



South Dakota Psychological Association

WINTER 2015



INSIDE THE ISSUE

- FAC UPDATE ----- 2
- OFFICE UPDATE ----- 2
- NEW MENTAL HEALTH COALITION REP ----- 2
- MEMBER-AT-LARGE UPDATE ----- 4
- STUDENT UPDATE ----- 5
- ALZHEIMER'S CAREGIVERS ENCOURAGED TO IMPROVE WELL-BEING ----- 6
- SAVING FOR RETIREMENT ----- 7

From The Desk of the President

Lynette Quast, Ph.D.

Annual Conference Recap

The 2015 Annual Conference of the South Dakota Psychological Association was held in Rapid City, SD on Friday, September 18 and Saturday, September 19. On Thursday evening prior to the conference, Division One of SDPA met for their annual meeting and dinner. A variety of topics of interest in professional development were discussed, as well as an update of the work that Dr. Mark Perrenoud and Dr. Trisha Miller are doing to revamp the language in current Medicaid statutes to be more in line with current standards of practice.

On Friday, we had the pleasure of hearing Dr. Carol Goodheart present on the interface of ICD-10 and DSM-V. This was such a timely discussion since the implementation of ICD-10 was set for October 1. Dr. Goodheart provided us with a very informative, personable and in-depth discussion on the historical overview of ICD-10 and the diagnostic considerations as we transition to using the ICD-10 as well as the current DSM-V.

On Saturday, Dr. John Korkow presented

Substance Use Disorder Treatment and Diagnosis: DSM-5 and ASAM Diagnostics and Placement. He provided us with extensive information on the various substance use categories and current treatment guidelines. We are excited about continuing to collaborate with professionals in the substance abuse field and the interface with mental health issues.

Several students also attended the conference and provided us with poster presentations on their current research. Lisa Baer presented on "Reporting, Disclosure, & Help-Seeking in Men Following Hypothetical Assault Narratives" and received first place. Jill Morris and Aimee Breederland presented on "Behavioral Health and Medical Students' Training with Suicide Risk Management" and received second place. Congratulations to all the students and the exciting research they are doing in their graduate work. We welcome student participation in SDPA in a multitude of ways and hope that we continue to have additional students sharing their research in future conferences.

(continued on page 3)

SDPA Executive Committee

President
Lynette Quast, Ph.D.

Past President
Teri Hastings, Ph.D.

President Elect
Mark Perrenoud, Ph.D.

Secretary/Treasurer
Melissa Boyer, Ph.D.

Federal Advocacy Coordinator
Representative
Hilary Kindsfater, Ph.D.

APA Council of Representatives
Representative
Laura Hughes, Psy.D.

Mental Health Coalition
Representative
Mindy Hedlund, Ph.D.

Member at Large
Trisha Miller, Ph.D.

Public Education Campaign Coordinator
Kari Scovel, Ph.D.

Student Representatives
Rachel Nelson
Kayla Nalan-Sheffield

Executive Director
Rachel Day

Lobbyist
Brittany Novotny, JD, MBA

Editor
Lynette Quast, Ph.D.

This e-newsletter has been sent to you as a member of the South Dakota Psychological Association (SDPA) or as a subscriber to this newsletter.

South Dakota Psychological Association
PO Box 7030, Pierre, SD 57501
Phone: 605.224.8118
Fax: 888.425.3032



Office Update

2016 Legislative Session

The 2016 Legislative Session is almost upon us! Session is scheduled to begin Tuesday, January 12th at noon and continue for 38 legislative days, officially adjourning on March 29th often referred to as "veto day." During Session, SDPA will be sending out weekly Legislative Updates which include bills of interest, a brief explanation of each bill, the status of these bills and a link to the language of the bill on the SD Legislative Research Council website. We hope you find these updates useful and informative. If you are interested in the legislative process, the SD Legislative Research Council website (<http://legis.sd.gov>) has a lot of great information that is updated routinely during Session. You can also listen to committee hearings from any computer by utilizing the links on this website.

Legislators need to hear from their constituents about issues important to psychologists. Please reach out to legislators and foster a relationship that continues not only during session, but throughout the year. You will never know what impact you can have on the legislative process until you get involved.

From the SDPA staff, we would like to wish each of you a warm and happy Holiday Season and a peaceful and prosperous New Year!

REFLECTING ON 2015

FAC Update

Hilary Kindsfater, Ph.D.

Season's greetings everyone! What a great time of year to pause and reflect on the federal legislative efforts of APA. This past year's primary legislative efforts focused on three main issues. Addressing Medicare's shrinking reimbursement rates for psychologists; advocating for psychologists to be eligible for incentives related to the HITEC ACT; and increasing Medicare beneficiaries' access to mental health care by allowing psychologists to practice independently. All of these issues are at differing stages of development, so stay tuned for updates. Additionally, I will likely be calling on you in the coming months to contact your federal senators and representative regarding these and new legislative issues.

