

Napa-Solano Psychological Association (NSPA)

A chapter of California Psychological Association
May 2015 Volume 6, Issue 1



May –June 2015 THINGS TO DO!

1. **Renew your membership!** January 1 began our 2015 membership year which runs to December 31. For members not already renewed, please do so on the website—www.napapsychologists.org. You may then pay through Pay Pal for 2015, or you may print out the invoice and mail it to us with a check. Our address is on the last page of the newsletter.
2. **Attend an NSPA brunch!** See p. 8 for our events calendar. We have a brunch on 5/31 and 6/28! Note too that Amanda Levy, our in-house lobbyist from CPA, will be at the brunch on the 28th to talk about advocacy.
3. **Come meet the board and help us plan some events!** Next meeting is 6/17 Wednesday at 7 p.m. in American Canyon at the Gaia Restaurant.
4. **Attend a disaster response training** on 6/8 in San Rafael (see p. 4 for details!). 😊



Sunday Brunch

Sunday **May 31, 2015**
11:30 a.m.—1 p.m.

- *Bring business cards & brochures*
- *Meet NSPA members in practice*
- *Talk about your practice & goals*
 - *Local professional networking*
 - *Discuss issues related to ABA licensing and DDS vendor regulations affecting psychologists*

RSVP to save a seat, or we'll squeeze you in! markleys@aol.com

Aroma Indian Restaurant
3012 Jefferson, Napa, CA



A word from your President..



Leslie Lessenger, Ph.D.
NSPA 2015 President

Greetings from your NSPA Board of Directors,

I hope members have enjoyed the networking opportunities of the NSPA listserv and our monthly Sunday brunches. We have been all over the two counties: Benicia, Napa, American Canyon, Vallejo and Suisun. In upcoming months we'll visit Napa and Fairfield, so please watch for announcements and come join us on the 4th (sometimes 5th) Sunday of the month for an informal meal. We are always looking for "hosts" – that means you choose the restaurant, make a reservation and show up ! It's that easy.

Since our last newsletter NSPA members have provided training to county supervisor and state legislators' staff members on dealing with "Distressed Constituents." Four of us participated in the Legislation and Advocacy day at the capitol in Sacramento in March. Some future plans include on-boarding interested psychologists with the Red Cross to be ready to provide disaster mental health services in the case of a major local disaster. Again, watch for announcements!

Our beautiful new website is up and running. With our new technology, you are able to your own information in the "find a psychologist" feature and renew your membership. If you have any difficulties logging in, please email napasolanopa@gmail.com and someone will help you. Or you can call me at 707-751-0289 with any comments or questions.

Do you wish NSPA had more activities? We welcome your ideas and participation. The next board meeting will be at Gaia in American Canyon, Wednesday, June 17 at 7 PM. Please join us!

Leslie

Update from the Board of Psychology May 14 and 15, 2015

Dr. Jo Linder-Crow, CPA CEO

I attended the Board of Psychology (BOP) meeting last Thursday and Friday, and wanted to give you an update on their action regarding the proposed CE regulations. I did testify at the meeting...

- As you recall, there were two separate groups of comments that the Board received regarding these regulations. The first set of approximately 570 were received outside of the regular comment period after the regs were initially sent out for public comment. At the February meeting, the BOP agreed to consider this group of comments, even though they were after the initial deadline.
- The BOP does its work in Committees, and this first group of comments was assigned to the Licensing Committee. That Committee had a meeting in Sacramento prior to the full board meeting in Riverside, and I attended. During that meeting I learned that the Committee had received a representative sample of the comments, and I requested that the Board members have an opportunity to review all the comments prior to making a final decision. The Committee agreed and asked the staff to categorize the comments and make them available to the full board.
- The second set of approximately 600 comments were received during the comment period that ended on March 24th. This was after the BOP raised the cap on traditional CE from 18 to 27 and sent that revised language out for public comment. These comments were part of the task of the Policy Committee, and were discussed during the meeting of the full Board in Riverside as part of the Policy Committee report.
- During that discussion it became apparent that the Board members wanted the opportunity to fully review all the comments (approximately 1200), and had not had a chance to do so prior to the meeting. The members of the Policy Committee who had seen the comments commented on the thoughtfulness and detailed descriptions that were included in so many of the comments. They were impressed by the number of people who took the time to write letters and e-mails, and it was clear that they wanted to give all comments the weight they deserve.
- Due to the fact that they had not had a full opportunity to review the comments, and following a lengthy discussion, the Board voted to defer a final decision on the proposed regulations until the next Board meeting. That meeting has been set for June 23, 2015 in Sacramento, and is a meeting that has been added to the Board's regular calendar.

