice (CAPP) for awarding an Organizational Development Grant of \$12,500 to help support our central office operations, including the Executive Director salary, lobbyist fees and marketing expenses.



CAPP continues to recognize the need of assistance by very small State Associations in maintaining central office operations, which is greatly appreciated by NPA. This grant, made possible from funds collected through the practice assessment of licensed psychologists, is awarded in the spirit of resource sharing to support projects aimed at promoting the practice of psychology.

NPA encourages all of its members to pay the APA Practice Assessment.

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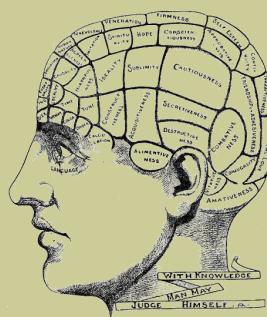


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NPA 2013/2014 Continuing Education Calendar

DSM-V

Erika Ryst, M.D.

August 2nd, 2013

Reno

6 CEs

MBSR for Mental Health Professionals

Colleen Camenisch

Tuesdays August 20th—October 8th, 2013

Reno

22 CEs for Psychologists

Adventures on the Electronic Frontier: Ethics & Risk Management in the Digital Era

Jeffrey Younggren, Ph.D., ABPP

September 7th, 2013

Las Vegas

6 Ethics CEs

Assessment Training with Cecil Reynolds

Cecil Reynolds, Ph.D.

October 4th, 2013

Las Vegas

6 CEs

Coming in 2014:

2014 NPA Annual Conference

**Ethics & Ethical Decision-Making for
Nevada Psychologists**

Stephen Behnke, Ph.D., J.D.

April/May (date tba)

Reno

6 Ethics CEs

More information
and registration is available
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