

# The Kentucky Psychologist

2019

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KENTUCKY  
PSYCHOLOGICAL  
ASSOCIATION  
TO PROMOTE PSYCHOLOGY AS A  
SCIENCE AND A PROFESSION

## Psychologists as Leaders

*Eric Russ, Ph.D. - KPA President*

Psychologists are well suited to be great organizational leaders. Our training in interpersonal communication, individual and group dynamics, data analysis and evidence-based decision making give us a strong foundation for leadership. However, because we are training to become expert clinicians and scientists, we typically don't include formal leadership training in graduate or post-doctoral education. Over the last several years, a variety of leadership academies has emerged within APA and in several other state associations (see <https://pages.apa.org/emerging-leaders/> and <https://ohpsych.org/page/lda> for examples).

I'm pleased to report that KPA is working on our own Leadership Academy and developing a model tailored to the needs of psychologists in Kentucky.

We are designing a program around a mentorship model that teaches concrete leadership skills and has you working on a leadership project with your mentor. We will use a combined in person and virtual curriculum to ensure participation

from across Kentucky. Keep an eye out for details toward the end of the year.

If you think you might want to participate either as a learner or as a mentor, please let me know (eruss00@gmail.com).

Embracing our role as healthcare leaders is critical to the future of psychology in Kentucky. Healthcare is rapidly changing, and the pace of change does not appear to be slowing. As these changes occur, psychologists need to be in key decision-making roles across the healthcare space- government, providers, advocacy organizations, and payors- to ensure our unique perspective is represented. I think of APA CEO Arthur Evans' charge to us when he came for convention that these jobs will not often have "psychologist" in the title but are jobs we need to be in. The leadership academy we are developing will help you add to your skillset as a psychologist to embrace the mantle of healthcare leader.



## KPA - Convention 2019 Update

*By Steve Katsikas, Ph.D. - KPA President-Elect & 2019 Annual Convention Chair*

The 2019 Convention will take place on November 14th, 15th, and 16th in Louisville, Kentucky. It will be held at the beautiful Galt House, overlooking the Ohio River in the heart of Louisville's bustling downtown. We are very excited for this year's Convention. The theme is "Building Bridges: From Striving to Thriving."

We are looking forward to having some excellent national presenters including APA President, Dr. Rosie Phillips Davis (speaking on the issue of "deep poverty") and Dr. Seth Grossman, co-author of the Millon Clinical Multiaxial Inventory IV, presenting on applications for the MCMI-IV in health and clinical settings. Additional featured speakers include Dr. Alex Siegel, who will be presenting on PSYPACT, an interstate compact designed to facilitate the practice of telepsychology and the temporary in-person, face-to-face practice of psychology across state boundaries. Dr. Abbie Beacham will present two workshops, one focused on the ethical principles relevant to psychologists' sense of well-being, and a second ethics workshop on the topic of how psychologists can prevent burnout among our health care profession colleagues and students. Also, KPA is thrilled to offer a full-day track in understanding and treating race-based trauma, featuring workshops by Dr. Steven Kniffley, Dr. Broderick Sawyer, and Dr. Maysa Akbar, author of "Urban Trauma: A Legacy Of Racism" and a national speaker on the conditions that sustain modern day oppression.

As always, the convention will feature experts across a range of treatment and assessment topics, client populations, and treatment modalities and will include KBEP required CE presentations covering supervision, ethics, domestic violence, and suicide. We are also in the final planning stages for the KPA social, which will take advantage of our unique location to provide an activity for getting together in a casual atmosphere. Other events include a silent auction (with proceeds to benefit The Kentucky Psychological Foundation) and our annual awards banquet. We hope to see you there.

# From the Executive Director....

By Lisa Willner, Ph.D., Executive Director

One sign of a healthy organization is its willingness and ability to adapt and innovate, while remaining grounded in its mission. KPA's leadership and staff work from a mindset of continuous improvement, always looking for ways to respond to current needs, member ideas, and an ever-changing environment.

During the time I've worked at KPA, there have been several changes to our governance structure. Based on member input, voting seats were recently added to KPA's Board of Directors for Diversity Interest Section and Early Career Psychologist representatives. Just this summer, KPA's membership approved recommendations to amend our bylaws to consolidate KPA's geographic regions from six to four, and to add Rural Practice, Health Psychology, and two At-Large seats to the board. In the past couple of years, KPA added a standing Legislative Committee to its organizational structure, and last year marked a significant restructuring of the relationship between the Kentucky Psychological Association and its sister organization, the Kentucky Psychological Foundation.

KPA engages in ongoing changes and updates to its programming and initiatives, as well as its governance structure. Often these changes are led by KPA's elected presidents. During **Dr. Katie McBride's** presidential year, she established the Public Interest Response Committee and a process for members to bring advocacy issues to KPA's forefront. During **Dr. Sarah Shelton's** year as KPA president, she and I consulted with state legislators on school safety issues, contributing the substance of the 2018 *Trauma-Informed Schools Bill*, which passed into law in 2019 as an essential component of SB1, the *School Safety Bill*. As KPA's current president, **Dr. Eric Russ** has headed up the KPA-KPF Capital Campaign, and is currently spearheading an initiative to establish KPA's first Leadership Academy.

And there are other changes in the works as well. After sponsoring the annual KPF Spring Academic Conference (SAC) for many

years, the organizing committee responded to attendee feedback and recognized that it is time for a makeover. While the SAC has previously focused on both graduate and undergraduate psychology students, the 2020 SAC will be re-designed to focus on the needs and interests of undergraduate students, while creating opportunities for graduate students to serve as presenters, research evaluators, mentors, and guides.

The Membership Committee is engaging in discussions to add a new interest section for "Senior Psychologists," for our members who are late career, close to retirement, or already retired, and wanting to stay connected to their colleagues and their profession. Membership Committee member **Dr. Mike Nichols** is spearheading this initiative.

And working closely with the Membership Committee, KPA staff members are in the process now of designing a brand new premium membership category, designed for our members who take full advantage of KPA "extras" such as advertising, the KPA Classifieds, the CE Registry, and more. (Note: the new membership category will be purely optional for members who choose it, and will not affect currently existing membership categories or dues levels.)

We're always listening to our members, and I hope you'll continue to share your feedback with us so that we can continue to carry out our mission - *Promoting psychology as a science and profession in order to improve people's lives* - in ways that best serve you and your needs. Your elected leaders, as well as KPA Central Office staff, are here for you.

As always, thank you for supporting KPA, the voice of psychology in Kentucky!



## Kentucky Psychological Association

8004 Lyndon Centre Way | Suite 202  
Louisville, Kentucky 40222  
502-894-0777 | kpa@kpa.org  
www.kpa.org

## KPA Board of Directors 2019

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## KPA CE Registry

...because you have better things to do with your time than more paperwork!

Never worry about trying to keep track of all those CE certificates again! When you join the KPA CE Registry, we take care of all the details (and headaches) for you. See a sample report and learn more about the benefits of this service on the KPA web site, [www.kpa.org](http://www.kpa.org), under the Continuing Education menu.