I want to thank the BOP for giving such careful attention to the comments that so many of you submitted. I am certain that they will look carefully at what you have written and will take those comments into full consideration before making a final decision on these regulations.

Please let me know if you have questions.

Best always,

Jo

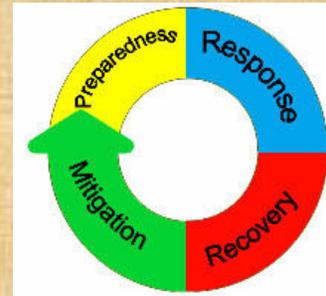
What does CPA do for You? Click the link below to see approximately 100 bills

CPA is following in Sacramento— Here's the link: <http://www.cpapsych.org/?page=385>

You can also access on the homepage under **Advocacy CPA Legislative Positions**

An Update on Disaster Response

Dana Nussbaum, Ph.D.



I met with Steven Hancock, the Northern CA Coastal Region Program Director for Red Cross to discuss our needs in training and working with them. He agreed that the members of the Napa Solano Psychological Association bring important and valuable skills to any disaster response and a desire to build disaster mental health capacity in Napa and Solano Counties.

I am set to meet with the Napa Solano staff next week about putting together a day long training for NSPA. ***Dates for this special training will be forthcoming!***

Additionally, Monday, June 8, I will be teaching Disaster Mental Health Fundamentals with a seasoned International Disaster responder and psychologist, from 6-10pm in San Rafael. NSPA is invited and I encourage anyone to attend who can make the time available. DMH Fundamentals is a required course for us as responders. It gives you the base you need to go out and do the work during a disaster, how to work with clients, how to navigate safely during a disaster, how DMH functions. Jill Hofmann, PhD, LMFT, is a very experienced responder nationally, internationally, and will be my co-instructor.

April 17 I attended the CPA Disaster Response Network annual meeting. We discussed the U.S. response to the Ebola outbreak. It was a snapshot of what a similar response would look like in the states, except very different because we would be using hospitals rather than make shift hospitals in camps.

Please contact Dana via phone or email with questions or for more information!

Cell — [510.798.0550](tel:510.798.0550)

Email — dr.d.nussbaum@gmail.com

SNAPSHOT!

Leadership & Advocacy Day

March 24, 2015

Sacramento, CA



The California Psychological Association (CPA) had its annual Leadership and Advocacy Conference on March 23 and 24th, culminating in the Leadership and Advocacy Day in our state capitol on the 24th. We had four individuals attending from NSPA — Drs. Leslie Lessenger, Markley Sutton, Micah Altman, and Nancy Piotrowski. Our group also linked up with delegates from Contra Costa (CC) and Alameda Counties (AC) (some shown above), Dr. Michael Pinkston of the Redwood Chapter of CPA, and JFK student Michaela Spangenburg for visits to see our elected representatives.

The picture above was taken in the office of Representative Susan Bonilla. Dr. Piotrowski and Ms. Spangenburg are peeking out in the third row, 2nd and 3rd in on the left. Then far right, in the first, second, and third row, on you can see Drs. Ellin Sadur (CPA rep for CCPA), Anatasia Kim (ACPA President), Alissa Scanlin (President for CCPA), and in the teal, next to Dr. Scanlin, is psychologist and health policy consultant to the Senate Committee on Business, Professions, and Economic Development, Dr. Le Ondra Clark Harvey. The rest represent the CPAGs and early career in psychology attendees who were at the meeting of approximately 110 psychologists and trainees.

GOVERNMENT AFFAIRS ITEMS



A Rose is a Rose...Announcing: The Local Advocacy Network

The California Psychological Association (CPA) leadership has decided to change the name of the formerly known Government Affairs Chair role to the new Local Advocacy Network Chair. This is to reinforce that the goal of the person in the role is to participate in local advocacy and develop an advocacy network at the chapter level. We need a Chair for this role. You need to be a full member of CPA and NSPA and to have an interest in learning about legislation affecting all psychologists.

Psychologically Health Workplace

Each year the American Psychological Association recognizes businesses exemplifying best psychological practices in the workplace and provides an award to one business that is identified as best in the nation on the most practices. The last two years, California businesses have fared very well. CPA has helped make this happen by offering state level awards and asking legislators and CPA members to identify businesses doing a great job. If you know of a business that should be nominated, talk to Dr. Jo Linder-Crow at CPA. You also may like to read about the APA program by visiting <http://www.apa.org/practice/programs/workplace/>.

Helping Distressed Constituents—Want to Volunteer?

