

## **Upcoming CE Events:**

- Friday, September 13th, 2024 Suicide Prevention Noelle Lefforge, Ph.D. Live, virtual webinar 2 Suicide CE credits
- Friday, October 18th, 2024 Autism: Intersectionality, Assessment and Treatment Considerations Michelle McGuire, Psy.D. Live, virtual webinar 6 CEs credits
- Friday, November 15th, 2024 Navigating Challenging Conversations: Ethics and Risk Management Daniel Taube, Ph.D., J.D. Live, virtual webinar
   6 Ethics CE credits See Back Cover for full calendar

It's Time to Renew Your NPA Dues for 2024/2025! Scan QR Code below:



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# Nevada Psychological Association

# NPA News

## The Voice of Psychology in Nevada

## **2024 Spring Newsletter**

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

Hello, Nevada Psychological Association.

Firstly, and most importantly, thank you all for being members of our organization. I am sincerely honored, grateful, and

excited to serve as your President for the 2024 -2025 year. While I have many goals in mind for our organization moving forward that I look forward to addressing, progressing, and evolving our great organization, I know that I won't be able to do these things without your help and support. That means everyone, at every level of membership.

All of you receiving this newsletter are or have been members of the Nevada Psychological Association (NPA), or you have been involved and engaged with us at some point. NPA would not be where it is today without you. That inspires me, immensely. It really does. The time, the energy, the effort, and the work that you all have put in to be where you are and to help support NPA, no matter how much, is priceless and words will never be enough to express how grateful I and our members are to have you be a part of NPA.

While I may have many goals for the upcoming year, I will acknowledge and share some of them now. Increasing NPA membership, engaging more of our members and prospective members, expanding our outreach, and supporting our membership in various ways will always be part of our goals and objectives as an organization.

But how do we do this? How do we go about all those goals, and more?

One of my primary goals during the next year is going to be learning about how NPA can best help and support you, our members, and prospective members. Perhaps even future future members who don't know that we exist right now. Though, I don't want to only learn about you, as great and as awesome as all NPA members have been to me. I also want to know how you think we can best support each other, and our neighborhoods, our communities, our towns, and our state.

I want to know what you think, and I want to hear from you. I want to hear about your ideas, your thoughts, and your perspectives on all the things that we will be addressing during the next year. All of you, if possible. Nevada and the field of psychology are evolving, and we, NPA, must evolve with it.

I've had the privilege of meeting many of you during my time as Southern Regional Board President, and as President-Elect. I encourage you to reach out to me, our board members, our leadership, our committees, and one another if you would like to become more involved with NPA as we continue to grow, progress, and evolve. I know that I will be asking you, our members of NPA, for a lot of support during the next year. And I know if we work together in growing and evolving our organization that we can accomplish great things collectively, more than we could ever imagine individually.

I'm here because of you. I'm challenging myself to do better in serving NPA and for our state of Nevada. I'm daring myself to do better for NPA and for our state of Nevada.

I challenge you to join me, and I dare all of you to do better, too.

Thank you all for being a part of our organization, and I look forward to seeing what we can all do for NPA.

Christopher Shewbarran Psy.D. 2024/2025 President Nevada Psychological Association



## 2023-2024: A Year in Review by Claudia Mejia, Psy.D.

I think back to how I started my term as president filled with gratitude and I am ending it the same way. I am beyond thankful for the support I received from my pastpresident, Dr. Chapple-Love, and the members of our Executive Board. To all our regional board, committee chairs, and committee members: thank you! NPA is only possibly because of your willingness to give of your time. It has been a pleasure to serve as your President for the past year!



As a team, we have been able to make efforts toward accomplishing our strategic goals. We have been able increase our membership, implemented initiatives to welcome newly licensed psychologists in Nevada, and fostered community by establishing quarterly town hall meetings. Our Continuing Education Committee has continued to diversify our workshop offerings and offered the benefit of free quarterly lunch-and-learns focused on cultural competence. And our Legislative Committee, under the selfless leadership of Drs. Drucker and McGuire, has continued to make headway in efforts toward mental health parity during our interim legislative session. I am proud of the changes we have been able to make both within NPA and because of it.

In recent years, the NPA executive and regional boards and committees have continued to evolve toward being more representative of our membership and the communities we serve, with increased awareness of equity, diversity, and inclusion. And, we have more to go, more to grow. This will only be possible if we continue to cultivate our early career psychologist membership and invest in our student members. I end my term with a call to you, our members and nonmembers: psychologists, mental health providers, and psychology students in Nevada. If you've ever wanted to become involved in leadership, but have held back for whatever reason, I urge you to step beyond any doubts or what you think is possible. Please consider joining us on a regional board or committee and add your voice to the momentum of change. Let's keep growing, together.

With sincere gratitude and hope,

~ Claudia Mejia, Psy.D.

2023/2024 President, Nevada Psychological Association



## To the **Practice Directorate**, **the Committee of State Leaders and the Board of Professional Affairs**

for awarding a Small State Operational Grant of \$12,500 to NPA. This subsidy helps cover NPA's central office operations. CSL and BPA continue 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 join APA**.

AMERICAN PSYCHOLOGICAL ASSOCIATION

## 2024 Annual Strategic Planning Meeting—Saturday, May 11th

This year's Strategic Planning Meeting was held in person and virtually in Reno, NV on May 11th, 2024. During the morning session, we welcomed our incoming 2024/2025 officers. Dr. Claudia Mejia highlighted her Presidential goals accomplished over the past year, which included implementation of our quarterly virtual Townhall Meetings, connecting members in the North & South, and acknowledged the dedicated efforts of our Legislative and CE Committees. This was followed by a brief overview of the mission and structure of NPA and review of NPA's organizational structure by our incoming President, Dr. Christopher Shewbarran.

Our Legislative Committee co-chairs, Dr. Drucker and Dr. McGuire, gave an overview of the Interim Session and discussed planning for the 2025 Legislative Session, which includes introduction of a BDR around mental health parity. Those in attendance broke out into small groups to discuss goals and action items related to increasing membership, recruiting and retaining ECPs, increasing marketing efforts to psychologists in Nevada, and NPA polices and procedures. This was followed by a review of our 6 Strategic Business Objectives.