# DPA Update

*Katie McBride, Ph.D. Director of Professional Affairs*



As my first year as your DPA comes to a close, I want to highlight some activities from 2019 that I consider truly valuable to KPA members and to Kentucky psychologists as a whole. To refresh your memory, the function of the DPA serves as a support and resource for members in practice and as KPA Board liaison to several bodies-- including to KBEP (Kentucky Board of Examiners of Psychology), KPA's Legislative Committee and lobbying firm, and to APA with its wealth of resources and supports. This year has seen:

1. I have been working to develop direct contacts with 3rd party payors in order to advocate and possibly troubleshoot for members and educate the Payor Reps with APA guidelines (e.g., the new testing codes).
2. With KPA's Legislative Committee, we continue our work to ensure that that newly state government mandated mental health supports and resources in schools access professionals with appropriate credentialing and insist on best practices. We have worked hard to make sure psychology is "at the table" as these regulatory decisions are made.
3. As liason to KBEP's monthly meetings, the DPA is able to maintain a solid communication channel and keep current with new directions, practices, and decisions of the licensing board.
4. Tracking the progress of PSYPACT with its implementation and launch this year as it hit the threshold of 7 states. In order to help us determine the best direction for Kentucky psychologists with PSYPACT (We have not yet moved forward toward inclusion), this year's KPA convention will feature a presentation from Alex Siegel from ASPPB. My contacts with DPAs in states who have enacted compact legislation have already informed potential approaches for Kentucky to ensure protection of psychologists--alerting us to problematic and sloppy language that would interfere with standards and practices.
5. The DPAs from across the country are on a listserv that includes APA Legal and Regulatory Affairs. The discussions on this listserv are invaluable as they address member inquiries (including some of yours), 3rd party payor practices in other states (with helpful examples of ways to navigate them), and legislative trends and potential threats and surprises. APA's L & R also provides substantial group and direct support for each of us. For example, we have access to webinars with updated guidelines for testing codes, along with new materials to provide local 3rd party payors. We recently received access to APA models developed around pain management and substance abuse Rapid Workforce Development that includes cost support for the state associations who may choose to implement.
6. Over the past year we have continued to work to have pre- and post-doctoral interns covered by Medicaid (This is also another example of receiving direct support from a member of APA's L&R!). Coverage for these highly qualified clinicians will go a long way to supporting our organizations who sustain these internships!
7. This year Kentucky state government launched a new Palliative Care Task Force, and KPA secured a designated seat for a KPA recommended psychologist!
8. And, of course, all the inquiries from members over the year that I have tried my best to respond-identifying appropriate resources and/or answers. The topics are wide ranging and have included questions about supervision, navigating dual relationships, best practices with divorced families, interstate and international telehealth, help opening a practice, best practice steps to closing a practice, storage of records, navigating insurance requirements, insurance audits, and OF COURSE all things confusing and frustrating with the new testing codes!

I hope this list-just from one position-helps reinforce the value of your KPA membership--your dues and volunteer efforts go toward all this good work that benefits not just our members, but all psychology professionals and students in Kentucky. Perhaps it might inspire your involvement and even some recruitment of your friends and colleagues! Thanks for reading.

## In Memoriam

**James W. Thompson, Jr., PhD**  
1941-2019

*Thank you to friends, colleagues and family members who let us know of the passing of these psychologists who contributed so much to psychology in KY.*

### KPA Member Benefit Highlight

**Free Practice Consultations**  
**Have an ethical concern or question?**

KPA's Director of Professional Affairs, Dr. Katie McBride, is available as a consultant for all things related to psychology practice support. She is here to help members navigate questions regarding current best practices: issues range from supervision to client and community engagement to troubleshooting issues with third-party payors. As KPA's liason to APA, she has access to the latest national-level advocacy efforts, resources, and guidelines with third-party payors, as well as tapping into current trends and practices in other states. She works directly with KPA's Legislative Team to anticipate and advocate for legislative and regulatory issues that directly impact Kentucky psychologists. She communicates regularly with the KY Board of Examiners about issues that affect KPA members and their ability to provide and be reimbursed appropriately for psychological services.

**Have a professional or practice question for Dr. McBride? KPA Members log in to the KPA website and access the consultation form under the Members Only section!**

**KPA MEMBERSHIP DUES AT WORK FOR YOU!**

**Interested in joining  
a KPA or KPF  
Committee?**

**Complete the application form  
found on your KPA member  
landing page.**

# Professional Ethics: Clarifying the Unclear

Sarah Shelton, PsyD, MPH, MSCP

KPA Past President - KPA Ethics Committee Co-Chair



The Ethical Principles of Psychologists and Code of Conduct (APA) provides us with both aspirational Principles as well as enforceable Standards to rely upon in our practice as Psychologists. While the Principles are aspirational in nature, representing ideals, the Standards are intended for adherence. This should make practicing in an ethical manner quite clear cut then...but does it?

The matter of Ethics has been woven throughout my career as a Psychologist. For instance, I have been a professor of graduate level Ethics at various universities, have served on biomedical ethics committees for several hospitals, have been the KPA Forensic Section Ethics Representative, and currently serve as Chair of the Committee on Professional Practice Ethics for the National Register of Health Service Psychologists as well as Co-Chair of the Kentucky Psychological Association Ethics Committee. For many years, Ethics has been something that I have loved to grapple with as a psychologist...perhaps because it is not as clear-cut of an issue as one might initially assume. Like many things in the profession of psychology, it is not the *concept* of Ethics that is complex, but the interpretation and application of it that is the real challenge.

From my varied experiences dealing with Ethics, the one thing that is quite clear is how *unclear* they can seem. Based on my experience in the realm of Ethics and, perhaps contrary to common assumption, people who commit ethical violations and find themselves in professional peril have usually not acted in a manner they believed to be in contrast to the Ethics Code. Rather, it often seems to be based upon varied interpretation and application of terms and concept that appear

to be superficially well defined in the black and white text of the printed Code but become much more amorphous in the way they present in the real world. For example, I'm sure we all agree that we should practice the Principle Beneficence and Nonmaleficence (commonly referred to as the "do no harm" creed). Yet, the concept of what causes "harm" can be quite subjective. Multiple Standards tell us that we cannot do something if it is "Exploitative." Again, I think we would all agree. The trouble comes when one tries to clearly define very specifically and exactly what that does or does not include.

What fascinates me about Ethics the most is the *process* by which we as psychology professionals (and professionals of other disciplines as well) go about determining whether or not something is dichotomously "Ethical" or "Unethical" when dealing with scenarios that do not seem to be categorical. This process is one of discussion, reflection, and sometimes even debate. It has always amazed me (and at times alarmed me) how committees and groups tasked with sorting out ethical dilemmas, be they inquiries or complaints, do not always have universal consensus. There are overlapping, diverging, and even conflicting perspectives of the individuals involved. Ultimately, a group consensus is reached and rendered. The answer to the question or complaint concerning whether or not something is ethical, is sometimes a "yes," sometimes a "no," but can also often be a frustrating and confusing, "it depends" or "maybe."

What I have learned from my experience serving in various roles and contexts dealing with Ethics is that the group process involved in reaching some level of consensus on these types of matters is invaluable. It can serve to enhance our professional practice as psychologists and also protect us from inadvertently conducting practice in a manner that could be interpreted as unethical, even if we would not interpret it as such from an individual lens. Fortunately, KPA has a wonderful free resource for members in the form of the Ethics Committee, whereby members can submit ethical inquiries and receive guidance from the Committee on what the group consensus is concerning the scenario presented. We can also practice a similar benefit through informal peer consultation with colleagues whom we trust. By relying on a similar process *proactively* to determine colleague consensus on ethical quagmires, it will empower us to practice in a more informed and responsible way.

If you have an ethical dilemma and would like the KPA Ethics Committee to respond with guidance, visit [www.kpa.org](http://www.kpa.org) and click on the Consults tab on the right of your screen after logging in as a member.

## KPA Advocacy Benefits

Remember that KPA's advocacy efforts are supported by your membership in KPA. KPA's advocacy benefits all psychologists, not just those who belong to KPA. We thank you for continuing to support the future of psychology and those we serve through your active membership in KPA!



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# Psychology & Advocacy - Past, Present & Future!

By Sheila A. Schuster, Ph.D.