Key contact relationships = valuable resources to legislators and an opportunity to solidify psychology's future. Key Contacts are still needed!!

Please consider any relationships you may have with Senators Thune or Rounds, Representative Noem, or one of their staff

members. The relationships can vary in depth: anything from going to the same school, attending the same house of worship, or serving on their campaign. These relationships can provide the opportunity to further build relationships as key contacts and trustworthy resources for legislators regarding psychology and mental health legislation. Questions or if you'd like to talk about this opportunity please contact me.

'Tis the season for giving! Don't forget about the important role of political giving in opening doors to further psychology's legislative messages that promote the profession and advocate for clients' access to our services. *Donate one therapy hour to increase your political power!* Follow the link to find out more about contributing to APAPO's PAC <http://www.supportpsychologypac.org/contribute/index.aspx>.

Wishing everyone a happy and magical holiday season! ■

New Mental Health Coalition Rep

Mindy Hedlund Joins Executive Committee

Mindy Hedlund, Ph.D.

Greetings and hello to all SDPA members. I am new to the Executive Committee this year and am very excited to be an active part of this great and growing organization. I wanted to introduce myself as newly filling the board position for Mental Health Coalition. I am a psychologist in private practice in Rapid City and have been working here since 1994. I grew up in northern California and did my undergraduate work in southern California. I moved back to the Bay Area and completed a graduate program in Rehabilitation Counseling. Later I moved to Maryland and completed a Masters and Ph.D. program in Clinical

and Community Psychology at University of Maryland, College Park and completed in my internship in Washington, D.C. in the community mental health system before moving here to practice.

Jodi Owen filled the Mental Health Coalition position on the Committee for several years before my coming to the position this year. Thanks to Jodi for her hard work over the years on behalf of SDPA. I'm still working out the details of what the position will entail and will let you know more in future newsletters as I learn more about it. My

(continued on page 5)

From the Desk of the President

(continued from page 1)

President's Address

The conference theme this year was Change is Upon Us. This phrase captures well the evolving nature of healthcare. We are hearing more about practice innovation in response to a move towards more value-based care and payment models

from insurance companies that will be based on demonstrating quality of care and population-based payments. We are assured that private practice as we know it will not completely go away; however, reimbursement rates may decline and there is strong encouragement for affiliating oneself with primary care or patient-centered medical homes. This is already happening in certain areas of the country as well as larger healthcare organizations. But what does all of this mean for those of us practicing in a rural state, one in which fee-for-service payment is still the reality for most health-care providers? It is tempting to

try to ignore these changes or believe that we will somehow not be affected by these changes where we live here in the Midwest. However, I believe it is critical to stay abreast of what is happening and begin to have conversations about what the future practice of psychology may look like both in our state as well as our individual practices. Are there benefits to being able to join with a larger organization, a.k.a. strength in numbers with being able to better meet the needs of those seeking services for mental health treatment? Are there potential drawbacks or concerns with how the proposed models of integrating psychological treatment with medical care are currently being proposed? If we do move towards a more integrated healthcare system, how do we as psychologists begin to navigate this whole process? These are just a few of the many, many questions and

concerns that are important to dialogue about as we make informed decisions about our future professional lives.

We are also looking at change within our association;

specifically, what can we do as an association to better meet the needs of our members. I have been working with our Member-at-Large, Trisha Miller, to assist with reaching out to our membership. You will be receiving a link to a short survey in the near future. Please take the time to complete this survey, as it will provide us with important information about what we can begin to implement within our association to ensure we continue to be a valuable organization for psychologists in our state. In the past, our annual conference has been the primary method of connecting and providing professional development for

our membership. We are also looking at scheduling some informal gatherings throughout the year as a way to provide additional networking and professional discussion of current areas of interest in the field. Being a rural state with our psychologists spread throughout a larger geographical region creates some logistical challenges for getting our members together; however, I believe this makes it even more important to find ways of facilitating these connections and becoming aware of the resources and services provided by our members throughout the state.

Please feel free to reach out to me with any additional concerns or ideas you may have as we continue to change and enhance SDPA. I may be reached at 605-348-6500 or lrquast@rushmore.com. Wishing you all a happy, healthy, and safe holiday season! ■



Students (L to R) Aimee Breederland, Jill Morris, and Lisa Baer attended the 2015 SDPA Annual Conference in September and provided poster presentations on their current research.





Member-at-Large Update

Trish Miller, PhD, Member-At-Large

As your member representative on the SDPA Executive Committee, I want to make you aware of the things I've been involved with this fall. The Applied Behavior Analysis (ABA) Provider Workgroup was appointed by the Governor in last year's legislative session to determine how behavior analysts would be licensed in SD (legislation had passed allowing insurance coverage for ABA services, but without licensure they are not able to bill insurance, so this is critical for ABA providers). This workgroup was to meet three times and provide their recommendations to the Governor by December 1, 2015, in time for legislative movement on this during the upcoming legislative session. A psychologist was not appointed to the workgroup, but as SDPA became aware of the workgroup, we took action to become involved in providing input about the regulation and licensure of behavior analysts as one of the options proposed was for behavior analysts to be regulated by the SD Psychology Board of Examiners. After several conference calls and a trip to Pierre to attend the last workgroup meeting, I learned that because the workgroup had been informed that the SD Psychology Board members had voted unanimously that they were not in favor of the SD Psychology Board being charged with regulating/licensing behavior analysts, the workgroup decided against making that recommendation to the Governor.

Instead, the workgroup is recommending pursuing the Counselors & Marriage & Family Therapist Board as a possibility

for regulation, with the secondary recommendation of requesting a legislative bill proposal for funds to be allocated to help the behavior analysts start their own licensing board if the initial recommendation is not viable. Certainly, part of my role in this was to help educate the workgroup about various aspects of licensure that are similar and different between psychologist and behavior analysts. A more challenging role was to continue supporting the work and important role of behavior analysts, despite the SD Psychology Board's decision to advise behavior analysts to form their own licensure board. Everyone has an important role to play together to help individuals and families.

You'll see legislation about the licensure of Applied Behavior Analysts in the near future. I hope this "briefing" helps you understand the underpinnings, should psychologists be faced with tough decisions regarding behavior analysts' licensure. On a secondary, but just as important note, my presence at the workgroup meeting showed me directly how important our membership numbers are when I was asked how many SD psychologists are represented via SDPA. Certainly, we want our voice to be taken seriously when we do need to use it - please encourage your fellow non-SDPA-member colleagues to join SDPA and become involved...or even just to contact me to find out more information about SDPA (trishamiller7@yahoo.com). ■

Student Update

Kayla R. Nalan-Sheffield, M.A., Student Representative

As is true every fall, students in the USD Clinical Psychology Program have been busy. Students applying for internship have been scrambling to propose dissertations, selecting sites, writing essays and cover letters, and polishing their applications. Not only are the students busy, but the faculty have been working hard chairing and serving on these dissertation committees, helping students select internship sites, revising essays/cover letters, and providing priceless knowledge and support throughout the process. This year, we have five students going through the internship application process and we wish them well!

The new semester also brought about many changes in our department. As you may know, Dr. Barbara Yutrzenka retired at the end of the school year and Dr. Beth Boyd has taken over as our new Director of Clinical Training. With Dr. Boyd's transition to the DCT, Dr. Stephanie Fuller has taken over a new role in the department as the director of our in-house training clinic, the Psychological Services Center. We

also welcomed a new faculty member, Dr. Jae Puckett to the department. Dr. Puckett got their Ph.D. from the University of Massachusetts in Boston in 2014. Their research documents experiences of stigma and marginalization encountered by lesbian, gay, bisexual, transgender, and queer (LGBTQ) individuals and the negative health outcomes of prejudice (using both qualitative and quantitative methods). More information about Dr. Puckett's research interests is available on the department website: www.usd.edu/arts-and-sciences/psychology.

As the semester comes to a close, we tend to reflect on how busy we have been and how fast the time has gone. We continue to be thankful for the experiences we are offered and support we are provided as we develop in our role as future psychologists. However, I think I can speak for the majority of the students in saying that we are ready for holiday break. We wish you all a happy and safe holiday season! ■

New Mental Health Coalition Rep

(continued from page 2)

goal is that we as an organization work together with other mental health professionals and organizations in the state to provide the best and most comprehensive mental health services for the people who live in South Dakota. Being a rural state makes this more of a challenge. Please let me

know if you see opportunities for us to be more connected to the community as a whole for the benefit of the individuals and families who live in our state. I can be reached at 605 342-5238 or at minhedlund@gmail.com. ■



South Dakota Psychologists Encourage Alzheimer's Caregivers to Improve Well-Being

Kari Scovel, PhD, PEC Coordinator

As part of Dr. Scovel's role as PEC Coordinator, she has written these articles through APA.

A diagnosis of Alzheimer's disease or dementia can be emotionally overwhelming for the individual as well as the family. In November, we recognized National Alzheimer's Disease Awareness Month and National Caregiver Month. It's important to be aware of the unique challenges Alzheimer's and dementia caregivers face.

Nearly 60 percent of Alzheimer's and dementia caregivers rate the emotional stress of caregiving as high or very high, and more than one-third of them report symptoms of depression, according to the Alzheimer's Association. The demands of physical caregiving and constant supervision combined with the emotional toll of seeing a loved one so altered by dementia can be a lot to handle. However, the best thing caregivers can do for their loved ones is to stay mentally and physically strong.

"Being involved with caretaking a spouse, mother, father or loved one who is suffering with Alzheimer's disease is difficult to deal with. Understand you are not alone, there are others who are also trying to cope on a daily basis with supporting an individual who has memory, behavioral, emotional and personality changes due to Alzheimer's disease," according to Kari Scovel, PHD, Public Education Campaign Coordinator for SDPA.

South Dakota psychologists encourage caregivers to improve their well-being in a number of ways:

Actively manage stress by taking time to exercise, meditate or talk to a friend. Finding positive, healthy ways to manage stress can lower the risk for negative health consequences.

Accept the changes that the person with dementia is facing. Even if they can't remember a name, they may still recognize and have feelings for their friends and family.

Understand that no one can do this alone. Seek support from friends, family or a support group. For many this support may be enough. But if a caregiver finds himself or herself overwhelmed, a psychologist may be able to help. Psychologists can work with the individual and family to develop strategies to improve quality of life and manage emotions related to the diagnosis.

"Remember, you are not alone as a caretaker of a loved one with Alzheimer's disease. Expand your support network through seeking assistance and respite when needed from family and friends. Make sure you are doing activities to care for yourself such as exercise, getting out of the house, socializing and remaining active in your daily activities. If you are continuing to be overwhelmed, seek psychotherapy from a local psychologist to assist you in expanding your coping skills," according to Kari Scovel, PHD, Public Education Campaign Coordinator for SDPA.

To learn more visit the American Psychological Association at www.apa.org/helpcenter and follow @APAHelpCenter. To find out more about South Dakota Psychological Association, visit www.psych.org. ■

It's Never Too Late or Too Early to Start Planning for Retirement

Kari Scovel, PhD, PEC Coordinator

As part of Dr. Scovel's role as PEC Coordinator, she has written these articles through APA.

It is never too late, or too early, to start planning for retirement. Many people underestimate how much they can or should be saving, and often even postpone saving for retirement because it seems far into the future.

The American Psychological Association's (APA) most recent *Stress in America*™ survey found that 44 percent of Americans reported saving for retirement as a very or somewhat significant source of money-related stress. Workers can conquer this fear by thinking about what they're saving for, and how much they will need for living expenses during retirement.

"Money is a significant stressor for many folks, it is essential to rethink how to plan for your financial future. Just a little bit of savings every week matters and can be done without much thought when you set up an automatic deposit. Remember you can do it, saving now will benefit you in the long run," according to Kari Scovel, PHD, Public Education Campaign Coordinator for SDPA.

October 18-24 was National Save for Retirement Week. This week provides an opportunity for people to reflect on their personal financial situation and evaluate savings strategies and goals.

South Dakota psychologists offer tips to better save for retirement:

Make saving a priority. If you receive a regular pay check set aside some amount of money for retirement or unexpected expenses like car repairs or health emergencies. It doesn't have to be a large amount, it just needs to be something. Even starting with \$5 per week can help build a habit of saving. Over time you can increase the amount according to your income.

Identify financial stressors and make a plan. Take stock of your financial situation and what causes you to stress over money. Write down specific ways to reduce expenses and save more. Then commit to a specific plan and review

it regularly. Although this can be anxiety-provoking in the short term, putting things down on paper and committing to a plan can reduce stress over time. For example, if you pack your lunch four days each week, you could save \$40 per week, and more than \$2000 per year extra that can go into savings. Also, the one day you eat out each week might feel more like a treat.

Make it easy on yourself. Use automated systems as much as possible. Arrange to have a portion of your paycheck automatically deposited into your savings or retirement account. It's a lot easier to save when you don't have to think about it. You can set up automatic transfers into your savings accounts when you get paid or on a predetermined day of the week or month at most banks.

Take advantage of employer contribution match. Many companies offer to match retirement contributions up to a certain percentage of an employee's salary. By taking advantage of this benefit, you can double your retirement investment. If you don't, you're effectively turning down free money.

Talk to an expert. Just like people schedule an annual checkup with their doctor or meeting with their accountant, make an appointment with a financial planner to talk about your savings goals. A financial planners can help you devise a savings plan. If you are overwhelmed by stress, talk to a psychologist who can help address the emotions behind financial worries.

"There are many experts to help you find your way to a positive impact on your savings to pave your way to a better future. Utilize these experts in accounting, financial planning, and stock broking to assist you in finding a plan that works for your retirement. Don't wait plan today," according to according to Kari Scovel, PHD, Public Education Campaign Coordinator for SDPA.

To learn more visit the American Psychological Association at www.apa.org/helpcenter and follow @APAHelpCenter. To find out more about South Dakota Psychological Association, visit www.psych.org. ■

