



Nevada Psychological Association

NPA News

The Voice of Psychology in Nevada

2020 Spring Newsletter

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

It is an honor to serve the Nevada Psychological Association (NPA) as the 2020-2021 President. We have all benefited from the previous leadership of Dr. Noelle Lefforge and Dr. Sarah Ahmad. I am thankful for the opportunities to learn from them and for their continued commitment to NPA. I look forward to working with Dr. Tara Borsch, President-Elect, and accomplishing great things with the returning and new members of the NPA Executive Board. Our Executive Director, Wendi O'Connor, has made this such a smooth transition and I am extremely grateful for her help and her dedication to NPA.



It is difficult to know exactly what to say during these times. We all started 2020 with ideas and goals for what the year would hold for us personally and professionally, and we now find ourselves in the midst of a pandemic that has changed life as we knew it. I write this from my makeshift home office that I have been in almost daily for the past two months with many concerns on my mind that we likely all share about our loved ones, our own health and safety, the financial impact on our families, the wellbeing of our patients/clients and the communities we serve, and the list goes on. A question that has been on my mind is how does NPA respond to the current events? What is our role? The mission statement of NPA 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 is key to guiding the organization through this coming year and ongoing public health crisis.

We recently met for a full day of strategic planning for 2020-2021 and COVID-19 was a topic of multiple discussions given its impact on not only our members and communities, but also how it has already changed the way NPA operates due to social distancing and other public health guidelines. We are in the second year of our current three-year strategic plan and we remain committed to our previous Strategic Business Objectives (SBOs) of:

- Improve financial stability,
- Provide high quality services to members,
- Develop and support leadership,
- Advocate for psychology as a science and profession, and
- Embed diversity, equity, and inclusion into NPA culture.

Attendees provided ideas for how NPA can respond to the pandemic by strengthening our online presence and virtual business operations, especially with regards to NPA-sponsored CE events which are an important source of income for our organization. Additionally, we received a legislative update from NPA's lobbyist, Bryan Gresh, as NPA prepares for the upcoming 2021 Nevada Legislative Session where COVID-19 will be a major factor related to state budgets and provision of healthcare (e.g., telehealth).

The meeting was also an opportunity for me to share my Presidential Initiatives to:

1. Keep NPA fiscally and operationally viable,
2. For NPA to be active and impactful in the legislative session, and
3. Be responsive to member and community needs related to COVID-19.

A legislative session alone would make for a busy year for a small but mighty organization like ours, but the added uncertainty of the current pandemic requires NPA to be flexible and adaptable to increase our resilience in the coming year. It also presents an opportunity for our regional boards and committees to identify ways to collaborate and combine efforts to ensure NPA continues to meet our SBOs. Please reach out to the regional board presidents and committee chairs to learn more about the important work that they do on behalf of NPA.

Finally, I am putting out a call to help where you can, when you can this year no matter how big or small. That can be a huge ask given multiple competing requirements of our time and resources right now. I certainly feel that strain often. In this time, there is a need for psychologists more than ever to respond with our knowledge, our skills, and our advocacy to support our communities, each other, and the profession of psychology. Feel free to email me at drsarahunt@gmail.com. Be healthy. Be safe. Be connected.

~ Sara Hunt, Ph.D., 2020/2021 President, Nevada Psychological Association

Upcoming CE Events:

- **Sept 18th, 2020**
Legal & Ethical Game Show Challenge
Clifton Mitchell, PhD
Las Vegas 6 Ethics CEs
- **October 16th, 2020**
Introduction to CBT-I
Joseph Dzierzewski, PhD
Las Vegas 6 CEs
- **November 13th 2020**
Last Chance Ethics
Daniel O. Taube, JD, PhD
Reno 6 Ethics CEs



Inside This Issue:

Past President Letter	2
2020/2021 Strategic Plan	3
NPA Lobbyist Update	5
2020/2021 NPA Boards	6
APA Council Rep Update	7
2020/2021 Membership Renewal Form	8-9
2020 Practice Leadership Conference in DC	12-13
COVID-19 Resources	14
Regional Updates	15
Classified Ads	17
2020 CE Calendar	18

2019-2020: A Year in Review by Noelle Lefforge, Ph.D.

I am merely echoing a widely held sentiment to say it has been a really long year (insert here your favorite meme about the year of March and the decade of April). In all seriousness, it feels odd to provide a year in review at this time, as our communities fill the streets saying enough is enough, the time for racial justice is now. It's less of a time to look back and more of a time to look ahead and "be the change [we] wish to see in the world" (*Mahatma Gandhi*). Of course, we wouldn't be at this moment of revolution had it not been for the civil rights leaders and activists who came before. What we see unfolding now is the sequela of a nation founded on violations of social contracts and dehumanization of Black and Brown people. To my colleagues of color: I see you and recognize that NPA has its most important work ahead.

I need to recognize the hard work of so many in NPA this year. I'd like to extend my gratitude and awe to those who served on the Executive Board, the Regional Boards, and all the Committees who made these highlights of the year happen:

- Expansion of the mission of the Diversity, Equity, and Inclusion Committee, as well as integration of diversity, equity and inclusion into NPA's strategic plan.
- Successful attainment of an APA Committee of State Leader's State Legislative Grant (\$5,000) to continue addressing insurance paneling issues.
- Successful attainment of an NPA Leadership Fellow, Dr. Amy Black, with a \$1,500 award to create a Leadership Development Program.
- Contribution to the Commission on Behavioral Health's letter to the Governor to advocate for access to care, accountability for insurance payers, and ongoing expansion of telehealth.
- NPA's inaugural participation on Las Vegas PRIDE.
- Ongoing activism related to increased reimbursement for providers.
- Increased student representation in NPA's leadership.