Psychologists are uniquely educated and trained to be effective advocates, but unfortunately, many do not see that as their role. The truth is that advocacy and the psychology profession are inextricably linked...in theory, in research, and in practice. If one thinks about advocacy as “education with passion” then every topic that psychology researches, studies, or practices becomes fertile ground for advocacy activities. And the process of advocacy itself benefits from what psychologists know about human behavior, communication, education and change.

Advocacy takes place at all levels of community and human living structures... home, work, school, local government and agencies, state structures and government, federal institutions and government, as well as internationally. Psychologists are “embedded” in nearly all of these levels and structures and therefore, have the opportunity to educate with passion.

The Kentucky Psychological Association (KPA) has, for many years, placed advocacy in its strategic planning and in its mission...to promote the science and profession of psychology and the welfare of our patients. KPA has placed Advocacy as one of its three annual touchstones, to assure that the organization’s activities and initiatives involve some aspect of advocacy as they are developed and implemented. And with the formation of its new Leadership Academy, KPA is now undertaking the important task of helping its members develop the skills necessary to be effective leaders and advocates in all aspects of their careers and lives. This is a very exciting development... one that will build on a very long tradition of strong internal leadership and lay the foundation for strengthening those skills for years to come!

Over the years, KPA members have shown their leadership and advocacy skills in their positions of responsibilities in federal, state, regional and local institutions and government. We have had KPA members serve as Deputy Commissioners of Mental Health (now Behavioral Health, Developmental & Intellectual Disabilities), as Deputy Commissioner of Medicaid, and as Director of Eastern State Hospital...Drs. Don Ralph, Dan Luchtefeld, David Hanna, and Dee Werline. The Community Mental Health Center system – the first in the nation to be rolled out statewide after President John F. Kennedy signed the bill in 1963 – has benefitted greatly from the leadership and advocacy of a number of psychologists who have led individual CMHC’s ....Drs. Robert Sivley Sr., Joe Willett, Ed Muntel, Howard Bracco, Dale Bond, David Hanna, and currently, Drs. Kim McClanahan and Owen Nichols.

Much of KPA’s advocacy activities over the years has been directed at the Kentucky state legislature in efforts to strengthen our licensing law (third-oldest in the nation), to protect the practice of psychology from others without appropriate training, to advocate for budgetary funding for the safety net of services and supports, to assure that psychologists are “at the table” in any discussions of behavioral health and in many discussions around physical health and welfare, as well. We have advocated to protect youth and individuals with disabilities from the death penalty, to outlaw the use of conversion therapy, to implement outpatient court-ordered treatment to keep individuals out of the revolving door of repeated hospitalizations and jail. We have worked hard to assure that behavioral health diagnosis and treatment is at a parity (equal) level with physical health diagnosis and treatment, that insurance rules and regulations do not unduly hamper the delivery of services by psychologists, and that they are reimbursed equitably.

That legislative advocacy work was done “in the early days” primarily by me, with the support of KPA and the involvement of a few members. That picture has now changed dramatically, with the development of a Legislative Committee of KPA members who review, monitor, and decide on an action plan on bills filed each session. Communication with the general KPA

membership has increased exponentially, with many more members actively responding to Action Alerts, to reaching out to their legislators, and to dozens of psychologists coming to Frankfort each year during the session for Psychology Day in Frankfort! Dr. Georgeann Brown has shepherded this growth over the past five years or so, aided by Dr. Amanda Merchant and the KPA leadership team. Parallel with this growth in “grassroots” involvement has been the establishment of a KPA Political Action Committee (PAC) led by Drs. Joe Edwards and Felicia Smith. The PAC provides an opportunity for KPA members and others to make a financial contribution to strengthen psychology’s voice and to remind legislators that we are players in the system.

And the icing on the legislative advocacy cake came last November, when our very own KPA Executive Director, Dr. Lisa Willner, was elected to serve in the KY House to represent House District 35 in Jefferson County! Many, many psychologists, their families and friends were involved in Lisa’s campaign and celebrated her hard-won successes in both the primary and general elections. She is the first psychologist to be elected to the Kentucky state legislature and is already making her mark as an intelligent, well-informed, hard-working advocate for her district and for the health, education, and welfare of all Kentuckians!

There are many, many KPA members who are faculty in psychology programs across the Commonwealth and who also serve in leadership as Department Chairs and in other university positions. They are using their expertise and position to not only teach and inspire the next generations of psychologists, but also to instill in these students a commitment to be advocates for their profession and for their patients. With psychology continuing to be one of the most popular undergraduate majors, many students are having contact with psychologists early on in their budding careers, wherever they may end up. In Faculty Senates and in other positions, these KPA members are advocating for the health and growth of their institutions, faculty and student bodies.

KPA members have had a long history of involvement and leadership at the national level with the American Psychological Association (APA), and KPA itself has been the recipient of numerous awards from APA for the strength of its programming, for involvement in academics, for its legislative advocacy, for its Early Career and diversity initiatives and for engaging successfully with psychology graduate students. Besides the KPA Representative to the APA Council (most recently, Dr. David Susman and now, Dr. Felicia Smith), KPA members have served over the years on various APA Task Force and in Division Leadership (Dr. Judy Worrell on Women’s Issues, Dr. Eric Russ on Early Career Psychologists; Dr. Danielle Stevens-Watkins on Diversity issues, Dr. Bill Stoops on Drug Addiction, to name a few). And a former KPA Executive Director, Dr. Nancy Gordon Moore, just retired from a very successful 10-year stint in leadership and advocacy at APA as the Executive Director of Strategic Programs!

Some KPA members have taken their advocacy to the social media platform, using it as a way of communicating around a broad range of mental health/ psychological issues. Dr. David Susman’s blog – now several years old – has gone international and has followers in the thousands! Dr. Steven Kniffley just launched a blog to describe his experiences as a psychologist and a person of color and has already garnered growing support. The lesson here: take your advocacy message where the people are!

There are untold numbers of KPA members who are doing their advocacy at the local community or state level through their service on a wide

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range of Boards of Directors of nonprofit organizations, or as youth mentors, members of school-based councils, or as volunteers with organizations such as Big Brothers/Big Sisters, or by donating their clinical time to see patients through the Victims of Torture Clinic in Louisville...the list goes on and

on. Their impact is not just as an individual giving of their time, but also as a psychologist who can see "the big picture", understand a little better the needs before them, can help generate strategic solutions, can knit together disparate pieces of the puzzle to bring together a more cohesive plan. All of that is advocacy

to improve the common good!

So, if you are not already a member of KPA, join us now. We can offer many opportunities for you to hone your advocacy skills and to get involved. If you would like further information, please do not hesitate to contact me at [kpadvocracy@gmail.com](mailto:kpadvocracy@gmail.com)

# 2020 CE SAVE THE DATES

## Monday, January 13th

Effective Advocacy - Every Voice Counts!, 3 CE  
Presented by Sheila Schuster, Ph.D.

## Thursday & Friday, February 27th & 28th

2/27: Evidence Based Treatment of Borderline Personality Disorder:  
Clinical and Ethical Considerations, 6 CE  
2/28: Transference-focused psychotherapy, 6 CE  
Presented by Ken Levy, Ph.D. - 2020 FEATURED PRESENTER

## Friday, March 20th

AM Workshop: ADHD in the Young Adult Population, 3 CE  
Presented by Paul Crosby, MD and Jennifer Farley, Psy.D.

PM Workshop: ADHD & Emotion Regulations with Kids, 3 CE  
Presented by Paul Rosen, Ph.D.

## Tuesday, June 20th

# KPF Diversity Conference

Just confirmed! **Jennifer Kelly, PhD, ABPP**, will be coming to Kentucky in June of 2020 to deliver a presentation on pain management. In light of the opioid crisis and the devastating toll it has taken in Kentucky, this is a workshop you will not want to miss. Her talk will also review gender and ethnicity, and how they are associated with treatment for pain.

**Dr. Jennifer Kelly** is a current candidate for APA President, running on a platform of Advocacy, Inclusion, Leadership, and Experience.



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Eastern State Hospital Lexington, KY, USA  
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### Behavior Analyst

Behavioral Health Analyst functions in the discipline among the helping professions, with a mature body of scientific knowledge, established standards for evidence-based practice, distinct methods of service, and help in the treatment of various mental health issues, particularly autism, brain injuries, developmental disabilities, and severe mental illness. Assists in identifying needs and formulating treatment plans to manage problematic behaviors in an inpatient setting and through the continuum of transition to another treatment providers or community setting. Behavior analyst conducts or leads a functional or brief assessment, as indicated by the needs of the patient/resident. Behavior analyst then directs the implementation of a formalized behavior plan, including but not limited to, staff training, data collection/monitoring for effectiveness, and modification as needed.

### About Eastern State Hospital:

Eastern State Hospital provides recovery-focused, individualized inpatient acute care mental health services in a modern, comfortable setting. Managed by UK HealthCare, the new state-owned facility opened in 2013. We provide acute psychiatric care for adults (age 18 and over) with severe and persistent mental illness who live in the 50 counties surrounding and including Fayette County, Ky. The Central Kentucky Recovery Center for individuals with mental illness who are transitioning to the community.

Company website: <http://careers.esh.ukhc.org>

**Eastern State Hospital**  
MANAGED BY UK HEALTHCARE

### Consultative Examination Providers Needed!

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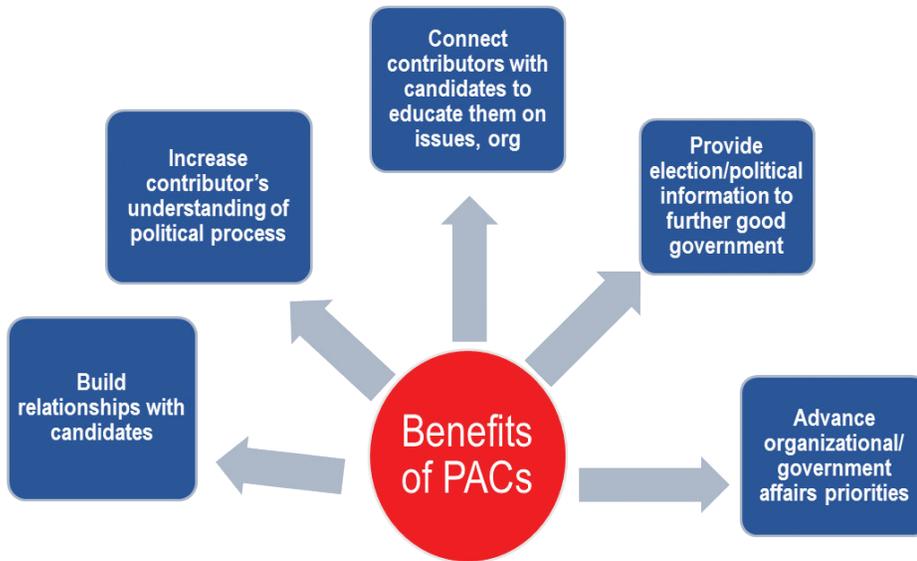
[www.socialsecurity.gov/disability/professionals](http://www.socialsecurity.gov/disability/professionals)

# The PAC Asks for Your Help — We Are Asking You to Give \$10 TODAY!



by Joe Edwards, Psy.D. co-chair of the KPA-PAC

The KPA-PAC needs **YOU** to be a *strong voice* for psychology! This month we are launching a campaign asking every KPA member to give \$10 to the PAC. The bottom line. We need your help in refilling our coffers. Why is that important? Because we use that money to build relationships with the Kentucky politicians who value mental health care and psychology. The reality of our day is that talk is cheap, and money talks. Nothing happens magically, if we feel strongly about something we must be willing to invest our time and money. We shouldn't complain about things we don't like in Kentucky politics, if we aren't willing to take ACTION. Otherwise, nothing is likely to change. There are some Kentucky politicians on both sides of the aisle that recognize the value of psychology and the mental healthcare of the people of Kentucky. The PAC cultivates relationships with these politicians.



Undoubtedly our greatest accomplishment as a PAC has been the money spent to help elect the first psychologist in the history of the Commonwealth, as a state representative—Dr. Lisa Willner. Representative Willner's education and advocacy efforts have already led to seats on two state government task forces specifically held by psychologists. Those are positions that would have mostly likely to have gone to non-psychologists. She knows our concerns and listens to psychologists. She has advocated for the importance of recognizing psychology when it comes to the budget and funding issues and the value of acknowledging that mental health is an important part of healthcare for the citizens of our state. While Representative Willner is our best example of what building relationships can do, the PAC, in the last election, gave support to 21 politicians who pledged their commitment to our values.

So what has the PAC has done? The KPA-PAC launched at the end of 2015 and early 2016, with 50 KPA members came together contributing a total of \$12,726. What a great start! In fact, since its inception, the PAC has raised \$23,746. While that is great, the PAC it has disbursed \$18,900 in political contributions to those legislators (in the Kentucky senate or house) or to non-incumbent challengers who ran pledging to support psychology and mental health. However, the reality is that our coffers are low, we have \$2,700 in the bank, at a time when Kentucky will be electing a governor, and in 2020 a number of key house and senate seats are up for election.

What can you do? Make a contribution. With less than 1% of the KPA membership having made a donation to the PAC (62 members to date), now is the time to change that percentage—I am

**challenging each KPA member to give at minimum of \$10 to the PAC this month!** Some members be able to give a charge for a session. For those able or inclined to give more, the maximum donation per year is \$2,000/year. Please support the KPA-PAC, so that psychology can have a strong voice to Kentucky politicians. **We need your annual support from the KPA membership.**

## Facts About PACs

- PACs are key to success in government affairs efforts
- PACs help elect the right people to office
- PACs are a tool to build relationships with candidates
- PACs get more Americans engaged in the political process
- PACs enable our association to be a visible player

## PAC Myths

- PACs buy elections/votes: *Every PAC in KY has the same \$2,000 contribution limit*
- PACs are dirty: *PACs are not only legal, but highly regulated*
- PACs are a slush fund: *PACs go through a well-defined budgeting process to allocate funds*

There are several ways you can contribute by:

1. sending a personal check (not a PSC or PLLC) to the KPA-PAC mail it to attention: KPA-PAC, 1300 Clear Springs Trace, Suite 7 Louisville, KY 40223; or
2. You may go on-line and contribute [www.kpapac.org](http://www.kpapac.org) on the KPA-PAC website.

All contributions are NON-TAX DEDUCTIBLE. All contributions of over \$100 are reported to the Kentucky Election Finance Department quarterly. To find out more about the PAC, go to the website listed above.

# APA Council Representative Report

David Susman, PhD



This has been another busy year at APA. Here is a brief recap of some of the items the Council of Representatives has been addressing, plus a few brief closing comments.

- **APA's new strategic plan.** The Council of Representatives overwhelmingly approved a new strategic plan for APA, which is aimed at fostering “a strong, diverse and unified psychology that enhances knowledge and improves the human condition.” Specifically, the goals of the plan are to:
  - ◇ Utilize psychology to make a positive impact on critical societal issues.
  - ◇ Elevate the public’s understanding of, regard for, and use of psychology.
  - ◇ Prepare the discipline and profession of psychology for the future.
  - ◇ Strengthen APA's standing as an authoritative voice for psychology.

To read the plan, go to [www.apa.org/about/apa/strategic-plan](http://www.apa.org/about/apa/strategic-plan).

- **Master's programs in health service psychology.** The Council received the “*Report of the Board of Educational Affairs Task Force to Develop A Blueprint for APA Accreditation of Master's Programs in Health Service Psychology*” which discusses possible pathways APA could use to establish accreditation of master's programs in psychology. The report will inform the development of standards for accreditation of master's programs in health service psychology. To read the report, go to [www.apa.org/ed/governance/bea/masters-accreditation-blueprint](http://www.apa.org/ed/governance/bea/masters-accreditation-blueprint).

- **Resolution on physical discipline of children by parents.** Council passed this resolution which recommends that caregivers use alternative forms of discipline—such as modeling behavior, respectful communication and collaborative conflict resolution—rather than physical punishment. According to the research, physical discipline is not effective in achieving parents’ goals of decreasing aggressive and defiant behavior in children or of promoting positive child behaviors. To read the resolution, go to [www.apa.org/news/press/releases/2019/02/physical-discipline](http://www.apa.org/news/press/releases/2019/02/physical-discipline).

- **Clinical practice guideline for depression.** Council approved *The Clinical Practice Guideline for the Treatment of Depression Across Three Age Cohorts*. The guideline addresses recommendations for the treatment of depressive disorders in children and adolescents, adults, and older adults (ages 60 and over). It is intended for psychologists, other health and mental health professionals, consumers, families of consumers,

students/training programs, policymakers and the public. This guideline is aspirational and is not intended to create a requirement for practice. To read the guideline, go to <https://www.apa.org/depression-guideline/guideline.pdf>.

- **Update of APA's policies and curriculum related to psychopharmacology.** The Council adopted revised versions of three documents related to education and training in psychopharmacology for prescriptive authority. Major changes to the training curriculum include adding the possibility of providing significantly more psychopharmacology training at the doctoral level, rather than the previous requirement that most of the training occur at the post-licensure/postdoctoral level. To see the new
- **Voting privileges for graduate students.** Council is expected to review a proposal that would add voting privileges for APA graduate student members.

## In closing

This is the final year of my second three-year term as your APA Council Representative for KPA. It has been my honor and privilege to serve KPA in this role. I have learned so much and have met so many highly accomplished and dedicated psychologists who are advocating for our science and our profession with diligence and enthusiasm.

APA has weathered some very difficult times in recent years with the fallout from the Independent Review. However, its new leadership, under CEO Arthur Evans, Ph.D., is committed to making APA stronger, more inclusive and better equipped to serve all psychologists and to use psychological knowledge to improve the quality of people’s lives. I believe in APA's mission and vision and I would encourage you to consider joining APA if you are not already a member. There are also many different ways to get involved more directly through service on APA's various boards, committees and work groups.

As of January 1, 2020, your newly elected APA Council Representative for KPA will be Felicia Smith, Ph.D. I am sure you will give her your full support just as you have supported me. I will still be involved with the APA Council through 2021 as I am now a member of the Council Leadership Team. If you would like more information about any matters related to APA and the Council of Representatives, please contact me at [david.susman@uky.edu](mailto:david.susman@uky.edu).

## KPA Colleague Assistance Program



A Colleague Assistance Program (CAP) is a mechanism set up by a profession to recognize and address the stressors involved in being a practitioner in a given field. Its purpose is to provide mutual support in the form of information about self-care and, in the case of the mental health professions, the provision of psychotherapeutic services by colleagues. Kentucky Colleague Assistance Program (**KPA-CAP**) is the framework sponsored by the Kentucky Psychological Association to provide these services to psychologists practicing in Kentucky.

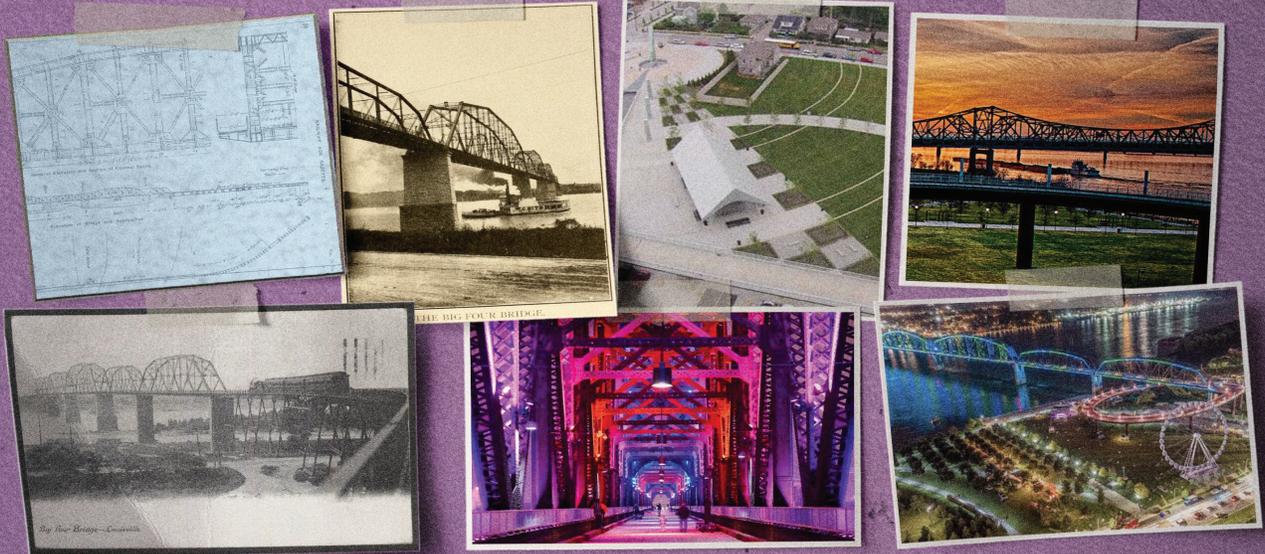
**To learn more about the KPA-CAP visit [www.kpa.org/kpa-cap-program-overview](http://www.kpa.org/kpa-cap-program-overview)**

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LOUISVILLE, KY

NOVEMBER  
14-16

KENTUCKY PSYCHOLOGICAL ASSOCIATION  
2019 ANNUAL CONVENTION

# BUILDING BRIDGES



# STRIVING TO THRIVING

## Convention Sponsors



# 2019 CONVENTION WORKSHOPS

## THURSDAY, NOVEMBER 14

8:30 AM

**T01.** The Intended, Blended and Ended: How to Approach Children's Relationships with their Parents' Post-Separation Partners, 3 CE. *Jean Deters, Psy.D. & Sarah Shelton, Psy.D.*

**T02.** Nutritional Interventions for Mental Health, 3 CE. *Kimberly LaFollette, Psy.D.*

**T03.** Building Racial Trauma and the Black Community: Assessment, Treatment, and Prevention, 3 CE. *Steven Kniffley, Psy.D.*

**T04.** Suicidality in Neurological and Medically Complex Clients, 1.5 CE. *Lisa Koehl, Ph.D.*

### KBEP Committee Meeting

10:15 AM

**T05.** Infertility and Assisted Reproductive Technology 101, 1.5 CE. *Maria Allen-Jenkins, Psy.D. & Lisa Steelsmith, Psy.D.*

### KBEP Open Board Meeting

11:55 AM

**T06. Lunch & Learn with Maysa Akbar, Ph.D., ABPP—Featured Presenter**

1:45 PM

**T07.** Understand adolescents and preventing suicide, 3 CE. *Hatim A. Omar, MD, FAAP*

**T08. Urban Trauma Training, Maysa Akbar, Ph.D., ABPP—Featured Presenter**

**T09.** Revisiting 2019 testing codes: What have we learned since January implementation: A Presentation and Panel Discussion, 1.5 CE. *Katie McBride, Ph.D., Wayne Harper, Ed.D., Mark Brengelman, JD, Amy Greenanmyer, Ph.D., & Rich Edelson, Ph.D.*

**T10.** Understanding State Hospital, Guardianship, and Developmental and Intellectual Disabilities Services for Adults, *Susan Redmond-Vaught, Ph.D., Heather Holland, & Julia Neal Delaney*

**T11.** Preparing for the Oral and Written Licensure Examination, Non-Credit. *Joe Dickhaus, M.S. & Erica Pristas, Ph.D.*

3:30 PM

**T12.** Mindfulness, Compassion, and Race-Based Trauma: Conceptualization and Utility in Clinical Practice, *Broderick Sawyer, Ph.D.*

**T13.** Kentucky Board of Examiners of Psychology Regulatory Trends and Update, 1.5 CE. *Elizabeth McKune, Ph.D., Erica Pristas, Ph.D., & David Trimble, JD. This workshop is appropriate for Psychology Professionals and fulfills 1.5 of the 3 hours required for Ethics/Risk Management according to KRS 319.*

**T14.** Understanding The Role of Medication Assisted Treatment in Opioid Use Disorder, 1.5 CE. *Brian Casey, MD*

## FRIDAY, NOVEMBER 15

8:30 AM

**F01. The Millon Clinical Multiaxial Inventory-IV (MCMI-IV): Beyond the Basics, 3 CE. Seth Grossman, Psy.D.—Featured Presenter**

**F02.** Advanced Clinical Supervision: Legal, Ethical, and Risk Management Issues, 3 CE. *George B. Haarman, Psy.D., LMFT* *This workshop meets the KRS 319 3.0 hour advanced supervision requirement for KBEP approved supervisors.*

**F03.** Evidence-Based Intervention for Improving Independent Functioning in Pediatric Chronic Illness & Pain, *Bryan Carter, Ph.D.*

**F04.** Basic Supervision: Legality, Ethics, & Humility, 3 CE. *Allison From-Tapp, Psy.D. This workshop meets the KRS 319 3 hour basic supervision requirement for supervisors of record with the Kentucky Board of Examiners*

10:15 AM

**F05.** Working affirmatively with transgender adolescents and their families, 1.5 CE. *Warren E. Lambert III, Ph.D. & Valerie Fallon, Psy.D.*

11:55 AM

**KPA Annual Awards Luncheon—Sponsored by The Kentucky Psychological Foundation**

1:45 PM

**F06. The Millon Behavioral Medicine Diagnostic (MBMD): Putting the Person First in Behavioral Medicine Assessment, 3 CE. Seth Grossman, Psy.D.—Featured Presenter**

**F07. Telepsych & PSYPACT, 3 CE. Alex Siegel, JD, Ph.D.—Featured Presenter**

**F08.** Suicide and Self-Harm in Youth: Assessment Tools & Treatment Approaches that Help Clients Heal, 3 CE. *Tony Sheppard, Psy.D.*

**F09.** Understanding the Social and Emotional Development of Smart and Quirky Kids, 1.5 CE. *Suzanne James, Psy.D. & Victoria Ragsdell, Ph.D.*

3:30 PM

**F10.** Advocacy and Psychology: What KPA is doing and what you can do to help, *Georgeann Stamper Brown, Ph.D. & Sheila Schuster, Ph.D.*

**RECEPTION HONORING NEW LICENSEES AND SWEARING IN CEREMONY AT THE GALT HOUSE**

**5:30 PM Reception and Ceremony honoring new psychology licensees/ KPAGS Social Sponsored by The Wayne Institute at Belleramine University and the KPA Early Career Psychologist Committee**

All are invited to attend a Happy Hour, mingle with colleagues, and celebrate the swearing-in of new KBEP licensees

Sponsored by:  
WAYNE INSTITUTE  
FOR ADVANCED  
PSYCHOTHERAPY



**THURSDAY EVENING  
KPA MEMBER SOCIAL**

WHEN: Thursday, November 15th  
at 5:30 PM

WHERE: Noraeb Bar  
717 E. Market St

Tickets are \$40 per person

**NORAEBAR**  
KARAOKE • NORAE BANG

For additional information & to

# 2019 CONVENTION WORKSHOPS

## SATURDAY, NOVEMBER 16

8:30 AM

**S01. Psychologists' Well-Being: An aspirational guideline or ethical responsibility?, 3 CE.** *Abbie O'Ferrell Beacham, Ph.D.—Featured Presenter.* *This workshop is appropriate for Psychology Professionals and fulfills the KRS 319 requirement for Ethics/Risk Management.*

**S02. Bringing Psychologists to the Fight Against Deep Poverty, 3 CE** *Rosie Davis, Ph.D., ABPP—Featured Presenter*

**S03. Integrating Psychology into the Outpatient Pediatric Setting, 3 CE.** *Stephen Johnson, MD, Ph.D. & Katy Hopkins, Ph.D., HSP*

**S04. Motivational Interviewing, Nate Mitchell, Ph.D.**

11:55 AM

**Luncheon & KPA Annual Membership Meeting**

1:45 PM

**S05. How can we ethically provide support and programming to address burnout in our health care professional colleagues and learners?, 3 CE.** *Abbie O'Ferrell Beacham, Ph.D.—Featured Presenter.* *This workshop is appropriate for Psychology Professionals and fulfills the KRS 319 requirement for Ethics/Risk Management.*

**S06. Psychopharmacology, 3 CE.** *Rif El-Mallakah, MD*

**S07. Domestic Violence Law: Assisting Survivors of Domestic Violence, Sexual Assault, and Stalking through Legal Intervention, 3 CE.** *Neva-Marie Polley Scott, JD; Tracey Taylor, JD; Beth Robinson-Kinney, JD.* *This workshop meets the KRS 194A.540 3 hour requirement for domestic violence and elder abuse.*

**S08. Producing meaningful psychological evaluations of children & adolescents: blending the art & science of psychology, Joseph Edwards, Psy.D., PLLC**

**S09. What is Good Grief? Understanding Childhood Loss and Its Clinical Implications.** *Jacquelyn Love, Psy.D.*

## IMPORTANT ATTENDEE INFORMATION

### Silent Auction

The Kentucky Psychological Foundation (KPF) is currently accepting donations for their annual silent auction. KPF supports the Spring Academic Conference, cultural competency training for psychologists, multicultural student scholarships, and more. You can support KPF's efforts through your donation of a tangible product or gift certificate. Visit [www.kpa.org](http://www.kpa.org) for more details on how to donate. Feel free to contact us at [kpa@kpa.org](mailto:kpa@kpa.org) for any further information about KPF's efforts to promote a psychologically healthy Kentucky!

### Workshop Handouts

All handouts provided in advance to KPA by presenters will be posted online and available for download. Each workshop room will have internet access, allowing handouts to be viewed online during the presentations on laptops and other mobile devices.

### Special Assistance

If you need special assistance, please let the KPA office know as soon as possible so we may make appropriate arrangements. The facility is fully handicapped accessible. **Nursing moms:** Accommodations will be made available during convention, please contact KPA Staff for details.

### Cancellation Policy

90% refund if cancellation received on/before Oct. 24, 2019. 50% refund if cancellation is received between Oct. 25 – Oct. 29, 2019. 20% refund if cancellation is between Oct. 30 – Nov. 12, 2019. No refunds after Nov. 12, 2019. **All refund requests must be submitted in writing to KPA at [kpa@kpa.org](mailto:kpa@kpa.org) or mailed to 8004 Lyndon Centre Way, Ste 202 Louisville, KY 40222.**

### CE Credits/Attendance



#### Psychologists:

KPA is approved by the American Psychological Association to sponsor continuing education for psychologists. KPA maintains responsibility for this program and its content. KPA is also an approved sponsor for the Kentucky Board of

Examiners of Psychology.

#### Social Workers & Art Therapists:

KPA is an approved sponsor for the Kentucky Board of Social Work, the Kentucky Board of Professional Art Therapists. (Provider #1004).

#### Pastoral Counselors:

KPA is approved to offer Continuing Education to Pastoral Counselors as stated in 201 KAR 38:070, Section 3(1)(b) as an approved provider.

## Hotel Information

The Galt House  
140 N Fourth St  
Louisville, KY 40202

KPA has negotiated a discount rate of **\$149 per night** (depending on room preference) at The Galt House in Louisville, KY. KPA's room block will be held until October 24, 2019 or until the rooms run out.

Visit [www.kpa.org](http://www.kpa.org) for more details!

## Registration Information

Name: \_\_\_\_\_ Degree: \_\_\_\_\_

\*Please print your name as you want it to appear on your badge

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Licensure Board: \_\_\_\_\_

Are you a member of the CE Registry?  Yes  No

### Circle the Workshops & Events you plan to attend Thursday, November 14

8:30 AM - 10:00 AM	T01	T02	T03	T04	KBEP open Mtg
10:15 AM 11:45 AM				T05	
12:00 PM 1:35 PM	T06 Lunch & Learn				
1:45 PM 3:15 PM	T07	T08	T09	T10	T11
3:30 PM 5:00 PM		T12	T13	T14	
5:30 PM	SOCIAL				

### Friday, November 15

8:30 AM - 10:00 AM	F01	F02	F03	F04	
10:15 AM 11:45 AM			F05		
12:00 PM 1:35 PM	KPA Awards Luncheon				
1:45 PM 3:15 PM	F06	F07	F08	F09	
3:30 PM 5:00 PM				F10	
5:30 PM	ECP Reception & Swearing in Ceremony				

### Saturday, November 16

8:30 AM - 10:00 AM	S01	S02	S03	S04	
10:15 AM 11:45 AM					
12:00 PM 1:35 PM	Luncheon & KPA Annual Meeting				
1:45 PM 3:15 PM	S05	S06	S07	S08	
3:30 PM 5:00 PM				S09	

Send registration form, along with payment to KPF, 8004 Lyndon Centre Way, Ste. 202, Louisville, KY 40222

\* Member Benefit +You must be a current member of KPA as of 11-10-19 in order to take advantage of the KPA Member discounted rate \*\* Non credit

## Convention Registration Fees

### ALL CONVENTION PACKAGE - BEST BUY!

Fee includes admission to all 3 days of Convention and all

All Convention	Early Bird * (Until Sept. 22)	Pre-registration (Sept. 23-Oct. 24)	Onsite
KPA Member+	\$380	\$435	\$520
Non Member	\$650	\$650	\$735
Non Licensed- KPA Member**	\$280	\$335	\$420
KPA Student **	\$150	\$175	\$200

### Per Day Fees

Fee includes admission to all workshops and lunch on indicated attendance day(s).

Per Day	Early Bird * (Until Sept. 22)	Pre-registration (Sept. 23-Oct. 24)	Onsite	TOTAL
KPA Member+	\$155	\$175	\$215	x__# days =
Non Member	\$265	\$265	\$320	x__# days =
Non Licensed- KPA Member**	\$105	\$125	\$165	x__# days =
KPA Student **	\$60	\$70	\$90	x__# days =

### Select your KPA Status:

KPA Member  Sister State Psych Assn Member (state:\_\_\_)  
 KPA Student Member\*\*  Non-Member—Join now to SAVE!

### Indicate day(s) you will attend:

Thursday  Friday  Saturday

### Lunch "Opt-Out" Preference

Lunch is included in your registration fee. If you do not want lunch on the day(s) you are registered to attend, indicate which day below and deduct \$20 per day from your registration fee.

Thursday  Friday  Saturday

Total Lunch Deduction: \_\_\_# days x \$20 = \$\_\_\_\_\_

**NOTE: THERE WILL BE NO ONSITE LUNCH REGISTRATIONS**

### Dietary Needs:

None  Vegetarian  Gluten Free  
 Other, please specify \_\_\_\_\_

**Thursday Evening Social Event**— Karaoke at NoraBar.  
 Additional details available at [www.kpa.org](http://www.kpa.org)— tickets \$40

Social Fee \$\_\_\_\_\_

### Kentucky Psychological Foundation Donation

Make a tax-deductible donation to support education initiatives, scholarships, diversity initiatives and other projects of the Kentucky Psychological Foundation.

Total Donation: \$\_\_\_\_\_

Payment Method: **Total Due \$\_\_\_\_\_**

Check enclosed, made payable to KPF

Credit Card: Visa/Mastercard/ AMEX/ Discover

Cardholder Name: \_\_\_\_\_

Account #: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ CVV: \_\_\_\_\_



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for more information

# KPA Legislative Committee 2019 Update - State-Level Advocacy



Georgeann Brown, Ph.D.

KPA's Legislative Committee (LC) is comprised of 5 voting members, as well as KPA's Director of Public Affairs, Dr. Katie McBride, serving as a non-voting liaison. The Legislative Committee focuses on legislative-related advocacy for KPA on the state level, including reviewing bills, sending action alerts to members regarding legislative issues, writing position papers in conjunction with the executive committee, and giving input on legislative priorities/talking points for KPA Psychology Day, among other tasks. The Legislative Committee's busy season is from January to April, when bills are filed and the state legislature meets. However, we also continue to send out action alerts to members and draft position letters throughout the year, including most recently sending out an action alert to members during the special session in July regarding the pension issue for quasi-governmental agency employees. This summer, we are continuing to monitor developments on pension-related issues for quasi-governmental agencies, the addition of mental health professionals in schools as part of the adoption of the school safety bill last year, looking ahead at a budget year for 2020, and working with the KPA's Board of Directors on legislative priorities for 2020.

During the spring, it was an eventful 30-day legislative session in Frankfort. The last day of session was on March 28th. The Legislative Committee reviewed over 75 bills this session. When reviewing bills, we based our decisions to support, oppose, remain neutral, monitor, **or to** seek more information based on the following state-level legislative priorities adopted by KPA's Board of Directors in December 2018:

- Support legislation maintaining psychologists' role in licensing, regulating, and overseeing the practice of psychology.
- Support legislation to strengthen minors' access to mental health treatment and advocacy services.
- Support legislation addressing school safety issues by improving school climate and culture and increasing the availability of mental health services to students.
- Support legislation that increases access to behavioral health services & supports a positive climate for psychology providers.
- Uphold public protection by opposing legislation allowing non-psychologists to deliver services which are clearly defined as the practice of psychology.

- Increase psychology's voice in decisions affecting behavioral health.
- Support evidence-based legislation designed to improve population health outcomes in Kentucky.
- Support legislation that improves health equity for historically underserved populations.
- Maintain Medicaid coverage for all Kentuckians below 138% of the federal poverty level.
- Monitor and respond to changes in the tax reform measure passed hurriedly in 2018 with no time for public input.

Here is a summary of how some of the bills that we supported fared:

## **The following bills that KPA supported/followed passed, though they may have experienced some changes)**

**SB1: (bill sponsors for SB 1: M. Wise, R. Alvarado, D. Carroll, C. Embry Jr., R. Girdler, A. Kerr, R. Mills, J. Turner, S. West, M. Wilson)**

KPA supported the adoption of a trauma-informed approach in each Kentucky school in order to better recognize, understand, and address the learning needs of students impacted by trauma and to foster a learning environment where all students, including those who have been traumatized, can be safe, successful, and nurtured. This passed and was signed by the Governor on March 11th. KPA also supported House Floor Amendment 1, giving schools the flexibility of hiring additional school counselors or other mental health professionals in every school (1 per 250 students); this new component would have added clinical mental health support and consultation, in addition to school counselors, to participate on trauma-informed teams. This did not pass & we will continue to work on it.

\*School safety bills were talking points for KPA Psychology Day

**SB 65** (sponsor, J. Raque Adams): KPA supported this bill, which establishes a Palliative Care Interdisciplinary Task Force (of which a KPA member would be a participant) to improve the quality and delivery of palliative care initiatives. This is a great example of how psychologists are critical members of the healthcare community. This bill passed and was signed by the Governor on March 25th. This was a talking points for Psychology Day

**HB 11** (bill sponsors include K. Moser, D. Bentley, C. Booker, J. Glenn, R. Goforth, J. Graviss, A. Koenig, C. Massey, R. Palumbo, M. Prunty, S. Sheldon, N.

Tate, S. Westrom, L. Willner)

KPA supported smoke-free

K-12 school campuses, including the prohibition of all tobacco and vaping products, to protect students from the negative effects of second-hand smoke & choose not to smoke. This bill passed with some amendments on March 28th, and was signed by the Governor on March 25th. This was a talking point for Psychology Day.

**SB 149 (sponsor, S. Meredith):** KPA supported this bill, which allows a provider to appeal multiple claims in a single external review with a Managed Care Organization and allows a single administrative hearing to be held to appeal the final decision of an external review that involved multiple claims. This passed and was signed by the Governor on March 19th. This was a talking point on Psychology Day.

**HB 354 (sponsors, S. Rudy and L. Bechler):** KPA supported the part of this bill that exempted non-profit organizations from being taxed when fundraising. The Kentucky Psychological Foundation, which provides much-needed public education about mental health issues, is one such organization that has been taxed when fundraising. Status: This passed was signed by the Governor on March 26th. This was a talking point on Psychology Day

**SB 110:** KPA was following this bill, that helped to expedite Medicaid credentialing by allowing the Kentucky Hospital Association to credential and process providers. This passed and was signed by the Governor on March 19th.

**SB 22:** This bill created an Interstate Medical Licensure Compact. While KPA did not take an active stance, KPA was following this bill, in part to see how an interstate licensure compact might fare for psychologists in the future. This bill passed and was signed by the Governor on March 25th.

**HB 268:** (sponsor S. Rudy): KPA had supported the aspect of this bill that offered a mechanism for the immediate continued survival of regional universities and quasi-governmental agencies that provide a safety net of services and supports for communities, such as Community Mental Health Centers, Public Health Departments, Rape Crisis Centers, Domestic Violence Shelters, and Children's Advocacy Centers. Such agencies are unlikely to survive unless the funds they contribute to pensions are stabilized at the current rate of 49%, and do not jump to 84%

*-continued on page 15*

–continued from page 14

next year, forcing these agencies into bankruptcy. This bill passed, but WITHOUT this provision for the Quasi-Governmental agencies. Instead, that was put in HB 358, which offered some help in terms of freezing pension for another year, but had some other issues. After the legislature adjourned, Governor Bevin vetoed HB 358, much to everyone's surprise! Governor Bevin convened a Special Session on July 19th to specifically discuss solutions to the pension issue affecting the survival of the quasi-governmental agencies and regional universities. House Bill 1 passed and was signed into law by the Governor on July 24th. The pension contribution will be frozen for only one year to prevent a hike in contribution rates for agencies. Some critics of the bill are concerned that quasi-governmental agencies will have to leave the retirement system and to opt back in, or else their employees' benefits will be moved to less generous 401 (k)-type benefit plans. KPA will continue to monitor this issue and to advocate for the survival of the quasi-governmental agencies and the protection of their retirees and employees.

**SB 54** (Sponsors include R. Alvarado, D. Carroll, S. Meredith). KPA was following this bill, but remained neutral, regarding requiring an insurer to develop processes for electronic prior authorizations; to establish an extended length of authorization under certain circumstances. This bill passed and was signed by the Governor on March 25th.

**HB 158:** (Sponsors include D. Meade, L. Bechler, D. Graham, J. Graviss, R. Huff, J. Jenkins, C. Massey,

K. Moser, D. Osborne, M. Prunty, L. Willner). KPA was following this bill based on improvements in child welfare/foster care system, and particularly interested in giving foster kids a “bill of rights.” This bill passed and was signed by the Governor on March 19th.

**The following bills that KPA was supporting/following did not pass:**

**SB 17** (Sponsors include J. Adams, M. McGarvey, S. Meredith, G. Neal, R. Thomas)

KPA supported this bill, which adds a diagnosis of serious mental illness to the disabilities which would exclude execution for persons convicted of a capital offense. All other penalties would be permissible. This bill did not pass; did not make it out of Judiciary Committee. This was a talking point for Psychology Day.

**SB 20:** (sponsor W. Westerfield): KPA supported the aspect of this bill that sought equity in the juvenile justice system, reducing racial disparities and utilizing best practices for juveniles with mental illness/developmental disabilities. We also support evidence-based approaches to working with juveniles, including “development of programs for staff who interact with or who are responsible for the treatment of children with mental health or developmental and intellectual disabilities, that include training on juvenile justice research relating to effectiveness of juvenile justice interventions, and training to address specific issues such as domestic violence, trauma, implicit bias, cultural competence, and family engagement.” This bill did not pass; it did make it

out of the Judiciary Committee, but had no further action. This was a talking point for Psychology Day.

**HB 202** (bill sponsors include S. Riley, L. Willner, J. Nemes, M. Prunty, J. Raymond). KPA supported this bill, which would have banned corporal punishment in schools. Corporal punishment is tied with many negative outcomes, and is not effective in promoting positive behaviors/a positive learning environment. This bill did not pass/make it out of committee. This was a talking point for Psychology Day.

**HB 211 & SB 248** (sponsors for HB 211 include L. Willner, J. Jenkins, T. Bojanowski, C. Booker, G. Brown Jr, T. Burch, M. Cantrell, K. Flood, K. Hinkle, N. Kulkarni, M. Marzian, R. Meeks, P. Minter, R. Palumbo, J. Raymond, A. Scott, M. Sorolis, C. Stevenson, S. Westrom, B. Wheatley; **sponsor for SB 248** is M. McGarvey): KPA supported these bills, which would ban the use of conversion therapy to “treat” sexual orientation or gender identify; this is not an approved or evidence-based therapy. There is clear evidence that conversion therapy does not work, and some significant evidence that it is also harmful to LGBTQ people. Neither bill passed/made it out of committee. This was a talking point for Psychology Day

The Legislative Committee will be working with bill sponsors of those bills that KPA supported, but which did not pass, to see if they will again be filed for consideration in the 2020 General Assembly session. The LC welcomes your input on topics of interest or legislation to address policy issues of concern.



## Stop and Take Stock

*Abbie Sell, Ethics Committee*

How often have you heard the term “self-care” thrown around?

It is often used as a feel-good buzzword to remind psychologists that they should be maintaining adequate work-life balance. Practicing psychologists already recognize the importance of taking care of themselves, both from a personal and ethical standpoint. However, although psychologists understand the principles behind work-life balance, achieving it can be a struggle, as the behaviors that actually constitute self-care for psychologists can be unclear.

While there are few one-size-fits-all behaviors for achieving work-life balance and managing stress through self-care, formal self-care assessments are one critical action to incorporate into your life. Researchers are currently developing formal self-care scales for professional and research use (Dorociak, Rupert, