

*Napa-Solano Psychological Association (NSPA)*

A chapter of California Psychological Association

*April 2014 Volume 5, Issue 2*



**Sunday Social**

**April 27, 2014**

**11:30 a.m. to 1– ish!**

***Network, chat, catch up!***

**Java Point Café**

66 1st St, Benicia, CA 94510

(707) 745-1449

*Join your fellow NSPA members and other local colleagues and students for a cuppa joe, a nice view, and some good conversation!*

*We will be meeting up at about 11:30 a.m. this Sunday, April 27, at Java Point Café in Benicia and visiting until about 1 p.m. –ish (the ish is important...the last few months, we've gone over time!). 😊*

*We'll be sitting outside—look for the table with someone with a smiley face mug—and join us. We have a few folks who have RSVP'ed...and we'll save a few extra chairs for those who may come on a whim.*





## *A word from your President,*

**Nancy A. Piotrowski, Ph.D.**  
**NSPA 2014 President**

### *Continuing on our theme from January...*

So as mentioned in January, we are continuing on the with the theme of doing different things this year. So far we've had good out attendance at our Sunday Socials on the 4th Sundays of the month. We've met in the south part of and midtown Napa, by the Vallejo Marina, and now we'll be trying Benicia. We've had anywhere from 3-6 colleagues join for the fun and have caught up on who is working where, doing what projects, looking to hire, been writing, been on vacation, retiring or thinking about it, hearing about what is up at CPA or other local chapters, and other sundry topics. So, so far, so good. And we are going to continue this over the remainder of the year. So if you have a nice location to meet to suggest, or want us to adjust the time in some way so you or a colleague can attend, send an email at [napasolanopa@gmail.com](mailto:napasolanopa@gmail.com) and we'll do our best to work with you!

### ***Update on the Survey of Members***

Thank you to those who replied to our survey. About a third of you responded and indicated that you would like to: have board meetings on Wednesday or Thursday nights; see agenda for upcoming board meetings; join an occasional board conference call when we offer them; have access to board minutes online or in our newsletters; have us continue the annual scholarships at the local community colleagues if we can without breaking the bank; have half-day and full-day CE events. We also noticed good support for doing more advocacy, trying new things (such as our CE Salons), and continuing a balance of social and professional activities with members. So, we will do just this going forward.

### **Update on New Volunteers and Volunteer Opportunities**

We have had a few students join NSPA or make inquiries since the Leadership and Advocacy Day in Sacramento. And they have offered to get involved. We continue to need more seasoned volunteers, however, to staff more involved positions and to do some of the things you were asking for via the survey. So, if you can give some time, even just for a month here or there, let us know and we would love to have you help us. For example,

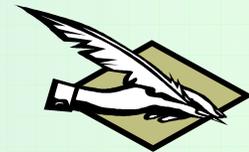
## *A word from your President,*

(continued)



—we would love to have a new Government Affairs Chair...but if we do not have a someone who can be in that role for the remainder of the year, we would like to find individuals who can, for a month at a time, receive emails from Yek Yee at CPA on GAC issues and either sort through them or forward them to our member listserv.

-we would love to have some volunteers write an update on your practice or an article for the newsletter (e.g., think 500-1200 words).

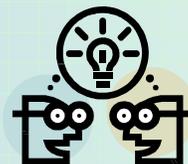


-we would love to have someone volunteer to host a regional picnic this summer so we can gather 30-40 psychologists from other local chapters to have a wine makers contest/wine and other picnic-related contest; we simply need a space and a date and can get the rest in motion!



-we would like to plan an event for the summer to host the community on issues related to children's issue relevant to psychology, but we need someone to help organize and run point on the event.

-we would like to do an event in the fall on the topic of isolation—both legal and otherwise—but again, we need someone who can be a chief organizer for this type of work.



We all collectively have a lot of great ideas, but we only have so many hands—and so if you can help, even with a piece of one of these activities, please let your board members know!

## GOVERNMENT AFFAIRS REPORT

### California Psychological Association Leadership & Advocacy 2014

CPA held its annual leadership and advocacy convention (LAC) on March 10th and 11th in Sacramento, with March 11th being the day for visits to legislator offices (LAD). It was the largest LAD/LAC they have ever had in the history of doing the events. Over 125 individuals attended. Representatives for Napa and Solano County were visited by residents of those counties who included members of NSPA, along with chapter members from the Marin, Redwood, Contra Costa, and Alameda chapters. Both long-standing and new student members attended. And we talked to legislators about three items.

#### ***AB 2015 CHAU***

The key matter discussed with legislators included AB 2015 (Chau), a bill to ban provider discrimination in California, in kind with new federal law. And the good news is that the bill passed the Assembly Health Committee on April 1 with a 14-0 vote. CPA will keep us apprised of progress on this matter as the year advances. For any members interested in learning more about it, they may view information at <http://www.legtrack.com/bill.html?bill=201320140AB2015>.

#### ***Psychologically Health Workplace***

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

#### ***Helping Distressed Constituents—Want to Volunteer?***

While visiting with legislators, we also presented them with a guide to assisting distressed constituents, for use by their staff and for their knowledge. This is a guide we have previously described in earlier NSPA newsletters. CPA developed this guide and it has been nationally recognized for its value. CPA encouraged visitors to the legislators to offer to do trainings on how to use the guide for their district level and other staff. Additionally, CPA encouraged LAD attendees to consider doing trainings at more local levels of government as well, as there are distressed constituents at all levels. To see it online, go to <http://www.congressfoundation.org/storage/documents/Distressed-Constituents-Guide-APA.pdf>. And if you'd like to help with providing a training, please email [napasolanopa@gmail.com](mailto:napasolanopa@gmail.com).

#### ***District Visits***

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

## NSPA MEMBER RUNS FOR CPA BOARD OF DIRECTORS!



Our very own NSPA member, *LESLIE LESSENGER, Ph.D.*, is running for a one-year position on the CPA Board of Directors, to begin in January 2015.

This special position is open to current CPA Board members and the elected person will serve a special roll to help with continuity as the board transitions from its current size and organization to the new, smaller, stream-lined board for 2015 and forward.

While there will obviously be more information shared about the election as the year moves along, we wanted to share this news with the membership and invite members to dialogue with Dr. Lessenger about her interest in the CPA Board. You may do this individually, reaching out to her via email (see last page), or while visiting at an NSPA event.

Members should know that Dr. Lessenger is our current NSPA representative to the CPA Board of Directors, and is a past president of NSPA, among varied other roles she has served for NSPA. She is one of the few candidates running from a small, rural chapter, who has experience working with diverse populations of adults, children, and elders, and in government, non-profit, and private practice settings. She is interested in seeing CPA continue to broaden its advocacy efforts and continue to build the membership.

Good luck Dr. Lessenger!

## REMINDER: HAVE YOU RENEWED?



### USE THE WEBSITE TO RENEW

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

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

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



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

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

It is at [www.facebook.com/pages/Napa-Solano-Psychological-Association/458671874152504](http://www.facebook.com/pages/Napa-Solano-Psychological-Association/458671874152504)

- which is a link you can share with friends.

### REMINDER!

You can post a message to our listserv by sending it to [NSPA\\_Members@yahoogroups.com](mailto:NSPA_Members@yahoogroups.com) .

If you think you may not have your current email in our database, you can subscribe by sending a blank message to [NSPA\\_Members-subscribe@yahoogroups.com](mailto:NSPA_Members-subscribe@yahoogroups.com) . You must be a member to be on the list.



# SAVE THE DATES!

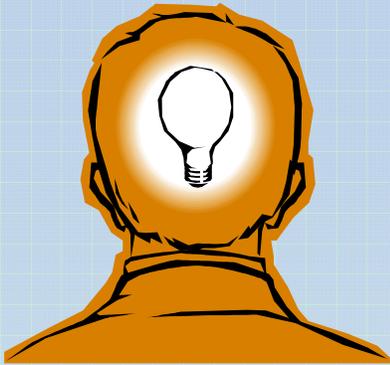
## Upcoming NSPA 2014 Events



<u>DATE</u>	<u>TIME/LOCATION</u>	<u>EVENT</u>
<b>April 27</b>	<b>11:30 a.m./Java Point Café Benicia, CA</b>	<b>Monthly networking social</b>
<b>May 22</b>	<b>The Lessenger Residence Benicia, CA RSVP for address 7 p.m.</b>	<b>A CE Salon Discussion! CE Discussion Leader Dr. Nancy Piotrowski Board Meeting</b>
<b>May 25</b>	<b>11:30 a.m./TBA</b>	<b>Monthly networking social</b>
<b>June 5</b>	<b>6:30 p.m., Gaia Restaurant, American Canyon</b>	<b>Board Meeting</b>

Nancy will lead a discussion on the articles offered for CE credit to CPA members that were in the most recent *California Psychologist (CP)*. If you are not yet a CPA member, this is a great benefit to consider: with each issue of *CP*, members of CPA may read articles and then take a test online to receive CE credit for free, as part of their membership in CPA. Leslie will provide beverages for attendees, and those attending are encouraged to bring light snacks if they would like. The focus will be on talking about the articles. So come prepared—read them in advance. And then after the salon, you may take the online exam on the CPA website at your leisure if you wish to get CE credit. The salon is not required, but a nice way to digest the articles, talk about contemporary issues in the field, and see colleagues. RSVP to [napaso-lanopa@gmail.com](mailto:napaso-lanopa@gmail.com) by May 19th at 5 p.m. if you plan to attend!

**NOTE:** We will have additional events as the year proceeds. Announcements and other information about these events will be provided via our member listserv and updated on our website calendar and in the next newsletter. Direct questions about NSPA events to [NapaSolanoPA@gmail.com](mailto:NapaSolanoPA@gmail.com).



**YOUR NAME HERE**

*<=== your picture there*

**Meet your colleague**

**Introduce yourself to your colleagues with a description and picture here.**

**Full, associate, and student members may do this.**

**Answer these questions below, send a picture, and your current title in NSPA or at your job, and we will consider this for upcoming newsletters.**

**Send all materials to [napasolanopa@gmail.com](mailto:napasolanopa@gmail.com).**

**1. *What is your current practice in psychology?***

**2. *Briefly, what is your educational background?***

**3. *What interesting jobs have you had outside psychology?***

**4. *What challenges do you see ahead for our profession?***

**5. *Tell us one other interesting thing about you.***





## **THANK YOU FROM PSYCHOLOGISTS WORKING IN ADDICTION**

We are happy to report that the American Psychological Association Board has agreed to resume offering the Certificate of Proficiency in the Psychological Treatment of Alcohol and Other Psychoactive Substance Use Disorders later in 2014. After more than 400 psychologists and students of psychology requested this action through a petition, the APA Board decided to make this happen. Thank you to those who signed the petition. Stay tuned for more information as it becomes available from APA and Division 50 of APA (the Society of Addiction Psychology).



## **MAKE ANNOUNCEMENTS TO COLLEAGUES**

**==>> HERE!**

**Moving your office? Looking to sublet space? Looking for a consultant? Offering a new service to clients? Do you have a job announcement to share with colleagues?** If so, please let us know. We are happy to post practice announcements and other items here in the newsletter to help supplement the information we share and access via our listserv. Simply send the information you would like listed to [NapaSolanoPA@gmail.com](mailto:NapaSolanoPA@gmail.com) and we can let you know the next date for the newsletter.



## **INQUIRY FROM A COLLEAGUE**

Do you know anyone who has a small, windowed office to sublet or rent in Solano County? If so, email [NapaSolanoPA@gmail.com](mailto:NapaSolanoPA@gmail.com) with information.

*Thanks in advance!*



**Sow a legacy...**

**Consider getting more involved with NSPA!**



**There are many options:**

- ◆ Host a salon discussion about some *California Psychologist* articles at your home or office in an area of your expertise and lead a discussion, helping others get continuing education credit in a fun new way!
- ◆ Write an article for the newsletter on a topic important to you or that you think will be of interest to the membership;
- ◆ Write a review of a psychology-related book or movie;
- ◆ Help with advocacy efforts by attending events where you can represent psychologists in Napa and Solano County, such as in district office visits with legislators;
- ◆ Help NSPA respond to local requests for training, such as on stress management or dealing with difficult communications;
- ◆ Help out a current officer or committee chair or for an event;
- ◆ You might like to work as a board member.



**Contact us via email at [napasolanopa@gmail.com](mailto:napasolanopa@gmail.com) for more information about how you can help!**

## MAY IS MENTAL HEALTH MONTH

*Thanks to Dr. Robin Timm for this valuable information ...*

A Community Dialogue Event will take in Napa County with a screening of the award-winning documentary "A New State of Mind: Ending the Stigma of Mental Illness." The next page features a description of the movie and event.

For more information and details about any community dialogue event, please contact: Rocío Canchola at 707/299-2119 or [Rocio.Canchola@countyofnapa.org](mailto:Rocio.Canchola@countyofnapa.org).

### Napa Town Hall Event

This event will be held on Tuesday, May 13th at the McPherson Elementary School Multipurpose Room from 5:30-7:30PM. The Town Hall will incorporate information and feedback learned from the smaller events held in April and May to start thinking about ways to combat stigma and discrimination throughout the County. The Town Hall will be a larger event and will be organized with support from the Mental Health Division's Innovations Project through On The Move's Innovation Cohorts, which are comprised of service providers, family members and consumers.

McPherson Elementary School Multipurpose Room 2670 Yajome St, Napa, CA 94558 (707) 299-2119 for more information. Facilitators: Supervisor Keith Caldwell and Innovations Cohort members.



**Come join your friends and neighbors to view the screening of:**

## A New State of Mind: Ending the Stigma of Mental Illness

**Please refer to the list of Community Dialogue events for a screening in your area.**

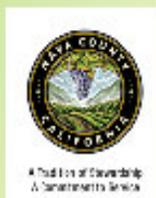
Each screening will be followed by a local panel discussion focused on real stories and real solutions to discuss strategies to combat mental health stigma **IN OUR COMMUNITY** and to encourage those who need support to seek help in a timely manner.

*For more information, please contact: Rocío Canchola*

*707/299-2119 or*

[Rocio.Canchola@countyofnapa.org](mailto:Rocio.Canchola@countyofnapa.org)

This documentary is free and open to the community and is appropriate for all audiences. Translation is available upon request.



*Let's reduce Mental Health Stigma and Discrimination in our communities!*

**CALIFORNIA IS COMING TOGETHER TO LEAD THE WAY...**

**1 IN 4 AMERICAN ADULTS NEED HELP, RIGHT NOW, BUT MANY WON'T ASK FOR IT. FEAR OF JUDGEMENT... ISOLATION... DISCRIMINATION...**



**A NEW STATE OF MIND: ENDING THE STIGMA OF MENTAL ILLNESS**  
Narrated by award-winning actress Glenn Close

Stigma associated with mental illness can be more destructive than the illness itself.

Each of us has a role to play in ending stigma once and for all, and building a stronger, healthier California. **A New State of Mind: Ending the Stigma of Mental Illness** tells the stories of everyday people through their struggles, recovery and resilience in the face of mental health challenges.

Watch it Now at [EachMindMatters.org](http://EachMindMatters.org)



FOR MORE INFORMATION VISIT THE WEBSITE [WWW.EACHMINDMATTERS.ORG](http://WWW.EACHMINDMATTERS.ORG)

## 2014 NSPA BOARD MEMBERS

Nancy A. Piotrowski, Ph.D., *President*

[napiotrowski@yahoo.com](mailto:napiotrowski@yahoo.com)

**OPEN POSITION, *President-Elect***

**POSITION OPEN**

Debra Inman, Ph.D., *Past-President*

[bluesky@napanet.net](mailto:bluesky@napanet.net)

Judith Speed, Ph.D., *Secretary*

[judyspeed@sbcglobal.net](mailto:judyspeed@sbcglobal.net)

**POSITION OPEN , *Treasurer***

**POSITION OPEN**

Leslie H. Lessenger, Ph.D., *NSPA Representative to CPA*

[lhl@lessenger.net](mailto:lhl@lessenger.net)

**Catherine Mahler, Ph.D., *Membership Chair***

[drcatherinemahler@att.net](mailto:drcatherinemahler@att.net)

Nancy A. Piotrowski, Ph.D., *Communications Co-Chair*

[NapaSolanoPA@gmail.com](mailto:NapaSolanoPA@gmail.com)

Leslie H. Lessenger, Ph.D., *Communications Co-Chair*

### OTHER IMPORTANT NSPA CONTACTS

Linda Napholz, Ph.D., *Disaster Response Network*

[lnapholz@aol.com](mailto:lnapholz@aol.com)

**POSITION OPEN, *Government Affairs Chair***

**POSITION OPEN**

Greg Benitz, Psy.D., *Webmaster*

*See Communications Chair*

***P.O. Box 3743  
Napa, CA 94558***