CPA developed a “distressed constituents guide” for legislators. The guide is nationally recognized for its value. CPA encourages chapters like NSPA to offer trainings in our towns, counties, and districts to those legislators who may like to have their staffs briefed on how to use the guide. To see the guide online, go to <http://www.congressfoundation.org/storage/documents/Distressed-Constituents-Guide-APA.pdf> .

We currently have a training planned for January in Solano County. If you are interested in helping or observing, please let us know. And if you’d like to help with providing a training, please email napaso-lanopa@gmail.com .

District Visits

The CPA leadership also asked chapters to do more visits and advocacy related events in their regions. If you are interested to go on visits, please also email us. One of our new student volunteers is interested in setting up some district visits in the near future—we need you to help make that a great experience!



REMINDER: HAVE YOU RENEWED?



USE THE WEBSITE TO RENEW

Prospective members and those not yet renewed should go to the new NSPA website, CLICK MEMBERSHIP, and fill out an application. Register as a NEW MEMBER. Do this even if you have been a member in the past. This is our second year using the new website, so even former members have to JOIN as NEW to renew.

The website features a find a psychologist locator service, listing of useful resources, board contact information, and collections of NSPA newsletters. Additionally you have control over what kind of information you can put on the site and may join or renew NSPA membership online, paying through PayPal or via check.

NOTE: Use of the website requires use of a password AFTER your membership has been processed. First time users do not need one. Instead, for first time users, after you join, pay, and have your application processed, you will be emailed a password to get you started. If you have already been on the website and started a membership, but are having trouble getting your password, or otherwise need help getting started, send an email to napiotrowski@yahoo.com and we will help you get on the site!



CALLING ALL MEMBERS! Help us get the word out to students and colleagues in the area by “liking” our *Facebook* page. You can view the page without being a Facebook subscriber.

All you need to do is click on this link and you can view the page.

It is at www.facebook.com/pages/Napa-Solano-Psychological-Association/458671874152504

- which is a link you can share with friends.

REMINDER!

You can post a message to our listserv by sending it to NSPA_Members@yahoogroups.com .

If you think you may not have your current email in our database, you can subscribe by sending a blank message to NSPA_Members-subscribe@yahoogroups.com . You must be a member to be on the list.



SAVE THE DATES!

Upcoming NSPA 2015 Events

<u>DATE</u>	<u>TIME/LOCATION</u>	<u>EVENT</u>
May 31	11:30 a.m.—1 p.m. Aroma Indian Restaurant 3012 Jefferson Napa, CA	Monthly networking social RSVP Markley Sutton
June 17	6:30 greet; 7—8 p.m. meet Gaia Restaurant 3600 Broadway American Canyon, CA	Board meeting Members invited RSVP to save a seat! Leslie Lessenger
June 28	11:30 a.m.—1 p.m. 620 Jackson Street Fairfield, CA	Monthly networking social See Amanda Levy from CPA RSVP Karen Lynne Matthews

NOTE: We will have additional events as the year proceeds. Announcements and other information about these events will be provided via our member listserv and updated on our website calendar and in the next newsletter.

Questions about NSPA events? Send a note to:
[Dr. Leslie Lessenger](mailto:Dr.Leslie.Lessenger) or to NapaSolanoPA@gmail.com .



Your name here!

Meet your colleague

- 1. What is your current practice in psychology?**
- 2. Briefly, what is your educational background?**
- 3. What interesting jobs have you had outside psychology?**
- 4. What challenges do you see ahead for our profession?**
- 5. Tell us one other interesting thing about you.**

***New to NSPA? Recently updated or changed your practice activity?
Interested in being a featured member?***

Compose answer the five questions above, send us a picture, your current title at NSPA and/or at your employment setting, and we will be happy to post that information here in a future newsletter!

Send all materials to napasolanopa@gmail.com.



Help support a TRADITION

Help build a LEGACY



- **Donate to our local scholarship fund**

NSPA has generously supported local community college students each year with \$500 or \$1000 scholarships, depending on what our budget can sustain. Please consider a direct contribution to this effort. For more info, email napasolanopa@gmail.com



- **Consider getting more involved with NSPA!**

Host a salon discussion about *California Psychologist* articles at your home/office in an area of your expertise and lead a discussion, helping others get continuing education credit!

Write an article for the newsletter on a topic important to you or that you think will be of interest to the membership;

Write a review of a psychology-related book or movie for the newsletter;

Help with advocacy efforts by attending events where you can represent psychologists in Napa and Solano County, such as in district office visits with legislators;

Help NSPA respond to local requests for training, such as on stress management or dealing with difficult communications;

Help out a current officer or committee chair or for an event;

You might like to work as a board member.

Contact us via email at napasolanopa@gmail.com for more information about how you can help!



2015 NSPA BOARD MEMBERS

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