This truly is a short list of accomplishments, and none of it would be possible without the steadfast dedication of our Executive Director, Wendi O'Connor. I'll end with a message to the psychologists of Nevada; we need you *now* more than ever. We all know that Nevada has suffered the largest economic impact of COVID-19; budget cuts to healthcare, education, and science are looming and threaten everything we stand for as psychologists. Sign up for a Committee, run for NPA leadership, at the very least, pay your NPA membership dues; better yet, convince a colleague to join. The times we are living in have triggered moments of intense helplessness and fear, yet I have found solace in knowing that psychology offers knowledge, critical examination, healing, and connection that can be our guiding light. You are psychology.

~Noelle Lefforge, Ph.D., MHA, CGP, 2019/2020 President, Nevada Psychological Association

Thank You



AMERICAN PSYCHOLOGICAL ASSOCIATION

To

the **Practice Directorate,**

the Committee of State Leaders and

the Board of Professional Affairs for awarding a Small State Organizational Development Grant of \$14,000 to NPA. This subsidy helps cover NPA's central office operations and our lobbyist expenses.

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 pay the APA Practice Assessment.

NPA would also like to thank **the Committee of State Leaders** for awarding an APA Services Inc. Grant in the amount of \$5,000 to help pay for expenses related to our Legislative work on the insurance panel denial and network adequacy issues.

2020 NPA Strategic Planning Meeting—Saturday, May 23rd Virtual

Due to COVID-19 and public health guidelines on social gatherings, this year's Strategic Planning Meeting was held virtually. The general membership was encouraged to attend the morning session where they were presented with a brief overview of the mission and structure of NPA, updates from NPA's Regional Boards and Committees, a review of the 2019-2022 Strategic Plan and Strategic Business Objectives (SBOs), and preview of the 2021 Nevada Legislative Session. Members had an opportunity to ask questions about current and past NPA activities and efforts as well as offer suggestions for potential action items for the coming year.

During the afternoon session, the Executive Board reviewed the information presented and ideas generated from the morning session, reviewed the SBO translators/tasks from 2019-2020, and discussed and approved translators/tasks for 2020-2021. The Executive Board voted to continue the translators/tasks from last year with some minor changes to reflect the potential need to adjust business operations given the COVID-19 pandemic. For example, any CE events, meetings, or social events will be held virtually according to public health recommendations and safe practices.

The following were selected by the Executive Board as our 2020-2021 Strategic Business Objectives (SBOs):



SBO#1: Improve Financial Stability

These "NPA tasks" were matched to SBO#1—Organize CE events, ECP and Diversity events, NPA Socials and NPA/NPA Mixer, apply for Small State Organizational Grant funding, NPA website, Membership renewals, Budget & Strategic Planning Meetings, NPA newsletter; and CE revenue sharing opportunities.

SBO#2: Provide High Quality Services to Members

These "NPA tasks" were matched to SBO#2—Organize CE events, ECP and Diversity events, Regional Socials, NPA/NPA mixer, Annual Business Meeting & Awards, Member Survey, Social Media, Psychologist Referral Search, NPA listserv, Membership renewals, NV BOPE collaboration, PAC fundraising/drive, PAC contributions to legislators, NPA website, Press requests and statements, responding to member requests, newsletter, Strategic Planning Meeting, and Student Poster Presentations.

SBO#3: Develop and Support Leadership

These "NPA tasks" were matched to SBO#3—Organize ECP and Diversity events, Student Poster Presentations, NPA listserv, Regional Socials, Social Media, Practice Leadership Conference, Past Presidents Dinner, Strategic Planning Meeting, Annual Business Meeting & Awards, NPA Elections, and Legislative Retreats.

SBO#4: Advocate for Psychology as a Science and Profession

These "NPA tasks" were matched to SBO#4—Diversity events, Member Survey, Awards Presentation, Student Poster Presentations, Legislative Retreat, NPA listserv, NPA/NPA mixer, Social Media, Regional Socials, Press requests and statements, NV BOPE collaboration, Strategic Planning Meeting, Practice Leadership Conference, apply for Small State Organizational Grant funding, PAC contributions to legislators, PAC fundraising/drive, and NPA website.

SBO#5: Embed Diversity and Inclusion into NPA culture

These "NPA tasks" were matched to SBO#5—Organize CE events, ECP and Diversity events, Member Survey, Awards Presentation, Strategic Planning Meeting, Student Poster Presentations, Legislative Retreat, NPA listserv, Social Media, Regional Socials, Press requests and statements, NV BOPE collaboration, Practice Leadership Conference, Budget Meeting, responding to member requests, and NPA website.





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Eye on Carson City—Bryan Gresh, NPA Lobbyist

Eye on Carson City
Bryan Gresh
NPA Lobbyist



As I write this, Phase 2 in Nevada is beginning. By the time you read this, one can only hope the Silver State—and the nation—continue to emerge from the worst health crisis in our lifetimes and begin the long, slow slog toward a new kind of normalcy. Regardless of what ultimately passes for the new normal, however, the damage is done.

This newsletter space focuses on NPA as it interacts with the broader Nevada State Legislature and all its machinations. We know what's most important to you, our members, and strive to fulfill that mandate. But we don't operate in a vacuum; as goes the Legislature, so goes NPA. And as goes the state, so goes the Legislature.

No one will be prepared for the type of legislative session we'll experience in 2021. The current pandemic is unprecedented and uncharted. The fiscal fallout from 9/11 and the Great Recession, combined, is weak tea compared to what's going to happen to Nevada's economy. And since we remain a one trick pony town, once residents aren't hired back to their former hospitality jobs, they'll leave the state. They'll be taking their tax dollars, too.

Every day that goes by, it gets more and more difficult to see how this ultimately plays out as anything better than catastrophic. When you drive by 3,500 idled Enterprise Rental cars in a casino parking lot and realize all that represents, you get a knot in your stomach. When you force yourself to think about the unimaginable child and spousal abuse being inflicted during this quarantine, you cry. People are sleeping in cars; businesses—and dreams—are lost forever and food lines have replaced Depression-era soup kitchens. And that's just a fraction of the human toll wrought by this virus crisis.

On the fiscal side, we have never seen revenue losses, both for the general fund and the Distributive School account, on the scale that we will see because of the COVID-19 shutdowns. We will have a likely shortfall in excess of \$750 million in this, the *current* fiscal year which ends on June 30, 2020. We will burn through all our cash reserves in the next month and still have to make serious cuts to balance the budget.

Our once robust \$400 million state rainy day fund has been drained to help get us close to the end of this current fiscal year. But it's not going to be near enough. Expect a Special Session sometime this summer, after the Primary Election, to start the ugly job of hacking through the budget. And that's just for the first half of next fiscal year beginning July 1. Hopefully, those Special Session cuts will suffice until we all get to Carson City in February of next year.

I've been told, as of right now, just 20% of Nevada's hospitality workforce will go back to work with reopened casinos operating under new, strict guidelines. The mighty Culinary Union has shut down its Health Fund, pushing desperate members onto Medicaid rolls. Medicaid, though, is not immune. Expect immediate budget cuts of 4, 5 or 6%.

The loss of livelihoods, tax dollars and slashed state programs will play out most poignantly in Carson City next year. We've been through budget cuts before. This will NOT be that. The Governor is asking departments to submit three different budgets, with a maximum cap of cutting 14%. Legislative leaders I've talked to say 14% would be the floor, not the ceiling. No one wants to hazard a guess as to how high, and how dreadfully deep the cuts will ultimately go.

Where will NPA fit into this bruising budget battle as we fight for mental health funding? First, and soon, we'll have to set our own agenda (what's most important to us?), and then we have to become a participant in a number of like-minded coalitions. An example? Telehealth accessibility is one of the items we need to have on our agenda for the next session. Being a voice alongside other voices seeking reimbursement changes is a perfect example of the coalition building which NPA wants to play a part. Why would we do that? Strength in numbers; if we hunt alone, we will quickly become the hunted.



Nevada Psychological Association: 2020-2021 Executive Board Members



President, Sara Hunt, Ph.D. is the Assistant Dean of Behavioral Health Sciences at the UNLV School of Medicine and an Associate Professor in the Department of Psychiatry and Behavioral Health. She has worked in medical settings on multidisciplinary teams and advocates for integrated models of healthcare. Dr. Hunt's work with the UNLV Mental and Behavioral Health Training Coalition is focused on addressing the mental and behavioral health workforce shortage in Nevada.

President-Elect: Tara Borsh Psy.D. is the Director of the Boys Town Behavioral Health Clinic in Las Vegas. Dr. Borsh specializes in behavioral pediatrics and utilizes evidenced-based treatments (E/RP, PCIT, CBT, TF-CBT, ACT, etc). Dr. Borsh provides therapy and psychological evaluations, as well as parent training and education on behavioral health concerns. Dr. Borsh received her Doctorate degree in Clinical Psychology from Midwestern University in Illinois. Dr. Borsh enjoys working with parenting concerns, anxiety, depression, trauma, ADHD, disruptive behaviors, and elimination disorders.



Past-President, APA Council Rep: Noelle Lefforge, Ph.D. is the Assistant Director of Clinical Services and Research at The PRACTICE: A UNLV Community Mental Health Training Clinic. She is active in teaching, training, supervision, clinical service delivery, research, mentorship, advocacy, and interprofessional education and practice. Dr. Lefforge is a Certified Group Psychotherapist and integrates many of these roles into the development and dissemination of evidence-based group psychotherapy.

Secretary: Soseh Esmaeili, Psy.D. obtained her doctorate in Clinical Psychology with an emphasis in Multicultural Studies from CA School of Professional Psychology-San Francisco. She currently practices, is a clinical supervisor, and is the CEO of Reflections Therapy, a mental health practice located in the Summerlin area of Nevada. Her area of focus includes individual and family psychotherapy with children, adolescents, and adults, as well as completion of psychological testing and assessment. Dr. Esmaeili is also the author of a children's book called 'The Adventures of Smoosi' which focuses on helping children learn how they express their emotions.



Treasurer: Rachele Merk, Ph.D. is a licensed psychologist at the Boys Town Nevada Behavioral Health Clinic in Las Vegas. She received her doctorate in clinical psychology from UNLV. She specializes in providing evidence-based care to children and families, through individual and family therapy, and psychodiagnostics evaluations for learning, cognitive and social-emotional concerns.

Diversity Chair: Lauren Chapple-Love, Ph.D. earned her masters in Forensic Psychology at The Chicago School of Professional Psychology. She went on to earn her Ph.D. in Counseling Psychology from the University of North Dakota. Her clinical experience primarily lies in Forensic and Correctional Psychology. While in the community, she has worked with court-mandated individuals in sexual health. Dr. Chapple-Love has focused on diverse populations (LGBTQAI+, People of Color, etc) and the ways that they process and can excel while living within systems of oppression and majority culture spaces.



ECP Co-Chair, North: Chauncey Parker, Ph.D. In 1991, after 20 years devoted to rock climbing and mountaineering, Dr Parker decided to start his "retirement plan" and go back to school for a degree of some kind. As an undergraduate, he landed in the research labs of William Follette and Steven Hayes at UNR, which led to graduate school at the University of Washington. Dr Parker returned to Nevada and now lives in Truckee, CA, runs a private practice in Reno, but still makes time for climbing, xc-skiing, and mountain biking.

ECP Co-Chair, South: Rachael Pinkerman, Psy.D. works at Stein Forensic Facility treating and evaluating individuals committed for competency restoration. She completed her pre-doctoral training at Broughton State Hospital, in rural North Carolina. She graduated with her Ph.D. in Counseling Psychology, finished her post-doctoral training at Stein, and earned her license to practice in December of 2019. While she maintains that she's Midwesterner at heart, she considers Nevada home.

State Advocacy Coordinators: Adrienne Chong (UNR) and Cody Kaneshiro (UNLV)

Nevada Psychological Association: 2020-2021 Regional Board Members



Northern Regional President: 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.

Northern Regional Vice-President: Daniel Gunnarson, Ph.D. is a graduate of the University of Nevada, Reno Clinical Psychology Program. During his career, he has worked in a variety of inpatient and outpatient settings with a wide range of clients. He currently is a Psychologist with the Rural Regional Center in Carson City and on Burning Man's Crisis Intervention Team and a member of the Northern Region Behavioral Health Policy Board.



Northern Region Secretary: John Crum, Ph.D. was born and raised in Reno, Nevada. He currently has his own practice specializing in neuropsychological testing and therapy in Reno. More information about him is available on his website <https://renopsychologicalservices.com>

Northern Region Treasurer: Leanne Hemenway, Ph.D. is a native Nevadan. Her husband is also a psychologist. They have been married for 47 years and have five children and nine grandchildren. Dr. Hemenway has been a licensed psychologist since 2014 and also a licensed Marriage and Family Therapist since 1989.



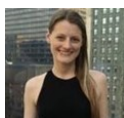
Southern Regional President: Amelia Black, Ph.D. is currently completing her second year as a postdoctoral fellow at UNLV's The PRACTICE, where she is pursuing a specialty in group psychotherapy. She is a recently licensed psychologist in Nevada, as well as a certified group psychotherapist. She completed her doctorate in counseling psychology at Brigham Young University and pre-doctoral internship at the LA County Psychology Internship in Corrections. She is passionate about expanding access to care and has worked with diverse populations in a variety of interdisciplinary and team-based settings, which has taught her the importance of collaboration.

Southern Regional Vice-President: Emily Slife, Ph.D. is a licensed psychologist at the Southern Nevada Adult Mental Health Services, where she serves as the Training Director of the Nevada Psychology Internship Consortium. Dr. Slife is excited to return to the NPA Southern Board, this time serving as Vice President.



Southern Region Secretary: Claudia Mejia, Ph.D. is a bilingual (Spanish-English) licensed psychologist in Nevada and currently the Director of Social and Behavioral Health Services at Volunteers in Medicine of Southern Nevada, where she provides direct clinical services to patients, develops behavioral health and social services programming, and supervises graduate psychology and mental health counseling trainees.

Southern Region Treasurer: Sunshine Collins, Ph.D. is a licensed psychologist in Las Vegas providing clinical and forensic assessments and related services. She works directly with patients and also with attorneys, the courts, and county and state organizations. Having previously served as Secretary, this is her first year as the NPA Southern Board Treasurer.



Campus Representatives: Ali Molaie (UNR) and Kayli Wrenn (UNLV)

APA Council of Representatives Update—Noelle Lefforge, Ph.D.

APA Council met in Washington DC from February 28 to March 1. I was there to represent Nevada and help move APA forward. We were able to accomplish important work, including the following highlights:

- Updates of resolutions related to LGBTQ issues

[The Resolution on Supporting Sexual/Gender Diverse Children and Adolescents in Schools](#)

[The Resolution on Opposing Discriminatory Laws, Policies and Practices Aimed at LGBTQ+ Persons](#)

[The Resolution on Sexual Orientation, Gender Identity, Parents and Their Children](#)

- Reaffirmed psychologists' role in combating climate change, including creation of a task force to recommend goals and strategies for APA activities to have a strong impact on the climate change crisis.

We requested that the task force keep in mind the prime importance of issues surrounding migration, human rights, and systemic aspects (including political, economic, and corporate) of climate change, as well as address how APA can improve its own sustainability practices.

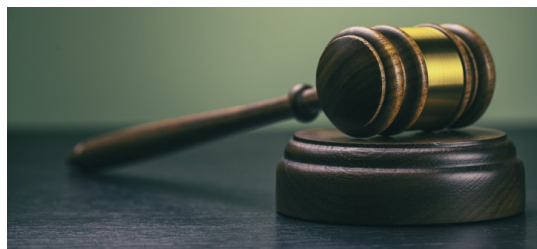
- Reaffirmed APA's position on violent video games and violent behavior

The [2015 resolution](#) was amended to begin as follows, with the purpose of reducing misinterpretation of scientific findings:

“The following resolution should not be misinterpreted or misused by attributing violence, such as mass shootings, to violent video game use. Violence is a complex social problem that likely stems from many factors that warrant attention from researchers, policy makers and the public. Attributing violence to violent video gaming is not scientifically sound and draws attention away from other factors.”

In addition to this outward facing work, we spent considerable time amending APA policies and rules, which I am happy to discuss in detail with anyone who is interested. Much of my time at Council is dedicated toward improving the effectiveness of our work and promoting more diverse representation. Currently, Council is sorting out how to have an effective summer meeting despite our inability to physically come together. As always, your input is welcome and encouraged!

Noelle Lefforge, Ph.D., MHA, CGP
APA Council Rep 2018/2020



****AUTOMATIC DUES RENEWAL NOTICE:** The initial term of this Agreement shall be one (1) year commencing as of the date hereof. Thereafter, the term of this Agreement shall automatically renew for successive one (1) year terms unless member provides written notice to NPA central office at least ninety (90) days in advance of the end of the membership year that it does not wish to renew the term of this Agreement.

Full Members: (✓ box below):

(Flat fee dues)

- Full member, 5 years post licensure \$250.00

Please note that 30% of dues is designated for the lobbyist and is not tax deductible. \$15 of your dues payment will go to support your respective region (North or South) and its activities.

Early Career Psychologists (choose 1 and ✓):

- | | |
|---|----------|
| <input type="checkbox"/> 4 years post-licensing | \$225.00 |
| <input type="checkbox"/> 3 years post-licensing | \$200.00 |
| <input type="checkbox"/> 2 years post-licensing | \$175.00 |
| <input type="checkbox"/> 1 year post-licensing | \$150.00 |
| <input type="checkbox"/> Licensing year | \$125.00 |
| <input type="checkbox"/> Post-doc/Unlicensed | \$100.00 |

A. TOTAL: Full Members (left) or ECP (right) flat fee dues: \$ _____

B. Other Membership Categories: *(for those that are neither a Full Members nor an ECPs):*

- Associate/Affiliate/Out-of-State Member \$75.00
Graduate or undergraduate students with an interest in psychology., Please include proof of student status with your application.
- Student Member \$50.00
Graduate or undergraduate students with an interest in psychology., Please include proof of student status with your application.
- Retired Member \$65.00
detailed description available online

C. Additional Donation Opportunities:

- Lobbyist/Legislative Fund \$100.00 or _____ (other donation amount)
Your donation supports our Legislative Committee activities
- Political Action Committee (PAC) \$100.00 or _____ (other donation amount)
Your donation to PAC allows us to support Nevada State Legislators who share our passion and positions. This is NOT tax deductible.
- NPA Student Fund \$100.00 or _____ (other donation amount)
Your donation will help fund Student travel to SLC and Strategic Planning
- NPA Century Fund \$100.00 or _____ (other donation amount)
Your donation supports our Central Office operations, ED and Lobbyist

D. Total of A or B, and C: _____

E. Make Your Payment (choose 1 and ✓):

- Check enclosed, **made payable to NPA** (mail to PO Box 400671, Las Vegas, NV 89140)
- Credit Card Payment (circle one): Visa MasterCard Discover American Express

Card Number: _____ Exp Date: _____

Security Code: _____ (3 numbers on back of card, or 4 numbers on front of AmEx)

Billing Address:

- Home Office Other (fill in info here): _____

Name as it appears on card: _____

Your signature: _____

You can also renew **online** at: www.NVpsychology.org/JoinRenew

Or return **by Fax** to: 888.654.0050 or return **by Mail** to: NPA, PO Box 400671, Las Vegas, NV 89140

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 acilitate 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: Responsible for the planning and execution of 4-5 continuing education trainings for licensed psychologists, mental health professionals and graduate students each year, including the Annual Conference.

Diversity, Equity and Inclusion: 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: We are proud to have ECP's strongly represented on our regional and state boards, and send an ECP to the annual APA Practice 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.

Public Education: This is an APA-sponsored initiative. Interested psychologists can obtain a fully developed presentation kit, including marketing materials and power-point presentations, for use in giving presentations to local businesses and community groups. Current initiatives include campaigns on Mind/Body Health and Resilience and the Psychologically Healthy Workplace Awards. In 2014, APA added a new campaign initiative, Psychology: Science in Action, that demonstrates how translational science is unique to psychology and helps people in all areas of their lives.

Interested in Joining? Contact our Executive Director at admin@nvpsychology.org or (888) 654-0050

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.



Like Us on Facebook:

www.Facebook.com/NevadaPsychologicalAssociation

Follow us on Twitter: [@NVPsychology](https://twitter.com/NVPsychology)



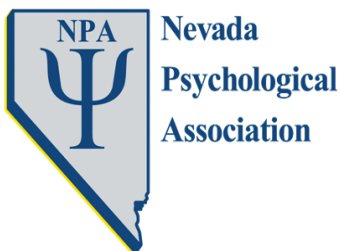
Are You a Member of NPA?

You should be and here is why!

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:

- **Define the Profession**—You will have a strong voice in how our profession is defined in the state of Nevada through NPA's advocacy initiatives.
- **Save Money**—NPA members receive Early Bird registration and member discounts to all of our Continuing Education workshops. Members also have exclusive access to discount programs through AffiniPay & Office Depot/Office Max.
- **Professional Networking and Referrals**—Join our Psychologist Referral Search to make your practice easy to find with referral resources at your fingertips.
- **Develop Your Leadership**—By participating on our Executive or Regional Boards or on one of our Committees (Legislative, ECP, Diversity, Continuing Education).
- **NV Board of Examiners Liaison**—NPA advocates for licensing issues and keeps up to date with the latest news affecting psychologists.
- **Experience a Sense of Community**—Psychologists can sometimes feel isolated. NPA helps keep you connected through our listserv, Regional Socials, CE workshops, and more.

**It is time to invest in psychology in Nevada!
Become a member of NPA today so
you can take advantage of these benefits!**



Join Online Today at www.NVPsychology.org

2020 Practice Leadership Conference—March 7th—10th, 2020

The Practice Leadership Conference (PLC) 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. 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.



This year's conference focused on "**Maximizing the Impact of State and Federal Advocacy**". The conference started with a full day pre-conference workshop for our President and President-Elect about the role of psychology in addressing pain and related Opioid dependence and a half day conference that focused on leadership and networking programs for our Diversity and ECP delegates. Day 2 featured a political plenary session "Inside Congress and the 2020 Political Landscape" which provided perspective and insight into the 2020 election political landscape and congressional outlook for the election year. Charlie Cook, a renowned political analyst, was the main speaker. The session was followed by six concurrent workshops that focused on PSYPACT 2020, Immigration Reform, Intergenerational leadership groups, the Drug Overdose Epidemic, the Importance of membership in your SPTA, and Expanding access to care.

Our afternoon focused on Issue Briefings for our Congressional Visits scheduled for Tuesday, March 10th. APA reviewed the issues our delegation would be discussing: 1) Co-sponsorship of the Medicare Mental Health Access Act (H.R. 884/S.R. 2772) to end unnecessary physician sign-off and oversight of psychologists' services 2) Asking our representatives to contact CMS and tell the agency to safeguard psychologists' services from Medicare reimbursement cuts in 2021 and 3) Include the Graduate Psychological Education (GPE) and Minority Fellowship programs in their appropriation priorities for the fiscal year 2021.

Day 3 began with a second plenary session "Guild and Social Advocacy Communications in 2020—Psychological Science Research Leading the Way" which focused on how APA and SPTAs could make psychological science assessable and understandable to the public and key decision makers for federal and state advocacy initiatives, followed by a second set of six concurrent workshops that focused on RxP, Providing quality care to diverse populations, SPTAs as leadership laboratories, Best practices and risk mitigation strategies, Engaging minority psychologists in SPTA leadership and Doctoral Psychology in the marketplace. We wrapped up Day 3 with a formal banquet dinner honoring Congressman John Katko from New York.

Day 4 was dedicated to visiting our Nevada representatives on Capitol Hill: Senators Cortez-Masto and Rosen and Congressmen Horsford and Amodei, and Congresswomen Titus and Lee.

Wendi O'Connor, Executive Director

This was my first time attending PLC and I found there were many takeaways to bring back to NPA. Saturday's workshop on The Role of Psychology in Addressing Pain and Related Opioid Dependence was a good reminder of the benefits of collaborating with our medical colleagues to treat the whole patient. In addition to the informative plenary sessions on federal legislation and health care financing, the workshops on PSYPACT, association advocacy communications, and engaging minority psychologists in leadership provided ideas and strategies for NPA to focus on in the coming year. As Nevada is a member of PSYPACT, we can take a part in distributing information to our members on what this means for our licensed psychologists beginning July 1st. The discussion on advocacy communications made me think of Nevada's upcoming legislative session and the impact of NPA's messaging to legislators. Finally, state associations from Ohio, Maryland, and California provided great ideas for engaging minority psychologists more through outreach and leadership opportunities, which supports one of NPA's newest strategic plan business objectives of embedding diversity, equity, and inclusion throughout our culture. The opportunity to attend PLC and learn from APA and other states is a true benefit of getting involved in NPA leadership roles.

Sara Hunt, Ph.D., 2020/2021 President

Photo (from left to right): Dr. Lauren Chapple-Love, Dr. Amelia Black, Dr. Tara Borsh, Senator Cortez-Masto, Dr. Noelle Lefforge, Dr. Sara Hunt



2020 Practice Leadership Conference—3/7—3/10/20—Delegation Write-Ups

Attending PLC allowed me to meet with other DEI Committee chairs throughout the country. Given the need for diversity-minded leadership, we attended training specific to developing these skills. Serving in such an energized group left me feeling encouraged and rejuvenated for the work that lies ahead for 2020!

Lauren Chapple-Love, Ph.D., Diversity Delegate

Looking back to the beginning of March, this was when “social distancing” was introduced at the Practice Leadership Conference. It was an awkward concept, especially with the size of the conference, as well as all the people who were hustling place to place on the Hill. Looking back, there are so many things that were concerning and I am very fortunate to be healthy and to have experienced this amazing opportunity. The conference reenergized my enthusiasm and love for psychology again. I am thankful for the opportunity to network and learn how to maximize the impact of state and federal advocacy efforts for licensed psychologists.

One of the conferences that I was honored to attend with Dr. Sara Hunt was *The Role of Psychology in Addressing Pain and Related Opioid Dependence*. This topic shed light on how critical psychologists are in treating the current opioid crisis. The presenters were able to support and discuss how all psychologist can specialize in treating pain or substance abuse concerns to help with this current crisis. It was eye-opening and shed light on how important our evidenced based models are at treating pain concerns effectively. I also attended talks that addressed how APA is trying to expand Medicaid services across states and on a federal level. APA is actively fighting for a robust system that would increase reimbursement rates for psychologists at the federal level. They are also looking to expand psychology training sites due to research indicating that providers tend to stay and practice where they are trained. Overall, this conference aligned with the work that NPA has been doing to help ensure access to care for mental health services and to ensure equitable reimbursement rates for the full range of psychologists’ services that we all provide. It was heartwarming to see the amount of work that APA is doing to fight for the work we all do each and every day.

Tara Borsh, Ph.D., 2020/2021 President-Elect

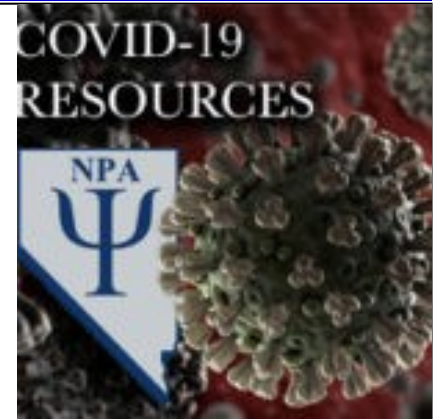
As part of the Practice Leadership Conference, I attended a workshop entitled, “Psychologists as Change Agents for Immigration Reform: State, Grassroots, and Legal Advocacy,” which featured Shirley Ann Higuchi, JD, Satsuki Ina, PhD, Alfonso Mercado, PhD, and Giselle A. Hass, PsyD. Here are some key points from that workshop that I thought were worth sharing with NPA:

- As psychologists, we understand the profound trauma that indefinite detention and family separation can cause, especially for children. This trauma alters neurological response to threat.
- Recent research on both pre-migratory and migratory trauma at the border shows trauma rates similar to countries at war.
- Due to recent “Remain in Mexico” policies (May 2019), over 50,000 families are waiting in border towns in inhumane living conditions in tent encampments. People wait months or even years to complete the immigration process. Different forms of family separation still exist because of encampment living conditions as well as unaccompanied minors seeking asylum when parents are unable to gain asylum.
- The impact of trauma on children may be mistaken for developmental or psychotic symptoms.
- In order to make a difference in immigration reform, psychologists can help in the following ways:
 - ◊ Provide/receive training on best practices and the state-of-the-art relevant science around trauma, culture, context, and poverty
 - ◊ Develop best practice models from the research
 - ◊ Train professional allies in relevant issues (e.g. legal and medical professionals)
 - ◊ Engage in collaboration with allied professionals
 - ◊ Work to secure financial support through grant funding
 - ◊ Participate in legislative advocacy and public education efforts
 - ◊ Urge affiliated institutions not to collect DACA information in order to protect students
 - ◊ Provide trauma-informed and culturally sensitive care to those impacted

Amelia Black, Ph.D., 2020 Early Career Psychologist Delegate

COVID-19 Resources for the Public and Providers

The following online resources continues to be updated as new information on COVID-19 and resources become available for both professionals and our Community, including:



- **General Information Resources**
For Regional, State, Federal and World updates, website links and important phone numbers
- **COVID-19 Public Resources**
DHHS, Unemployment, SBA, VA website links and other resources for coping and managing during COVID-19
- **Self Care during the Coronavirus**
- **Resources for Parents and Caregivers**
- **Individuals with Disabilities/Autism Resources**
- **Older Adults Resources**
- **Stigma Reducing Resources**
- **Resources for Providers**
- **Telehealth and Insurance Billing Resources**
 - COVID-19 Interim Billing Guides for Providers from Insurance Companies
 - Introduction to the ins and outs of Teletherapy
 - Telehealth Guidance State by State Summary
 - Practical Guide to Providing Telepsychology with Minimal Risk
 - Guidelines for the Practice of Telepsychology
 - Informed Consent Checklist for Telepsychology Services
 - Office & Technology Checklist for Telepsychology Services
 - State of NV BOPE policy regarding telepsychology/telehealth
 - National Consortium of Telehealth Resource Centers
 - ASPPB Licensure Related Matters and COVID-19
 - Play Therapy Telehealth Resources
 - Telehealth and Persons with Disabilities
 - Insurance News from DHHS, CMS, PSYPACT...
- **APA Practice Resources**
- **Psychological First Aid webinar:** <https://www.nvpsychology.org/workshops/>
- **Advice for Psychology Supervisors and Trainees on caring for Patients**
- **TRMS Resources for Practitioners**
- **Resources from APA Journal, Assoc of Psychologists in Academic Health Centers, SAMHSA, National Council for Behavioral Health, APPIC**
- **Developing Cultural Competence in Disaster Mental Health Programs**
- **Cultural Awareness**
- **Tips for Disaster Responders**
- **Cultural Considerations**
- **Providing Suicide Care**

Click here for COVID-19 Resources for the Public and Providers:
<https://www.nvpsychology.org/covid-19-resources/>

Click here for Telehealth and Insurance Billing Resources for Providers:
<https://www.nvpsychology.org/telehealth-insurance-during-covid-19/>

Northern Region Update



Board members for the Northern Region return for a second term this year. Dr. Dan Gunnarson continues as Vice-President; Dr. Leanne Hemenway as Treasurer, Dr. JP Crum as Secretary, and Ali Molaie as our Student Representative. We are excited to continue developing an engaged community for members of NPA in the Reno/Sparks and Quad Country regions. As the pandemic has altered many facets of our lives, we are offering peer support through Zoom calls and will be exploring options

for the annual Fall Social that allows our community to reconnect safely. The Northern Region Board continues its goals of increasing membership and outreach this year. In this time of rapid change and uncertainty we want to offer support to our entire community - students, ECP's, psychologists in private practice and those working in state, community and educational settings - and invite involvement from all sectors. Finally, with the 2021 Legislative season approaching we will be working closely with the NPA Legislative Committee to monitor issues relevant to psychology and mental health services in Nevada.

Respectfully,

~ Laura Drucker, Psy.D.

2020/2021 Northern Region President

Southern Region Update

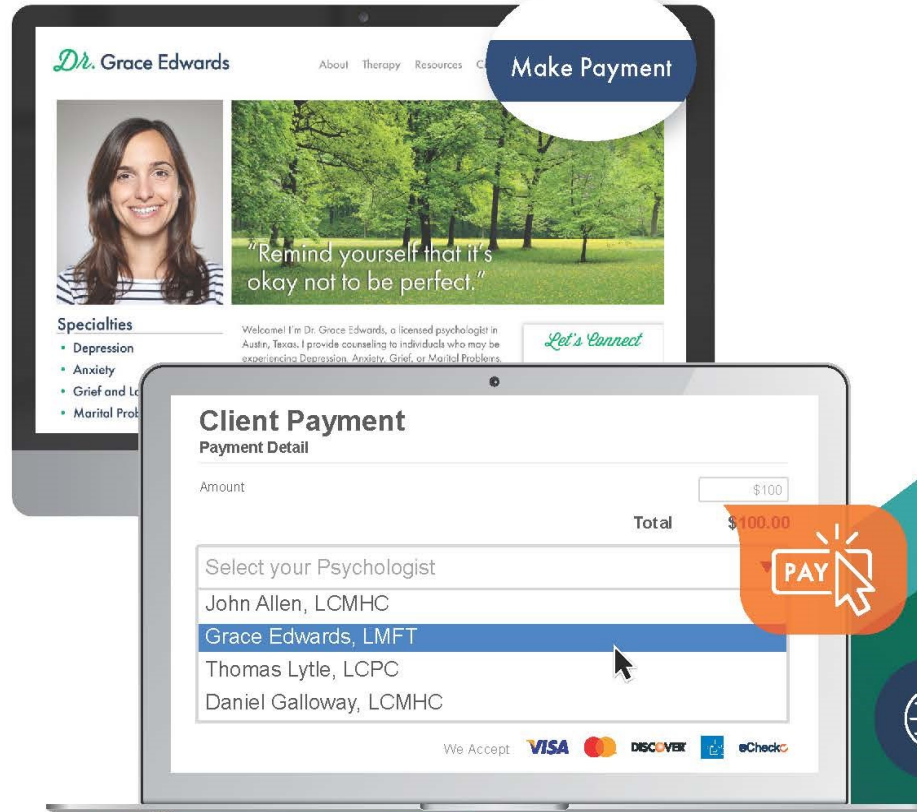
The Southern Board was busy preparing events that were quickly canceled due to the pandemic. We are eager to host these events in the near future as soon as it is safe for us all to be together again. Please stay tuned for the NPA/NPA Mixer. We also were combining efforts with the ECP committee to do a panel of psychologists that could share their expertise with students and post-docs to help them prepare for their future. This event was going to be a combination of learning and a fun mixer at the end. We are hoping that we will have the opportunity to continue planning for this event in the Fall 2020 or Spring 2021.

~ Tara Borsh, Ph.D.

2019/2020 Southern Region President



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John C. Friel, Ph.D.

Licensed Psychologist
5421 Kietzke Lane, Suite 202, Reno, NV 89511
775.337.0299 Phone 651.628.0220 Secure Electronic Fax john@clearlife.com

Men's Therapy Groups
Wednesday Evening Group 3 sessions per month 5-7 pm
Thursday Evening Group 3 sessions per month 5-7 pm

2, 4, 6, 8, and 12-hour Couples Therapy Sessions for
Busy Couples and to move through Gridlock

Family Reconciliation Work with Grown Families

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<http://www.clearlife.com>

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www.NVpsychology.org
P.O. Box 400671
Las Vegas, NV 89140

Phone/Fax: 888-654-0050
admin@NVpsychology.org



Advocating for Psychologists in Nevada

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.

To become a member, complete the Membership application in the center spread of this newsletter, or join online: www.NVPsychology.org/join

NPA Committee Involvement:

Legislative: Advocates for psychology and psychologists by participating in the development of legislation and policies relating to mental and behavioral health services in Nevada.

Continuing Education: Responsible for the planning and execution of 4-6 trainings each year, including the Annual Conference.

Diversity: Seeks to promote diversity and diversity related issues in Nevada.

Early Career Psychologists: Connects psychologists in the beginning stages of professional development monthly in order to collaborate, network, and discuss issues regarding the practice of psychology.

Public Education: Utilizes APA created messages to promote mental health through public meetings, outreach, and in all forms of media.

NPA 2020 Continuing Education Calendar

The Legal and Ethical Game Show Challenge: Are you Smarter than a Fifth Grader?

Clifton Mitchell, PhD

September 18th, 2020

in Las Vegas or will be postponed to 2022

6 Ethics CE Credits

Treatment of Insomnia: An Introduction and Step-by-Step Guide to Cognitive-Behavioral Therapy for Insomnia

Joseph Dzierzewski, PhD

October 16th, 2020

in Las Vegas or Virtual live webinar

6 CE Credits

More Details and Registration are available online at:

www.NVPsychology.org/workshops

Ethics and Risk Management in Complex Clinical Conundrums

Daniel O. Taube, JD, PhD

November 13th, 2020

in Reno or Virtual live webinar

6 Ethics CE Credits