## The following are our 2024-2025 Strategic Business Objectives (SBOs) that we will continue in the year:

• SBO#1: Improve Financial Stability

Expand membership base, create new membership categories for undergraduates and masters level clinicians

• SBO#2: Provide High Quality Services to Members Continue hybrid annual conferences, schedule free CEs to members, revive/ expand several NPA Committees (Communications, Membership, Graduate Student and Ethics)



**SBO#3: Develop and Support Leadership** Modify leadership terms to 2-year terms, reassign leadership duties, continue to support students with

mentorship progam.
 SBO#4: Advocate for Psychology as a Science and Profession
 Increase membership involvement in Legislative Committee, network with other organizations, increase coordinated advocacy efforts

- SBO#5: Embed Diversity and Inclusion into NPA culture
   Organize CE, ECP and Diversity Committee events, create a 4th Annual NPA award to recognize diversity efforts at our Annual Conferences
- SBO#6: Recruitment and Retention of Eligible Psychologists and Psychologists-in-Training

Continue supporting our membership and explore ways to expand our membership base.

With the continued goals of expanding NPA membership, fostering community connections and enhancing inclusivity within our organization, we spent the afternoon brainstorming novel ways to achieve these objectives, Our efforts yielded a wealth of fresh and innovative ideas that we looking forward to putting into action! We look forward to presenting you with tasks associated with the above SBOs, which include things such as events for early career psychologists, increased involvement in rural areas of Nevada, expanded use of and outreach on our association's website, and increased opportunities to hear from our members, students and Nevada psychologists. We are excited for what's to come with the energy generated during our Strategic Planning Meeting! Thanks to everyone that participated this year!

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### 2024 Spring Newsletter

## Legislative Committee Update

The Legislative Committee (LC) has been diligently working with our legislative affairs/lobbyist team from Tri-Strategies during this interim year. We continue to advocate for mental health parity enforcement in Nevada. Our driving motivation is our knowledge Nevada consistently ranks at the bottom in the nation for access to mental health care and the demand for services continues to rise. There continues to be reports of unmet mental health needs, with high rates of depression, anxiety, and suicidality reported. The 2023 legislature recognized the need for Nevada to recruit, train, and retain providers. The LC understands some of the barriers to this provider shortage, which includes limited opportunities for training, and low reimbursement rates compared to neighboring states. We are also cognizant of insurance panel inadequacies, and providers choosing to not take insurance, creating long waitlists for urgent psychological evaluations.



The LC recently completed a survey of mental health professionals, including psychologists, marriage and family therapists, clinical professional counselors, and behavior analysts. The survey covered questions specific to mental health parity, reimbursement from insurance companies, paneling with insurance companies, and denials for needed services. We had the highest response to any NPA survey with over 120 completing the survey. We are in the process of compiling this data. Additionally, the LC requested information from the Division of Insurance, regarding insurance companies' attestation of mental health parity compliance, complaints made against insurance companies for noncompliance with mental health parity, in addition to information regarding insurance companies' denial of providers to insurance panels. The LC is also hard at work creating a coalition of mental health professionals, advocacy groups, and policy makers. We have developed a bill draft request (BDR), and are presenting to various regional behavioral health policy boards, and advocacy groups. We propose strengthening transparency and enforcement in existing statutes. We continue to monitor federal efforts related to mental health parity compliance.

The LC needs you! We need those interested in advocacy to join our efforts and help us make a difference. There are several ways to help. You can join the LC and make your voice heard. The LC meets monthly on the fourth Friday at noon via Zoom. Also, you can donate to the NPA-PAC to assist in our legislative efforts. If every psychologist in Nevada donated \$25.00 (the cost of lunch), we would reach our fundraising goal. PAC funds are distributed to candidates who support mental health care in Nevada. Every contribution makes a difference.

Laurie Drucker, Psy.D. & Michelle McGuire, Psy.D. 2024/2025 NPA Legislative Committee Co-Chairs





## **NPA-PAC 2024 Fundraising Drive**

The Nevada Psychological Association's Political Action Campaign (NPA-PAC) is underway! Help NPA make a difference in the mental health care of all Nevadans! **Donate Today!** 

## Why Donate to the NPA-PAC?

- Help elect individuals to the Nevada Legislature who are advocates for mental health
- Improve access to mental health care by holding insurance companies accountable for meeting mental health parity requirements
- Every dollar you give helps mental health advocates have a voice in the policies and regulations that affect our client's lives (and our livelihoods)
- Support NPA's relationships with state and federal legislators

## Who Do NPA-PAC Donations Support?

- Candidates to both houses of the Legislature (Senate and Assembly)
- Candidates from both parties
- · Caucuses of both parties

## IF EVERY PSYCHOLOGIST IN THE STATE OF NEVADA DONATES BETWEEN \$25—\$50, WE WILL EXCEED OUR 2024 FUNDRAISING GOAL!

- Donate \$25 to be listed as a Friend of NPA in the Fall Newsletter
- **Donate \$50** to be listed as a Leader of NPA in our Fall Newsletter, and also be entered into a raffle to win an NPA "swag" bag (includes a bistro coffee mug with NPA logo, stress ball brain and pen.). Five total swag bags will be raffled off
- **Donate \$100** to be listed as an Advocate of NPA in our Fall Newsletter and entered in a raffle for a free pass to an NPA CE event (\$100 value)
- **Donate \$500** or more to be listed as a Mental Health Champion in Nevada (name will be displayed on NPA website, social media and marketing materials, receive free CE event pass and NPA swag bag)
- **Donate \$1,000** to become a Mental Health Ambassador in Nevada, receive free entry and special recognition at our 36th Annual Conference in Reno (name prominently displayed on NPA website, social media and marketing, receive NPA pin and NPA swag bag)

## **Donating is easy....**

Donate via our website: www.NVpsychology.org/donate OR scan the NPA website QR code OR donate by Venmo QR code

Help NPA make a difference in the mental health care of all Nevadans! **Donate today!** 

Laura Drucker Psy.D. and Michelle McGuire, Psy.D. NPA Legislative Committee Co-Chairs





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## 2024 APASI Practice & State Leadership Conference

## Practice & SPTA Leadership Conference 2024

PRACTICE & SPTA LEADERSHIP

The Practice & State Leadership Conference (PLC) is an invitation-only event that brings together psychologists from the State, Provincial, and Territorial Psychological Associations (SPTAs) across the U.S. and Canada, along with APA governance and a few divisions. The Practice & State Leadership Conference (PSLC) is the premier event for APA and SPTA leaders to co-create transformational impact for the psychology profession and critical societal issues. PLC is an opportunity for SPTA leaders to network and converse about professional issues, association management challenges, and trends occurring at the state and federal level. The conference also fosters leadership and effective governance strategies for participating associations. This year, we were fortunate to send a delegation of five NPA Officers to the 2024 PSLC, held in Washington D.C. on February 8th—10th.

Here are the NPA's delegation write-ups about their experiences in D.C. for the 2024 Practice & State Leadership Conference:

As your President of the Nevada Psychological Association (NPA) for the 2024-2025 year, I had the privilege of attending the 2024 APA Practice and State Leadership Conference (PSLC) in Washington, D.C. in February, which I also attended last year in 2023 as President-Elect. While there, each delegation member was able to attend an Affinity Group to collaborate and strategize with leaders from other state, provincial, and territorial psychological associations (SPTA) about current issues, topics, obstacles, and concerns that our organizations have been addressing and facing. We also were able to discuss and collaborate on goals for the future that we each wanted to address as Presidents of our SPTA. During my term, along with our goals of supporting, strengthening, and improving the growth and stability of NPA, I would like to focus on two main goals influenced by my collaborations with other SPTA presidents.

While serving as President-Elect during this past year, I've been fortunate to engage and speak with a number of you and learn about different NPA related issues, concerns, ideas, and goals you all may have. One of my main goals during my term will be to continue this. I am serving in this role because of you. I value and am grateful of your support of NPA as we wouldn't exist without you and your support, and we wouldn't be continuing to grow, progress, and evolve as a SPTA. Whether you're a student member, full member, early career psychologist, associate, affiliate, or even a prospective member, I want to know about how you feel about NPA and how we can best support you in our growing and evolving field of psychology, especially in the roles and capacities you all work and serve in, so that we may all benefit.

My second main goal during my term will be to continue expanding our outreach and support towards others who are outside of NPA, so that we can continue the growth gaining knowledge about how we can support the individuals and communities we engage with. Many of us reside in Nevada now, though quite a few of us started our journeys outside of the state and now work and serve in variety of different capacities within Nevada. As Nevada and Nevadans continue to grow and evolve, so must we in the roles that we serve and work with others to meet their needs. I encourage you to consider how NPA can support others, and populations and communities you work with, and then present your thoughts and ideas with us. While we may have different ideas about how to go about accomplishing mutual goals, a way of accomplishing these goals will be together.

I am very excited, grateful, and honored to be to serving as your President during the next year. I welcome any NPA member or non-member to reach out to me and us if you have any questions, ideas, thoughts, or concerns. I look forward to connecting with you and thank you for this opportunity to serve as your President!

-Christopher Shewbarran, Psy.D. 2024/25 President, Nevada Psychological Association

## 2024 APASI Practice & State Leadership Conference (continued)

Another year and another Practice and SPTA (State, Provincial and Territorial Psychological Associations) Conference! I highly recommend if you have the chance to attend one of these conferences you do! It is reinvigorating and always exciting to "be in the room where it happens" As Dr. Skillings, the Chief of Professional Practice says! The topics ranged from artificial intelligence, master's level psychologists, various forms of psychological practice, and of course giving to our PAC! Shameless plug, if you haven't given to the Psychology Political Action Committee, consider it!

I participated in the 2024 PSLC as the diversity delegate for the state of Nevada. It was an honor to represent our state and gather knowledge and best practices on ways we can "Love all Brains" better. Perhaps one of my biggest takeaways was the discussions regarding A.I. and technology. A.I. and other technologies are fantastic; however, even with the best intentions, it can still fall flat, especially when it comes to DEI. I think all of us know A.I is here to stay, there's no way around it. However, how are we making sure A.I. is equitable and accessible. Here are a few questions to ask yourself when utilizing technology and A.I. in your practice.

- 1. Is this accessible to patients with visual and hearing impairments?
- 2. Is the technology offered in different languages or will an interpreter of some sort be necessary?
- 3. Does the technology consider cultural differences, norms, and cultural nuance?
- 4. Does the technology consider context/contextual factors?
- 5. Is the technology accessible in emergency situations, natural disasters, etc.

6. If the technology requires internet connection, do your clients/patients have access to stable internet? Although not an exhaustive list of questions/things to consider. I do hope this helps get your wheels turning when

utilizing A.I. and other forms of technology within your practices to ensure equitable, ethical treatment. Continue to be the best versions of yourselves and we do hope you will consider joining the DEI committee!

Lea Caver, Ph.D. 2024 PSLC Diversity Delegate 2024/25 NPA Diversity, Equity and Inclusion Committee Chair

Attending the Practice and SPTA Leadership Conference as a Graduate Student Delegate was an incredibly enriching experience, and I am deeply grateful for the opportunity. The conference brought together a diverse group of professionals and students dedicated to advancing the field of psychology, offering a platform for learning, networking, and sharing ideas. The experience gave me valuable insight into how meaningful changes to policy and legislation can be made and helped me understand some of the most pressing issues facing our profession. Most notably, the sessions and affinity breakout groups I attended highlighted the significant disparities in mental health services across the country, reinforcing the need for continued advocacy and innovative solutions to bridge these gaps.

One of the most intriguing takeaways from the conference was the growing role of artificial intelligence (AI) in mental health services. As technology advances, AI has the potential to streamline mental health care and reduce disparities, making services more accessible to underserved communities. It was encouraging to learn that APA is actively involved in guiding the ethical and culturally responsive development of AI in this context. Speakers suggested that the continued development of AI may result in greater demand for psychologists to utilize more humanistic and process-centered approaches in therapy, which is extremely valuable information for graduate students to be aware of. Additionally, it was fascinating to be involved in discussions around the licensure of master's level health service psychologists (M-HSPs). Hearing the variety of perspectives on the issue from APA and SPTA leaders, psychologists, administrative professionals, and students challenged many of my preconceived notions on the issue. I was also grateful to have opportunities to connect more personally with NPA delegates, who helped me understand how these issues impact Nevada. Overall, the conference was a fantastic experience that left me with a wealth of knowledge and a renewed sense of purpose in my journey as a graduate student in psychology. The knowledge I gained has helped me illuminate and clarify current and pressing issues to my peers, which will help us tailor our training, mentorship, and advocacy efforts according to the quickly broadening landscape of the field.

