



South Dakota Psychological Association



 SPRING 2016

INSIDE THE ISSUE

- FAC UPDATE ----- 2
- COURT-LICENSED PSYCHOLOGISTS ----- 2
- MEMBER-AT-LARGE UPDATE ----- 3
- 2016 LEGISLATIVE SESSION ----- 4
- STUDENT UPDATE ----- 5
- PEC REPORT ----- 6
- PRESIDENT-ELECT REPORT ----- 6
- COR UPDATE ----- 8
- DO YOU KNOW WHAT MENTAL ILLNESS FEELS LIKE?----- 10
- MONEY MATTERS TOO IMPORTANT TO IGNORE ----- 11

From The Desk of the President

Lynette Quast, Ph.D.

As I reflect on the first half of my presidency year, I am struck by how much activity and excitement there has been with our organization. Both on the state and federal level, psychologists have been an active presence and accomplished some amazing things. We were able to mobilize the support of our membership to advocate for the passage of SB 79, the bill that will allow court-appointed psychologists to perform certain evaluations required for a plea of guilty but mentally ill. We also submitted a letter to Governor Dugaard encouraging his veto of HB 1008, the bill that proposed access to bathrooms, locker rooms, etc. based on biological sex. We also had our lobbyist engaged with the process of HB 1141, the bill that provides licensure for behavioral analysts. On the federal level, Hilary Kindsfater worked tirelessly with Rep. Noem's office which led to Rep. Noem co-sponsoring the Medicare Mental Health Access Act, a bill that would allow psychologists to provide Medicare services to patients without unnecessary physician supervision in all treatment centers and would amend the Medicare definition of physician to

include psychologists. Thank you to all who sent emails, letters, and made phone calls to their legislators to advocate on behalf of psychologists.

One of the more interesting pieces of information that we gathered through our lobbying efforts is the importance of educating the public on what psychologists actually do and the value we provide to individuals and communities. It really is no joke that most people don't understand the difference between psychiatrists and psychologists, nor others in the mental health field. Many individuals have no idea what our unique skill set is that differentiates psychologists from other mental health professionals. Being mindful of the changes that health care may bring to how we practice, it is important to continue to educate and demonstrate our value as a profession. I have discussed in previous newsletters about integrated care and what seems to be trending is all sorts of alternative practice models. Whether this is in your future or not, remembering the value of educating referral sources and how psychologists can be an important part

(continued on page 3)

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SOUTH DAKOTA SHINES AT APA STATE LEADERSHIP CONFERENCE (SLC) AS REPRESENTATIVE KRISTI NOEM RECEIVES THE 2016 OUTSTANDING LEADERSHIP AWARD

FAC Update

Hilary Kindsfater, Ph.D.

Court Licensed Psychologists: Assessing Demand and Training Needs

This year the South Dakota Legislature passed SB 79. This allows "court licensed psychologists" to conduct psychological assessments of individuals who pled guilty but mentally ill at the time of their offense. There is a lack of professionals to assess these individuals. If there is a demand, SDPA might be able to provide training in this regard within the next year.

Please contact one of the emails below if you:

- Have an interest in such training
- Have ideas about what the training should consist of
- Have names of trainers in the area

Mark Perrenoud

drmarkp@rushmore.com

Kari Scovel

karis@scovelpsyhrc.com

This year's State Leadership Conference (SLC) proved to be another amazing event. The highlight of SLC was South Dakota's own Representative Kristi Noem receiving the APA Practice Organization's (APAPO) 2016 Outstanding Leadership Award. She was recognized for her hard work in prominently championing professional psychology's goals and sponsoring the Medicare Mental Health Access Act (House Bill 4277). This bill is APAPO's priority legislation to allow psychologists to practice in the Medicare program without unnecessary



L to R - Hilary Kindsfater, PhD, Federal Advocacy Coordinator; Rep. Kristi Noem; Kari Scovel, PhD, Public Education Campaign Coordinator; Mark Perrenoud, PhD, President-Elect.

physician supervision. Rep. Noem is also a cosponsor of House Bill 2646, Helping Families in Mental Health Crisis Act of 2015.

Rep. Noem has emerged as a legislative leader and champion for psychology and mental health related issues. Hilary Kindsfater, PhD, Federal Advocacy Coordinator, along with key APAPO Government Relations staff, provided information to Rep. Noem and her Legislative Assistant, Matthew Hittle, regarding the struggles psychologists were having within the current archaic Medicare system. Most notably the unnecessary physician supervision that hinders mental health access for Medicare beneficiaries, often seniors, in our state. Rep. Noem took these reports seriously, acted swiftly, and chose to be the lead sponsor of the Medicare Mental Health Access Act. During the SLC Capitol Hill visits, Hilary Kindsfater

PhD, Federal Advocacy Coordinator; Kari Scovel PhD, Public Education Campaign Coordinator; and Mark Perrenoud PhD, President Elect, had the opportunity to meet with Congresswoman Noem and offered sincere appreciation regarding her willingness to champion vital legislation that will assist in improving access to mental health services for Medicare beneficiaries in South Dakota and across the nation.

Another important legislative focus was the Mental Health Reform Act of 2016 (S. 2680). This bipartisan legislation provides vital reforms to federal mental

health funding to increase patients' access to effective and evidence-based care particularly to those with serious mental illness. Updates and requests for action to contact your federal legislators regarding this and related legislation will continue throughout the year, so please stay tuned.

These past several months have highlighted the importance and power of relationships with our state and federal legislators, as particularly evidenced by the strong working relationships built with Rep. Noem and her Legislative Assistant that lead to Noem sponsoring the Medicare Mental Health Access Act. Building strong, credible relationships with our legislators can increase psychology's voice and ability to influence policy. Please do not underestimate the power of your voice, or the impact offering information to a legislator

(continued on page 4)

Member-at-Large Update

Trish Miller, PhD, Member-At-Large

Happy Spring, all!

As your Member-At-Large representative, I must say you should be pleased at what you are getting with your membership; significant wins in the psychology column due to SDPA's efforts legislatively this session in addition to a very attractive SDPA fall conference. Additionally, SDPA leadership continues to be looking at ways to add value to your membership. A great group of folks met recently for our first-ever brunch gathering to collaborate and discuss legislative issues, psychology issues, and just generally, network with other practitioners. A continual topic is how to get our fellow non-members to become involved in SDPA with recognition of the truth behind the old adage "there is power in numbers!"

My role in boosting membership will continue to be to

contact SD psychologists who are non-members, with special investment in contacts with newly licensed psychologists, to encourage SDPA participation. Dr. Mark Perrenoud and I will also continue our investment in getting a meeting with Medicaid officials to discuss proposed changes and updates to current provisions as well.

SDPA does not just work for the good of its members, but for the good of all psychologists (and often, all mental health providers) in the state. Each of our membership dollars goes further when everyone who benefits is contributing. Please advocate to your non-member colleagues to join so that the benefits to all can be even greater!

As always, please feel free to contact me at trishamiller7@yahoo.com to give me input about things you'd like represented. ■

From the Desk of the President

(continued from page 1)

of an individual's medical treatment is a way of "integrating" oneself into a medical practice in a fairly easy manner.

Educating the public and referral sources really is about building good relationships. By now, most of us have been informed that regardless of theoretical orientation, the quality of the therapy relationship is one of the main predictors of good outcome in psychotherapy. I don't think this is a surprise to anyone, but highlights what we all intuitively know: Good relationships help people grow and building good relationships whether in the personal or professional realm is key. This is one of the areas I have been focusing on in my presidency year: building relationships and facilitating ways to help recruit new members to join SDPA. While we are one of the smallest state psychological associations, we have proven that one can be "small but mighty" in our recent legislative efforts both on the state and federal level. Being a rural state, our personal connections with legislatures often serve as an important avenue to informing them of what psychologists do and the importance of advocating for professional psychological issues. Whether you work in private practice settings, hospitals/clinics, or academia, there can be an isolation inherent in the work we do. Supervision, consultation and peer-support groups can help manage

this isolation. However, I think a larger organization, such as SDPA, also compliments and provides a larger network and backbone that supports our work through education, access to a larger network of professional psychologists, and facilitating understanding of what resources and developments are occurring not just within your town/city but in the state as a whole. In that vein, we are working to branch out our opportunities to connect with each other in person. We recently had our first informal gathering in Rapid City and had a successful turnout and discussion of some recent developments on the state and federal level. Our next informal gathering will be held in Sioux Falls in May. I encourage those of you on the eastern side of the state to join us, as well as encouraging any potential members to come and visit with myself and our president-elect, Mark Perrenoud. We are especially interested in learning from membership and potential members what SDPA can do to better serve the needs of its' membership.

Please feel free to reach out to me personally if you have any further ideas of what we can do to better serve the needs of our membership. I may be reached at lrquast@rushmore.com or 605-348-6500. ■

2016 Legislative Session

Brittany Novotny, JD, MBA

The 2016 Legislative Session was a busy time for the SDPA. The SDPA was actively involved in the passage of SB 79, an act to expand the list of professionals authorized to perform certain examinations required for a plea of guilty but mentally ill. This bill allows a court appointed psychologist to perform an evaluation of a defendant who has pled guilty but mentally ill. This bill has been signed by the Governor and will go into effect July 1, 2016. Please contact your local public defender's office if you are interested in providing these evaluations.

SDPA also worked with the proponents of HB 1141 to amend this bill to clarify the exemption for psychologists. HB 1141 is an act to license persons offering applied behavior analysis services to the public. Psychologists, along with other qualified professionals, are exempt from the licensure requirement set forth in this bill.

During the 2016 Legislative Session, the SDPA monitored many additional bills of interest to the profession and your patients. There were 34 bills in total on the SDPA Legislative Watch.

One of the last items debated during the Legislative Session included the FY 17 budget. The total budget is \$4.566 billion in

funding sources. Of this total, \$1.494 billion is in general funds, \$1.661 billion is in federal funds and the remaining money comes from other funds/sources.

While the new budgeting process provided a deeper dive on the budget and specific budget units by the Joint Appropriations Committee over the course of the Session, the end result of the process is a budget that is very close to the Governor's proposed budget. Significant changes were made to education funding as a result of the sales tax increase. Provider rates were increased by the 2.7% proposed by the Governor, with additional adjustments made for community based providers (additional .72%) and for targeted providers to move those providers closer to actual costs. State employees also received the 2.7% increase originally proposed by the Governor.

We hope the weekly legislative updates were useful and informative. Thank you to the SDPA Executive Committee and Division 1 for the guidance and assistance provided during the Legislative Session, and for each of you that responded to the Action Alerts. We appreciate the opportunity to work with the SDPA and look forward to 2017. Have a great summer! ■

FAC Update

(continued from page 2)

or their staff can have in promoting mental health and psychology's policy priorities. In a state like South Dakota, we have a unique opportunity to have an extremely influential and effective grassroots advocacy network given our small population and access to legislators. Please continue to contact your state and federal legislators, not only

during the legislative sessions, but during the entire year to help identify yourself as a credible resource for mental health related policy when/if they need you. Our voices were heard on Capitol Hill and I will continue to keep you updated regarding the progress of the Medicare Mental Health Access Act! ■

Student Update

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

Greetings from the USD Clinical Psychology Students!

The spring semester brings about a lot of excitement around the department, ranging from finding out where our internship applicants matched, inviting prospective students to interview for the program, proposing and defending theses and dissertations, oral examinations, and running therapy groups in our in-house training facility.

First, we would like to congratulate our newest round of interns! This year we had five students apply for internship, all of whom matched at their top ranked sites. Here is where they will be going:

- Jessica Bordeaux-Rank *VA Black Hills Health Care System*
- Euodia Moffitt-Chua *Arizona State University*
- Matthew Moffitt-Chua
University of Arizona College of Medicine
- Rachel Nelson *Advocate Family Care Network*
- Christine Tirabassi
Veterans Affairs Palo Alto Health Care System

We just wrapped up our second day of interviews for prospective students for the upcoming school year. This year we were fortunate to have a great pool of applicants and invited approximately 40 students to campus. During these visit days, we are reminded about how fortunate we are to be training in such a welcoming and supportive department. Many prospective students comment on the laid back and collegial environment we have created and maintained!

As was true in the fall, our in-house training clinic, the Psychological Services Center, has been very busy. We are very fortunate to get a variety of experiences in our clinic, ranging from individual therapy with students and community members, couple therapy, group therapy, and skills training groups for children.

Our 3rd year students recently participated in Disaster Preparedness Training which is an interprofessional training focused on issues related to public health, personal and community preparedness planning, the disaster health system, and public health law and ethics. Notably, students from the Disaster Mental Health Institute facilitated small group workshops throughout the training dedicated to the topic of psychological first aid, including a role play demonstrating empathic listening.

Several of the department's student groups have also been busy. The Advocacy and Coordinating team has been discussing issues related to women's health and will be sponsoring a campus screening of the documentary *No Woman, No Cry*. Additionally, ACT, Students of Color in Psychology (SCIP), and ALLY have all been working together to raise awareness about the HB 1008 among students in the program.

Every year, several students from the department apply for Graduate Academic and Creative Research Grants to help fund thesis or dissertation projects, including travel costs to conferences. Between the fall and spring application cycles, we had six students receive these grants. Congratulations to Lisa Baer, Jessica Bordeaux-Rank, Brandon Gray, Elise Hocking, Jill Morris, and Kayla Nalan-Sheffield!

In less exciting news, the end of the semester will bring about a significant change in the secretarial staff in the department. Pam Jurgensen, the senior secretary of the clinical psychology program, will be retiring. Pam is a great asset to our department and does more for us than we even realize. She will be greatly missed by faculty, staff, and students!

As we move forward with the semester, we are sure to remain busy (and go through countless cups of coffee) in the department! ■





Psychologist Locator Added to SDPA Website

The SDPA has linked the APA Psychologist Locator to its website. The Psychologist Locator allows members of the public to find practicing psychologists in their area.

If you have not already done so, please go to <http://locator.apa.org/> and create your personal listing. Please click on the link in the upper right corner titled "Psychologists - Create/Edit Your Listing" and follow the prompts to complete the process. Please note that you must be an APA member to set up a personal listing through the Psychologist Locator.

REMOVING BARRIERS TO MENTAL HEALTH CARE

PEC Report

Kari Scovel, Ph.D.

Senate Bill 79 passed the senate and the house and SD Governor Dennis Daugaard signed the bill. This is exciting news for South Dakota psychologists! This bill broadens the criteria for who can perform the court ordered mental health evaluations, which generally were done by psychiatrists but now includes psychologists. This was a win for psychologists in the State of South Dakota as it broadens the scope of practice and allows our expertise to assist in a backlog of court-ordered mental health evaluations. It also allows combining the contributions of both professions to assist in providing a more efficient process in completing these mental health evaluations in the judicial system. Thank you to all psychologists and mental health professionals who wrote your congress men and women to assist in passing this important bill. Thank you to Dr. Jodi Owen and Dr. Scott Pribyl for speaking to our legislature on behalf of SB79 and supporting South Dakota psychologists.

Currently, there has been a \$300K grant to help state mental health task force. This task force has been put together by Chief Justice David Gilbertson who proposed the Task Force on Community Justice and Mental Illness Early Intervention task force in November. The task force is to assist in solving this growing problem of scheduling delays for court ordered mental competency exams within the court system.

The State Leadership Conference was held February 27-29, 2016. I enjoyed attending with President-Elect Mark Perrenoud, PhD, and Federal Advocacy Coordinator, Hilary Kindsfater, PhD. The highlight of the conference was Congresswoman Kristi Noem's introduction of the Medicare Mental Health Access Act (H.R. 4277/S.2597). This bill would remove a roadblock to mental health treatment for

Medicare beneficiaries in certain treatment facilities. Although psychologists are licensed to practice independently in all US states and jurisdictions, Medicare still requires unnecessary physician sign-off and oversight of their services in some settings, hampering or even preventing delivery of needed care. This bill would remove this barrier.

In addition, the APA Practice Organization recognized Representative Noem for her advocacy work and legislative accomplishments on mental health issues. She received the 2016 Outstanding Leadership Award, to recognize how she is championed the goals of professional psychology. This was exciting as Noem was recognized at the State Leadership Conference and SDPA representatives were honored by being involved in the ceremony.

This year the PEC mental health minute has been an active part of the news on KOTA. This news segment's purpose is to educate the public on how psychologists can help with behavioral, lifestyle, stress management prevention, disease prevention and overall health and wellness. This is a short educational segment on mental health issues on the morning news program. Thank you to the many of the local psychologists who have participated in this news beat. If you are interested in being a part of this program, please email karis@scovelpsychr.com. This has been an extremely busy year and thanks again to all of the psychologists who continue to advocate for our profession, both in writing our legislators, being active in the community with education, a voice on various committees, volunteer work and putting on educational seminars. What you do to impact mental health in the State of South Dakota matters. ■

President-Elect's Report

Mark Perrenoud, Ph.D.

I was fortunate to be able to attend the APA Practice Organization State Leadership Conference (SLC), in Washington, D.C. from February 27 to March 1. It served as a good reminder of how large the American Psychological Association and the Practice Organization are. It was also evident that the South Dakota Psychological Association makes positive impacts on the practice of psychology not only in South Dakota, but nationally. South Dakota was in the spotlight during SLC. Due to the efforts of Hillary Kindsfater, our Federal Advocacy Coordinator; Kristi Noem, our congressional Representative, has sponsored a bill that would add psychologists to the list of Medicare physicians and let us practice more independently within Medicare. Noem is also co-sponsoring a bill that would provide for revamping of the mental-health care system in the United States. Representative Noem was honored at the SLC and gave a great speech. As a result of her sponsorship, the South Dakota members were also recognized at the annual banquet, including being seated as the dais with leaders of the American Psychological Association. SDPA also had a voice at this year's state legislative session. We supported psychologists being named as able to conduct assessments for defendants pleading guilty but mentally ill; listing psychologists as able to provide applied behavioral analysis and the identified gender school bathroom bill. SDPA monitored other bills that could impact psychologists or the mental health of our citizens.

The threats to psychologists are out there. For example, the Arizona legislature considered a bill that would require someone dissatisfied with the recommendations of a child custody study to make a complaint to law enforcement rather than a licensure board.

SDPA can only become stronger with more members. I ask that if you are not a member of SDPA that you join our membership. If you have not been an officer, consider nominating yourself for an office position at our annual meeting. Currently, east river psychologists are underrepresented. SDPA gives you something for your membership dues. SDPA can be an important and rewarding way to volunteer your time and ideas. You can help make psychology more relevant to both yourself and the membership.

Our annual conference is being held in Rapid City on September 16 and 17. On Friday we have a full day on Dialectical Behavioral Therapy approaches to emotional regulation and distress tolerance. On Saturday morning, we will learn about LGBTQ issues and how to best serve this population. Please plan to attend and consider running for an officer position. ■

SAVE THE DATE: SEPTEMBER 16-17, 2016 | RAPID CITY, SD

SDPA Annual Conference

The SD Psychological Association (SDPA) invites you to attend our Annual Conference on September 16 & 17 in Rapid City, SD at the Hampton Inn.

Friday, September 16 Session

Dialectical Behavior Therapy Approaches to Emotional Regulation and Distress Tolerance

Ronda Oswald Reitz, Ph.D., is a trainer and consultant with the Linehan Institute. She is also a Coordinator for DBT Services for the Missouri Department of Mental Health. In this role she is charged with the implementation, support and evaluation of DBT programming in public mental health settings state wide. Previous clinical and administrative work led her to develop comprehensive DBT in community mental health, inpatient and juvenile detention facilities. Additionally, Dr. Reitz specializes in the training and development of DBT teams and programs in intensive outpatient and forensic settings. Dr. Reitz is experiences in providing training and consultation to mental health providers at all training levels and in diverse settings across the United States.

Saturday, September 17 Session

Clinical and Sociopolitical Issues Facing LGBTQ Client: Mental Health Professionals as Allies and Change Agents

Jae A. Puckett, Ph.D., is an Assistant Professor in the Department of Psychology at the University of South Dakota's Clinical Psychology Program. Dr. Puckett received her doctorate in Clinical Psychology from the University of Massachusetts Boston and then completed a post-doctoral fellowship at Northwestern University. Their research documents experiences of stigma and marginalization encountered by lesbian, gay, bisexual, transgender, and queer (LGBTQ) individuals and the negative outcomes of stigma and prejudice.

Registration information will be posted on the website prior to the event. Please feel free to contact our office with any questions. Phone: 605-224-8118 Email: SDPA@midwestsolutionsssd.com

Council of Representatives Update

Laura Hughes Psy. D.

Happy Spring everyone! I am the SDPA member who represents us at the APA Council of Representatives meetings twice per year at APA. APA pays my expenses to attend these 3 1/2 day meetings. As with any political organization, there are special interest subgroups called caucuses. These groups review proposals from their own perspective, and bring their conclusions and recommendations to the larger group. In the larger meetings, we debate and vote on various proposals. This COR position lasts for three years, I have currently finished the 3rd of my 6 total COR meetings; SDPA will be electing the next COR representative for our state next year (my term ends in December 2017). If you are interested in this position, please contact me, I would be happy to answer any questions. Jodi Owen completed two terms as our COR representative before I started this term.

I am more familiar with how this large organization (APA) works this year. At the most recent COR meeting, I was elected chair of the Rural Health caucus, and began a two-year term as the nominations and elections chair of the caucus on state, territorial, provincial and regional issues. What this means is, I am part of a committee that reviews the current proposals on the COR agenda before each COR meeting to discuss whether any proposals may have a negative impact on the state or provincial practice of psychology. We are looking for inadvertent negative effects, i.e. proposals which may benefit urban practice (i.e. regulations for increased specialization) which may be mistakenly interpreted as requirements by state licensing boards, insurance companies, or courts for practice, therefore leaving rural frontier psychologists (such as ourselves) vulnerable in those realms. The trend towards increasing specialization requirements, to be ethical or competitive, puts less populated states at a disadvantage. When CSPTTR discovers

issues like these in existing proposals at COR, we contact the chair of the proposing caucus with our concerns and respectful "friendly amendment" suggestions. This will then be discussed on the floor in the COR meetings (160 COR reps plus other special interest groups observing and commenting). It is vital that representatives from small states, such as ours, be actively engaged in this process so that our unique practice environment does not get overlooked, or harmed by the agendas of other groups. The alternative is having our national association unintentionally pass resolutions, bylaws, and ethical codes that downstream may restrict our ability to practice, despite being in underserved practice areas.

One of the benefits of attending COR meetings is the opportunity to find out what is happening in other states, what challenges and successes they have encountered. The informal networking that occurs results in friendships, mentoring, and development of resources, which benefit our association. When HB 79 was up for vote here in South Dakota recently, I was quickly able to identify someone in another state - where their association was active in passing similar legislation, for advice. Likewise, I have been able to attend meetings with other state representatives, and APA leadership to learn methods of addressing the recent trend of ABA providers seeking independent licensure across the country. It is very interesting to learn about the practice of psychology in other states and provinces, and to share our experiences.

I have included a summary (found on page 9) of what was accomplished at the most recent COR meeting in February 2016. I will be attending the next meeting in Denver at the APA Convention in August. ■

Council of Representatives

Summary of Actions Taken

Laura Hughes Psy. D.

Action Taken in Response to the Independent Review Report

Council voted to take the following actions in response to the Independent Review Report:

- Council approved the establishment of the following three work groups:
 1. Work group to review best practices in order to develop APA organizational policies and procedures to address, but not be limited to:
 - a. Organizational checks and balances
 - b. Fiduciary duties of governance members
 - c. Appropriate oversight of governance members in the execution of their roles and responsibilities to ensure adherence to the highest standards of professional behavior
 - d. Application of established policies and procedures
 - e. Transparency of decision-making
 - f. Sensitivity to, and willingness to address, differences arising from power differentials
 - g. Consideration of effective governance and staff working relationships
 2. Work group to develop aspirational civility principles as well as procedures for all forms of direct in-person communication and online messages and postings within and on behalf of APA.
 3. Work Group to develop guidelines that will reduce bias, increase transparency, and promote diversity in the selection of individuals serving on APA task forces. This system for task force selection should emphasize self-nomination, as well as nominations by, and consultation with, relevant stakeholders (e.g. Divisions, SPTAs, other affiliated groups).
- Council voted to approve amending the Guidelines for Council Resolutions to include the extent to which the resolution is consistent with APA's core values, and the

extent to which it addresses human rights, health and welfare, and ethics.

- Council also voted to prioritize ethics, human rights and social justice in all aspects of the next Strategic Plan.

Amendments to Bylaws Articles V, VI, VII

Council approved minor changes to the Bylaw and Association Rule amendments it approved in February 2015. The Bylaws will be sent to the Membership for a vote on November 1, 2016. If the Bylaw changes are approved by the Membership, the Bylaw and Association Rule changes will do the following:

- Members-at-large of the Board of Directors will be elected by the Membership.
- One member of the Board of Directors must be an Early Career Psychologist.
- The Board of Directors will include a public member.
- The American Psychological Association of Graduate Students (APAGS) representative of the Board of Directors will be the APAGS Past Chair, or another designee from APAGS Executive Committee.
- Members-at-large and Recording Secretary cannot succeed themselves in office and while in office cannot run for any office on the Board of Directors other than President-Elect.

Additional Action Taken by Council

- Council approved the Division 53 request for authorization to publish a divisional journal, to be titled *Evidence-based Practice of Child and Adolescent Mental Health*.
- Council adopted as APA policy the following resolutions: *Resolution on Data About Sexual Orientation and Gender Identity and the Resolution Opposing HIV Criminalization*. ■



Thank You APAPO

The South Dakota Psychological Association (SDPA) would like to thank the APA Practice Organization (APAPO) for awarding the Association an \$11,000 Committee for the Advancement of Professional Practice (CAPP) Grant to support SDPA's central office operations. This grant is made possible from funds collected through the practice assessment of licensed psychologists and is awarded in the spirit of resource sharing to support projects aimed at promoting the practice of psychology. The SDPA looks forward to continuing to work with leadership and staff of the Practice Directorate and CAPP as we confront the challenge of assuring the availability of psychological services in the changing health care delivery system. Please consider contributing to the APAPO through the practice assessment on an annual basis.

MAY IS MENTAL HEALTH MONTH

Do You Know What Mental Illness Feels Like?

Mental Health America

We often hear the clinical terms used by doctors and other professionals to identify the symptoms of mental illnesses...but if someone hasn't gone through it, would they know how to recognize it?

So often, clinical terms don't do justice to what life with a mental illness feels like. We know that two people with the same diagnosis can experience the same symptom and describe it in very different ways. Understanding the signs of a mental illness and identifying how it can feel can be confusing—and sometimes can contribute to ongoing silence or hesitation to get help.

It's important for people to talk about how it feels to live with a mental illness. We know that mental illnesses are common and treatable, and help is available. But not everyone knows what to look for when they are going through those early stages, and many simply experience symptoms differently. We all need to speak up early—Before Stage 4—and in real, relatable terms so that people do not feel isolated and alone.

This May is Mental Health Month; SDPA is raising awareness of the importance of speaking up about mental health, and asking individuals to share what life with a mental illness feels like by tagging social media posts with #mentalillnessfeelslike. Posting with our hashtag is a way to speak up, to share your point of view with people who may be struggling to explain what they are going through—and to help others figure out if they too are showing signs of a mental illness.

Life with a Mental Illness is meant to help remove the shame and stigma of speaking out, so that more people can be comfortable coming out of the shadows and seeking the help they need. Whether

you are in Stage 1 and just learning about those early symptoms, or are dealing with what it means to be in Stage 4, sharing how it feels can be part of your recovery.

SDPA wants everyone to know that mental illnesses are real, that recovery is always the goal, and that the best prospects for recovery come when we act Before Stage 4 (B4Stage4).

Addressing mental illnesses B4Stage4 means more than burying feelings and refusing to talk about them, and waiting for symptoms to clear up on their own. B4Stage4 means more than wishing that mental health problems aren't real, and hoping that they will never get worse.

B4Stage4 means more than thinking that someone on the edge of a crisis will always pull himself or herself back without our help, and praying that someone else will intervene before a crisis occurs. B4Stage4 means, in part, talking about what mental illnesses feel like, and then acting on that information. It means giving voice to feelings and fears, and to hopes and dreams. It means empowering people as agents of their own recovery. And it means changing the trajectories of our own lives for the better, and helping those we love change theirs. So let's talk about what life with a mental illness feels like, to voice what we are feeling, and so others can know they are not alone. ■

#mentalillnessfeelslike



Share what it's like for you by tagging your social media posts with **#mentalillnessfeelslike**.

See what others are saying at **mentalhealthamerica.net/feelslike** where you can also submit anonymously.

Money Matters Too Important to Ignore

South Dakota Psychological Association and APA Offer Strategies for Managing Money Stress

Kari Scovel, PhD, PEC Coordinator

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

With the looming IRS tax deadline on April 15, it's not uncommon for Americans to experience financial stress. How people handle that stress can have an impact on overall health, says Kari Scovel, PhD, PEC. Stress related to tax deadlines and finances in general can increase reliance on the unhealthy behaviors many people already use to cope with everyday stressors. SDPA warns that increased dependence on unhealthy behaviors to manage stress can lead to long-term, serious health problems.

The American Psychological Association's (APA) Stress in America™ survey has found year after year that money is the top source of stress for adults. More than a quarter of Americans say they feel stressed about money most or all of the time. Only 30 percent rate their financial security as high, and more than two thirds believe that more money would make them happier.

"It is also important that you don't try to deal with stress by overspending or overusing credit cards. Negative habits are hard to break, like avoiding paying bills or waiting until the last minute to balance your checkbook. It is essential to stay ahead of the financial stress by making sure you are getting your taxes done in a timely manner" says Kari Scovel, PhD, PEC.

Research shows that when people do not cope with stress effectively, it can lead to or increase already existing anxiety. One way people commonly deal with anxiety is by avoiding whatever it is that makes them anxious. Unfortunately, if people avoid dealing with their finances, especially during tax season, they'll likely create more financial problems, and more anxiety and stress, in the long term.

APA and SDPA offer these strategies for managing financial stress:

- **Identify stress triggers** – Think about what types of situations set off feelings of stress. It could be ordinary

things like reviewing bills, completing tax forms or figuring out how to pay for expenses like home repairs and school tuition.

- **Get started now** – It can be easy to come up with excuses to put off doing taxes. However, the longer people wait, the more stress they will experience. Taking care of taxes right away will reduce stress and make tax season a lot more manageable.

- **Understand what money means to you** – Money is often symbolic of emotional issues that may seem unrelated to personal finances such as power, control and love. What does money represent to you? How might that increase stress when making financial decisions?

- **Find healthy ways to manage stress** – Consider healthy, stress-reducing activities such as taking a short walk, exercising or talking things out with friends or family and avoid unhealthy behaviors such as overspending, misuse of credit cards or neglecting bills. Try to develop these types of healthy stress management behaviors so that when in a financial crisis, there will be healthy strategies available to help reduce stress. Keep in mind, unhealthy behaviors develop over the course of time and can be difficult to change. Don't take on too much at once. Focus on changing only one behavior at a time.

- **Ask for professional support** – Accepting help from friends and family who care and will listen to can improve the ability to manage stress. Financial planners can also help take control over a difficult money situation. Anyone who finds themselves overwhelmed by financial stress may want to talk with a psychologist who can help address the emotions connected to finances, manage stress and change money behaviors.

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