Kinsey Ellis 2024 PSLC Graduate Student Delegate

## 2024 APASI Practice & State Leadership Conference (continued)

It is my privilege to serve NPA over the next year as the President-Elect. Earlier this year several of us had the opportunity to attend the Practice and SPTA Leadership Conference in Washington D.C. You are invited to watch the presentations directly (see link below) and see the PowerPoints used in conjunction with each presentation. During the breakout sessions, I had the opportunity to meet others who are President-Elect for their own state or province. I quickly realized psychologists across North America share similar concerns regardless of the size of their individual psychological association. Like the years before me, all of us connected and established email communication as a team. The biggest topic of discussion related to the transition to licensing masters-level clinicians. APA has recognized master-level clinicians are growing at an exponential rate compared to doctoral level psychologists. There is a growing gap between the increasing demand for mental health services and the number of mental health providers regardless of degree. The number of masters-level degrees (e.g., social work, mental health counseling, psychology, marriage and family therapists) awarded each year far exceed the number of doctoral degrees in psychology. As a result, there is greater emphasis on utilization of masters-level clinicians. In response, APA has been working towards regulating psychology master's degree programs to address things such as title, scope of practice, supervision requirements, licensing requirements, and degree requirements. There are a significant number of issues that need to be addressed and worked out and I believe this process is likely to take years to finalized. Afterall, they could not agree to what title masters-level psychology professionals should use. As the process moves through the different phases, there will be an opportunity for all of you to voice your comments and concerns. I would encourage you to take a moment when those opportunities arise, to speak up and be heard.

https://www.apaservices.org/practice/advocacy/state/leadership

Robert Moering, Ph.D. 2024/2025 NPA President-Elect Practice & SPTA Leadership Conference 2024 PRACTICE & SPTA LEADERSHIP

## An Update from our APA Council Representative

I would like to offer an update at the APA Council Nevada Representative. The February 2024 meeting included the passing of a resolution which called for the end of the placement of youths in isolation in the juvenile justice system with the exception of specific emergencies and only for a period of a maximum of four hours. Discussion took place on a resolution of secure firearm storage and the necessary training elements for clinicians hoping to help their clients increase safety precautions. A policy statement was passed by a significant majority to affirm evidence-based care for Transgender, Gender Diverse, and Non-binary Individuals. Additional topics included defining and challenging the biases faced by parents with disabilities, combating misinformation and promoting psychological science literacy, revising the guidelines for psychological practice with older adults, and the approval of a \$25 reduction in the dues at year four through six of the dues ramp-up as well as a \$27 increase in the APA base member dues rate.

Lauren Chapple-Love, Ph.D. 2024/2026 APA Council Representative





AMERICAN PSYCHOLOGICAL ASSOCIATION

## Nevada Psychological Association: 2024-2025 Executive Board Members



**President: Christopher Shewbarran, Psy.D.** is a Licensed Psychologist at Reflections Therapy in Las Vegas, NV. He is a graduate of the American School of Professional Psychology, San Francisco Bay Area, and he is originally from Tampa, Florida, home of the 2020 and 2021 Stanley Cup Champions Tampa Bay Lightning, and the 2020 Super Bowl Champions Tampa Bay Buccaneers. Dr. Shewbarran's served two years on the NPA Southern Board, as Treasurer and Regional President. He looks forward to actively working with the NPA Executive Board and membership community throughout his term as President.



**President-Elect: Robert Moering, Psy.D.** currently works as the Chief of Psychosocial Recovery and Rehabilitation Services for the Las Vegas VA where he oversees all of the recovery service programs as well as supervision of all Peer Support Specialists. Dr. Moering also has over 20 years of experience in forensic psychology.



**Past President: Claudia Mejia, Psy.D. (she/her/ella),** is a bicultural-bilingual (Spanish-English) licensed psychologist in Nevada and an independent contractor for non-profit community agencies. She provides direct clinical services to clients, develops behavioral health programming, provides mental health literacy workshops, and supervises graduate trainees and interns. She serves as the Membership Chair for Division 35 (the Society for the Psychology of Women) of the American Psychological Association. Dr. Mejia centers her lived experience as a Latina psychologist navigating systemic barriers and her experience of over 10 years as a mental health provider to help elevate mental health and wellbeing. She looks forward to continuing these efforts as part of NPA as Past

President for the upcoming year.



**Secretary:** Marie Zayas, Psy.D. moved to Nevada for her internship at the V.A. She completed her post-doctoral fellowship at UNR, and currently works at a maximum forensic facility. She enjoys hiking and cheering on the Vegas Golden Knights.



**Treasurer: Marquez, Wilson, Psy.D.** (they/them) is a graduate of Adler University of Chicago. They completed their internship and post-doc at the University of Nevada, Reno Counseling Services. They have a passion of working with underserved and under-research populations. Additionally, advocating for access to mental health and the ethical, equitable practice of psychology within the state of Nevada



**Southern Regional President: Sonia Dhaliwal, Psy.D.** is a Licensed Psychologist and currently runs her own private practice in Las Vegas, NV. Dr. Dhaliwal is also the CEO and founder of RaD Diversity Consulting. Dr. Dhaliwal currently serves as Southern Region Board Secretary of the Nevada Psychological Association (NPA). She also serves on the board of an organization called Step UP! which was developed to empower Rwandan women who are survivors of the genocide.



**Northern Regional President: Lucas Cylke, Ph.D.** is currently a private practice psychologist in Reno, NV. He completed his internship at University of Nevada, Reno Counseling Services and completed his graduate education at Wichita State University. He sees himself as a generalist and has an emphasis in treating OCD. In his free time he enjoys worrying about his plants in his garden.



**APA Council Rep: Lauren Chapple-Love, Ph.D.** Dr. Chapple-Love's clinical experience primarily lies in Forensic and Correctional Psychology. While in the community, she has worked with court-mandated individuals and in sexual health. Dr. Chapple-Love has focused on diverse populations (e.g. LGBTQAI+, People of Color, the Kink community, etc.) and the ways that they process and can excel while living within systems of oppression and majority culture spaces. She has served as NPA's DEI Chair and NPA President. She is the owner of Elle Psychological Services, LLC, a private practice that currently focuses on diversity, equity and inclusion training & consultation.

### 2024 Spring Newsletter

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## Nevada Psychological Association: 2024-2025 Executive Board Members

**Diversity, Equity & Inclusion Co-Chair: Lea Caver , Ph.D.** Dr. Caver received her Ph.D. in clinical psychology at Saint Louis University. Her research and clinical interests include, but are not limited to, discrimination, previously incarcerated individuals, veterans, trauma, salient and non-salient identities, and DBT. In her personal life, Dr. Caver is a proud nerd that enjoys anime, comics, and video games.



**Diversity, Equity & Inclusion Co-Chair: Akiko Hinds , Psy.D.** is a Forensic Psychology Postdoctoral Fellow at Southern Nevada Adult Mental Health Services- Stein Forensic Facility. She has experience working with severe and persistent mental illness, forensic, and correctional populations. She received her Psy.D. in clinical psychology at Adler University in Chicago, Illinois. She completed her pre-doctoral internship at St. Peter Forensic Services, Forensic Mental Health Program. As a postdoctoral fellow, she facilitates groups, completes competency evaluations, and individual therapy with the long-term patients at Stein. Her hobbies include traveling, spending time with friends and family, going to sporting events, and concerts.



**ECP Co-Chair, North: Persephone Crittendon, Psy.D.** is a licensed psychologist specializing in neuropsychological assessment of adults and is the founder of Peak Neuropsychology in Reno, NV. She completed a neuropsychology fellowship at Harvard Medical School/Cambridge Health Alliance where she also completed her clinical internship. She earned her doctorate in Clinical Psychology/Neuropsychology from PGSP-Stanford Psy.D. Consortium.



**ECP Co-Chair, South: Rachael Pinkerman, Ph.D**. is a licensed psychologist currently working at an outpatient clinic within the Las Vegas VA system. Her experience primarily lies in working with individuals with severe and persistent mental illness in inpatient settings, forensic psychology, and group psychotherapy. In her free time, she enjoys going out to eat and probably can recommend a great place to try if you're looking for something new.



**Legislative Co-Chair, North: Laura Drucker, Psy.D.** has been licensed as a psychologist in Nevada since 2003. She graduated with a degree in Clinical Psychology from Pepperdine University in 2001. Dr. Drucker works in private practice providing outpatient psychotherapy services to children, adolescents, and adults. Dr. Drucker provides integrative treatment informed by neuroscience, mindfulness, and insight-oriented therapies.



Legislative Co-Chair, South: Michelle McGuire, Psy.D. is a Nevada Licensed Psychologist. She has a diverse background working with a number of different populations, including developmental and intellectual disabilities, serious mental illness, and chemical dependency, providing individual, group, couples and family therapy to children, adolescents, and adults. She is the CEO and Director of Psychological Services of Creative Behavioral Connections providing neuropsychological testing and oversight of treatment services for individuals with Autism Spectrum Disorders and other Neurodevelopmental Disorders.



**Northern Region State Advocacy Coordinator: Natalia Duda** is a second year Clinical Psychology graduate student. She was born and raised in a small town in Poland. After graduating from high school, she moved to the United States and received her B.A in Psychology with a minor in Addiction Treatment Services at the University of Nevada, Reno. Her research focuses the mechanisms behind racial trauma and its impact on one's mental health in hopes to improve treatment outcomes for victims of racial discrimination. Natalia's clinical work is concentrated on providing evidence-based interventions for victims of trauma and youth with first symp-

toms of psychosis.

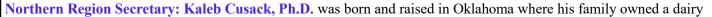


**Southern Region State Advocacy Coordinator: Rakshitha Mohankumar** is a second-year student in the Clinical Psychology doctoral program at UNLV. She completed her Master's in Research and Experimental Psychology at San Jose State University in 2022, where her thesis focused on cultural influences of mental health perceptions. Rakshitha has also previously worked at the Palo Alto VA on research projects focusing on substance use and weight management. Currently, she is pursuing research related to improving mental health and access to care for marginalized communities and vulnerable populations. Rakshitha enjoys traveling, trying out new restaurants and cafes, and spending time with her pup Denny.

## Nevada Psychological Association: 2024-2025 Regional Board Members

## **NPA Northern Region Board Members**

Northern Regional Vice-President & Treasurer: Marquez, Wilson, Psy.D. (they/them) is a graduate of Adler University of Chicago. They completed their internship and post-doc at the University of Nevada, Reno Counseling Services. They have a passion of working with underserved and under-research populations. Additionally, advocating for access to mental health and the ethical, equitable practice of psychology within the state of Nevada





farm. He is currently the embedded mental health clinician for the University of Nevada Athletic Department. He obtained his doctorate in Counseling Psychology with an emphasis in Sport Psychology from the University of North Texas and completed his pre-doctoral internship with UNR Counseling Services.

UNR Campus Representative: Brenda Zavala is a graduate student in the Clinical Psychology Ph.D. program at the University of Nevada, Reno. Her research focuses on the inclusion of ethnoracial minorities in evidence-based interventions as well as the development of culturally adapted behavioral health practices tailored to minoritized communities. Specifically, her goal is to increase accessibility and treatment efficacy among the Spanish-speaking, undocumented, and Latine communities.

## NPA Southern Region Board



Southern Regional Vice-President: Irma Corral, Ph.D. is the Interim Assistant Dean for Diversity, Equity, and Inclusion and Associate Professor in the Department of Psychiatry and Behavioral Health at the Kirk Kerkorian School of Medicine at UNLV. Dr. Corral earned her PhD from the San Diego State University - U.C. San Diego's joint doctoral program in Clinical Psychology. Her research focuses on sociocultural and structural factors in health behavior and chronic illness, as well as racial/ethnic disparities in physical and mental health. Within the diversity, equity, and inclusion space, her interests include faculty development, learning environment management, medical Spanish programs for future healthcare workers, and mentoring of first-gen students in psychology and medicine.

Southern Region Secretary: Angela Lewis, M.S. is currently in the process of completing her doctorate in the summer of



2023 in Counseling Psychology at Western Michigan University. Angela continues to reside and practice in Las Vegas following the completion of her predoctoral internship at UNLV CAPS. Angela has experience working in community, school, clinical settings, and university counseling centers with a diverse population of children, adults, and college students. Her primary clinical and research interests include concerns related to social identities such as race, gender, and sexual identity with her dissertation topic being on Black bisexual women's career experiences."



UNLV Campus Representative: Jennifer Le is a rising third year clinical psychology doctoral student from Long Island, New York currently studying at the University of Nevada, Las Vegas. Jennifer is passionate about increasing access to mental healthcare in Nevada as well as personality research. Jennifer's research interests currently include emotional processing in psychopathy and antisocial personality traits. In her free time, Jennifer enjoys art and hiking.

## 2024 Spring Newsletter

## **CONGRATULATIONS to our 2024 NPA Award Winners!**

Every year at our Annual Business Meeting, the Nevada Psychological Association (NPA) recognizes outstanding psychologists for their |contributions to both the field of Psychology and our organization. This year's Annual Business Meeting was held on Friday, May 10th in Reno and we are pleased to honor our 2024 NPA Award Winners!

## 2024 Legislator of the Year Award

This award honors a legislator for the advocacy work on behalf of mental health



**Senator Melanie Scheible** was recognized one of the most successful advocates of legislation supporting the human rights of Nevadans. Your efforts to advocate for protection of reproductive rights and gender affirming care during the last legislative session stand out. However, your legislative successes include many others in our community from protecting rights for the disabled, the unhoused, offenders as well as mothers needing postpartum care and diapers. The Nevada Independent described you as the most successful legislator at getting bills out of committee in the 2023 Legislative Session and we at the Nevada Psychological Association enthusiastically endorse those efforts. NPA appreciates Sen. Scheible's tireless advocacy and strong voice in the Nevada Legislature and support your willingness to stand up for those communities who are often underserved.

## 2024 James Mikawa Award

## This award honors a psychologist whose work is outstanding in the field



**Michelle Paul, Ph.D.** was recognized or the growth and expansion of the training of psychology doctoral students through the UNLV PRACTICE clinic. As Executive Director of the PRACTICE and Assistant Vice President of Mental & Behavioral Health at UNLV, the clinic experienced significant milestones and achievements over the past couple years. The PRACTICE celebrated 10 years of providing interdisciplinary training, research, and clinical care to the Las Vegas community; opened a satellite clinic in the Medical District to expand service to youth and families; and secured donor and grant funding to offer coordinated specialty care to youth and young adults experiencing the early stages of bipolar disorders and for those at high risk for psychosis. Furthermore, you are leading efforts at UNLV

to expand integrated and multidisciplinary training and clinical opportunities involving all of UNLV's mental health training programs. Dr. Paul has become a leading voice within the university for education and advocacy related to mental and behavioral health training.

## **2024 Outstanding Contribution to NPA Award**

## This award honors a psychologist whose work in our association has bee of benefit to the organization.



**Marquez Wilson, Psy..D.** was recognize for their dedicated volunteer services to the Nevada Psychological Association. They have served on NPA in a few leadership roles on both the Regional and Executive Boards and actively recruits members and leadership to NPA. In their role as Continuing Education Committee Chair, for the past year, they have worked hard to ensure excellent opportunities for training particularly in the realm of diversity. Dr. Wilson also helped implement NPA's 2024 "lunch and learns", 1-hour virtual CE trainings focused on cultural competency.

## 2024 Student Poster Presentations & Winners!



1<sup>st</sup> Place Winner: "Malice, Coldness, and Imperviousness within Meanness: Associations with Avoidant and Anxious Attachment to Friends.
 Authors: Jennifer U. Le, Isaac Delph, Carole Agostini, Noel Raleigh, Flynn Pimentel Fermin, Jordy Magana, Sophia Salinas, Ananda Liz Peixoto Cuoto, Stephen Benning, Ph.D.

Congratulations!



## Invest in the Future of Psychology! Join NPA Today!

Follow us on Twitter: <u>@NVPsychology</u>

Connect with us on Instagram: nvpsychology

Like Us on Facebook: <u>www.Facebook.com/NevadaPsychologicalAssociation</u>

Follow us on social media to see some of the events we've been a part of, and to receive updates on training events.

## Are You a Member of NPA? You should be and here is why!

The mission of the Nevada Psychological Association (NPA) is to advance and represent psychology as a science and a profession, as well as to serve the professional needs of its membership and the community.

As a member of the Nevada Psychological Association, you are making an investment in the future of psychology! And here are some of NPA membership benefits:

- Advocacy—Receive professional and legislative updates on things impacting us in Nevada. Join a committed group of people promoting NPA's core values:
  - · Diversity, inclusion and social justice
  - · Application of knowledge based on scientific methods
  - · Ethical behavior
  - · Support, advocacy and mentorship of psychologists
- **Community**—Meet other psychologists, engage in networking & take part in our social events.
- Educational Opportunities—Receive CEs at a discounted rate (free for our student members!), access our homestudy library & receive diversity-centered lunch and learns.
- **Opportunity to Give Back**—Engage in leadership roles, speaking engagements, advocacy of issues important to you, and general professional development.
- **Be an active part of psychology in Nevada!**—Passion. Drive, Be a part of something larger! Our community allows for this and so much more.

It is time to invest in psychology in Nevada! Become a member of NPA today so you can take advantage of these benefits! Our members are psychologists, psychology students, and others interested in psychology and the mental health field.

> Join Online Today at www.NVPsychology.org or simply SCAN our QR Code!





## Want to get more Involved with NPA? Join one of our Committees!

## **NPA Committees:**

Legislative: Advocates for psychology and psychologists by participating in the development of legislation and policies relating to mental and behavioral health services in Nevada. The Legislative Committee advises the Board of Directors of suggested legislative actions, and carries out such actions as approved by the board with the assistance of the NPA lobbyist. This may include proposing legislation to be introduced to the Nevada State Legislature, meeting with legislators, arranging for educational meetings about legislative matters for members and legislators, building relationships with others interested in mental health issues which are of common interest with psychologists, developing relationships with state agencies to further mental health services and facilitate the status and role of psychologists within the state. NPA's advocacy efforts are supported by your membership in NPA. NPA's advocacy benefits all psychologists, NOT just those who belong to our organization.

**Continuing Education (CE):** CE Committee's mission is to develop high-quality, regionally distributed, CE workshops for professional psychologists covering the full range of specialty practice and professional services and settings. We are responsible for the planning and execution of 4-5 continuing education trainings each year, including the Annual Conference. Courses presented are timely, relevant and culturally sensitive to the diverse population served by our members, and satisfy the requirements for licensure by the NV Board of Psychological Examiners. NPA is approved by the American Psychological Association to sponsor CEs for psychologists.

**Diversity, Equity and Inclusion (DEI):** The Diversity, Equity and Inclusion Committee is dedicated to promoting diversity statewide in Nevada. This includes welcoming psychologists from diverse backgrounds as well as promoting culturally sensitive services and practices to the community. NPA has developed a Diversity Mission statement, which includes scientific and evidence-based information about working with diverse populations in our CE trainings. We strongly support full equity and inclusion of individuals of different genders, ethnicities, ages, backgrounds, sexual orientations, abilities, national origin, immigration status, and so on, within our organization and throughout our communities across the world.

**Early Career Psychologists (ECPs):** We are proud to have ECP's strongly represented on our regional and state boards, and send an ECP to the annual APA Practice & State Leadership Conference in Washington, D.C. NPA is committed to supporting the needs of early career psychologists by offering discounts on membership, opportunities to participate in monthly support group meetings, and extends a special welcome to newly licensed psychologists every fall at annual social events, held in both Las Vegas and Reno. We are active in recruiting ECP's to participate in committees and leadership positions in the state, and offer mentorship opportunities to interested psychologists.

Want more Info? Contact our Executive Director at <u>admin@nvpsychology</u>.org or (888) 654-0050

## Nevada Psychological Association

## **Northern Region Board Update**

The Northern Board of the Nevada Psychological Association had a successful Spring Social at Playfield 76. Around 30 psychologists, new faces and old, as well as trainees attended the event, networked, and enjoyed the wonderful food and beverage. The Northern board is looking to fill the position of President. Lucas Cylke, PhD will continue to serve as the Northern Board president in the interim. We welcome back Marquez Wilson, Psy.D. as Vice-President & Treasurer and Kaleb Cusack, Ph.D. as Secretary. And we welcome Brenda Zavala as our new Northern Region campus representative.



Lucas Cylke, Py.D. 2023/24 Northern Region Board President

## **Southern Region Board Update**

When I think of our all-female professional board, I am reminded of an Aristotelian quote that says, "The whole is greater than the sum of its parts." This quote so eloquently describes our dynamic as a team and what we have been able to accomplish together through the spring term. Our team consists of Dr. Irma Corral, Dr. Sara Hunt, Dr. Angela Lewis, and our wonderful student representative, Ms. Rakshita Mohankumar. As a board, we continue to work on many of the goals that we began with last year: *student advocacy, improving our social media presence*, and most importantly, *supporting professional women in the field*.

This year, we hosted successful spring social event where 28 students and faculty showed up. Based on a student survey sent out last year, we received feedback on different topics of student interest. One of the topics listed was *financial literacy*. To accommodate this interest, we hosted a guest speaker who presented on "Financial Literacy: 101." The topic was very well received and created good dialogue amongst the group.

In addition to the social, Ms. Rakshita Mohankumar continues to serve as our social media coordinator and has done a fantastic job actively posting on all our platforms. In March for Women's History month, we continued to feature several women on our "Professional Women Empowering Women" LinkedIn page that currently has 68 active members and continues to grow. Our long-term goal is to host a women's leadership summit here in Nevada where we will invite professional women in the field to submit posters as well as other proposals for topics that are centered around *women's issues*.

As for upcoming events, in June I will host a roundtable discussion with some of the women who have been featured on our LinkedIn page. The discussion will be focused on diverse professional identities and unique challenges that women in the field face. This conversation will be recorded and featured on our various social media platforms.

As for our southern region board, we sadly bid farewell to Dr. Sara Hunt who served as our treasurer. Dr. Hunt has been an active member of the board since I joined in 2022. Her dedication and involvement are unmatched and she will be missed.

In summary, I can honestly say that this leadership role continues to be rewarding and impactful. I feel grateful to work with strong and inspiring women who are open to creativity and are committed to moving our efforts forward! #womeninhighered #womeninleadership #womenempoweringwomen

Sonia Dhaliwal, Psy.D. 2023/24 Southern Region Board President

## Summary of HHS Statement on Cyberattack Impacting Change Healthcare

This is a summary of the statement provided by The U.S. Department of Health and Human Services (HHS) regarding the recent cybersecurity incident affecting Change Healthcare, a unit of UnitedHealth Group (UHG), which occurred in late February.

 $\cdot$  HHS has been actively engaged with UHG leadership, state partners, law enforcement, and various stakeholders to assess the impacts and ensure an effective response.

 $\cdot$  While HHS has been reliant on UHG for updates on incident response, they have also been listening to providers regarding cash flow concerns from claim submission and payment delays.

• HHS is working with Centers for Medicare and Medicaid Services (CMS) to help resolve these issues to support providers as quickly as possible. CMS is offering flexibilities to providers, including:

During system outages, Medicare providers are advised to contact their Medicare Administrative Contractor (MAC) to request a new electronic data interchange (EDI) enrollment if they need to change clearinghouses for claims processing.
 CMS has instructed MACs to expedite this process to ensure quick transition and billing readiness.

o CMS urges other payers, including state Medicaid and CHIP agencies, to waive or expedite similar requirements.

o Additionally, CMS will guide Medicare Advantage organizations and Part D sponsors to relax prior authorization and filing requirements during outages, encouraging advanced funding for affected providers. Similar strategies are encouraged for Medicaid and CHIP managed care plans.

o Providers experiencing claim filing difficulties can seek exceptions or waivers from MACs or contact CMS.

o CMS ensures MACs are prepared to accept paper claims, if necessary, although electronic billing remains preferable.

• CMS is aware that some facilities are attempting to make accelerated payments to providers (similar to what happened during Covid 19), and encourages providers to take advantage of that where available, however, they acknowledge that many hospitals and systems are going to have cash flow problems.

• HHS is currently aware and has been aware of the need for enhanced cyber security and had already released a concept <u>paper</u> addressing cyber security concerns in 2023. They will continue to work to improve accountability and security measures that have been proposed.

• HHS encourages all providers, technology vendors, and members of the healthcare system to examine and enhance their own <u>cybersecurity measures</u>.

## Advocacy by APA

<u>APA Services has sent a letter to HHS Secretary Xavier Becerra</u>, highlighting the severe impact on psychologists especially those in solo and small practices and urging HHS to direct its MACs, Medicare Advantage plans and Optum to increase support for psychologists during this massive disruption, and to protect their ability to meet the needs of their patients.

Based on information released by Optum, payers and providers are advised to adopt certain recommended workarounds such as switching to another health claims clearinghouse. As part of its most recent guidance posted on March 7, 2024, Optum has advised the following:

• **Payments platform**: Electronic payment functionality will be available for connection beginning March 15.

• **Medical claims**: We expect to begin testing and reestablish connectivity to our claims network and software on March 18, restoring service through that week.

In light of the above, psychologists should consider whether to switch to another clearinghouse or to wait for the claims processing and payment platforms to be operational. If you use an electronic health records system, or practice management or billing platform, the vendor may have additional information for workarounds. You may also want to apply for some of the advance claims payment funds provided by CMS or Optum. Note that not all health insurance companies have been affected. Providers are encouraged to regularly check the <u>Optum webpage</u> and <u>HHS</u> webpage for continued updates.

Optum's Temporary Funding Assistance Program: To determine eligibility and funding amount, please register for the program at the website: <u>www.optum.com/temporaryfunding</u>.

## THANK YOU to our 2023/2024 NPA Officers!

## Thank you to all who served NPA as Officers, Representatives and Committee Chairs! Your time and energy keeps NPA going!

Dr. Claudia Mejia

Dr. Marquez Wilson

Dr. Sonia Dhaliwal

Dr. Laura Drucker

Dr. Michelle McGuire

Dr. Robert Moering

Dr. Lucas Cylke

Dr. Lea Caver

Jorge Cao

Kinsey Ellis

Dr. Christopher Shewbarran

Dr. Lauren Chapple-Love Dr. Sunshine Collins

Dr. Persephone Crittenden Dr. Rachael Pinkerman

## 2023/2024 NPA Board of Directors

President President-Elect Past-President Treasurer Treasurer-in-Training & CE Committee Chair: No. Region Bpard President So. Region Board President No. Region Board President No. Region ECP Chair: So. Region ECP Chair: Diversity, Equity & Inclusion (DEI) Chair: No. Region Legislative Chair So. Region Legislative Chair: Public Education Campaign (PEC) Chair: No. Region State Advocacy Coordinator (SAC): So. Region State Advocacy Coordinator (SAC):

## 2023/2024 Northern Region Board:

Vice-President Treasurer Secretary Campus Representative Dr. Marquez Wilson Dr. Marquez Wilson Dr. Kaleb Cusack Stephanie Reyes

## 2023/2024 Southern Region Board:

Vice-President Treasurer Secretary Campus Representative

Dr. Irma Corral Dr. Sara Hunt Dr. Angela Lewis Rakshitha Mohankum

## 2023/2024 APA Representation:

APA Council Representative Federal Advocacy Coordinator Dr. Noelle Lefforge Dr. Amy Black

## Thank you to all who joined/renewed their 2023/2024 NPA membership dues. DOUBLE Thanks to those who contributed additionally! Your generosity enables us to continue our programs!

## Honoring our Sustaining Members: \*

Julie Beasley Charles Colosimo Creative Behavioral Connections Laura Drucker Lewis Etcoff Daniel Gunnarson \**Contribution in addition to dues*  Gregory Harder Thomas Kinsora Steven Klee Regina Marshall Claudia Mejia Diane Mercier

## **Recognizing our Lifetime Members:**

David Antonuccio Richard Baldo Roberta Ferguson Martin Gutride Mo Mehrafarin Robert Moering Bree Mullin Michelle Paul Jacqueline Pistorello Christopher Shewbarran Susan Smith

**Bob** Quilitch

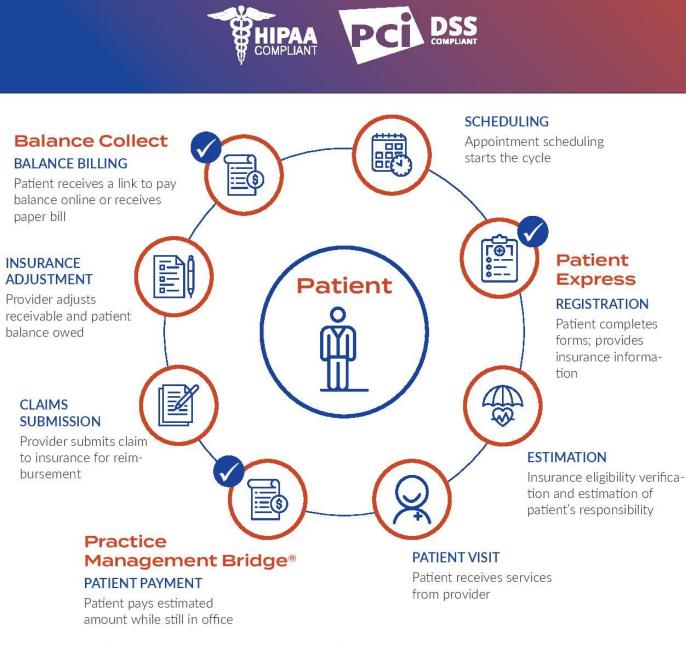


## 2024 Spring Newsletter

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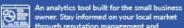
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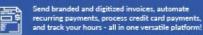
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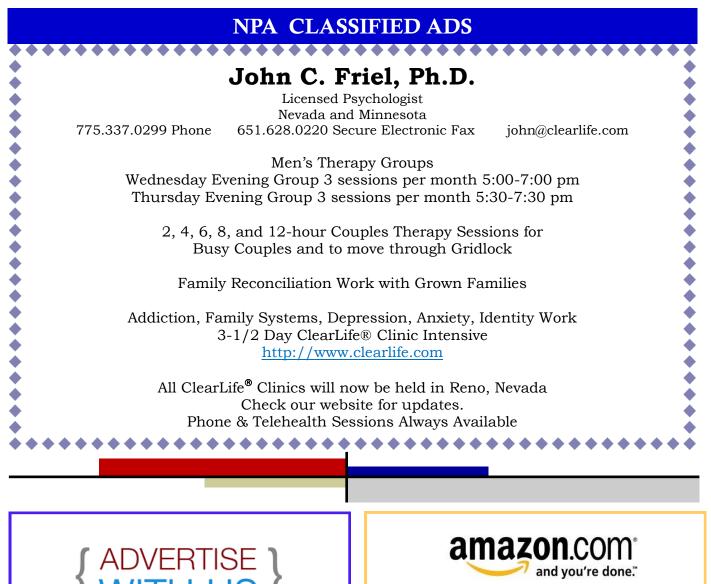
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More information about NPA, visit us on our website! www.NVpsychology.or

It's Time to Renew Your NPA Dues for 2024/2025! Scan QR Code below:





## NPA 2024 Continuing Education Calendar

Suicide Prevention Noelle Lefforge, Ph.D. Friday, September 13th, 2024 9:00am—11:00am Live, virtual webinar 2 Suicide CE Credits

## Autism: Intersectionality, Assessment and Treatment

Michelle McGuire, Psy.D. Friday, October 18th, 2024 9:00am—4:15pm Live, virtual webinar 6 CE Credits

Navigating Challenging Conversations: Ethics and Risk Management Daniel O. Taube, Ph.D., J.D. Friday, November 15th 9:00am—4:15pm Live, virtual webinar 6 Ethics CE Credits

More Details and Registration available online at: www.NVPsychology.org click on the LEARN tab or calendar Or Scan QR code below:



1-hour Cultural Competency "Lunch and Learns"12:00pm—1:00pm and free to NPA members!1 Cultural Competency CE Credit

Summer 2024 (date tbd) Assessment and Treatment of ADHD in Adults and Older Adults Persephone Crittenden, Psy.D.

Monday, September 23rd Improving Cultural Responsiveness with Latinx Clients Claudia Mejia, Psy.D.

November (date tbd) Diversity in Neuropsychology: Clinical Practice and Assessment Sunshine Collins, Ph.D.

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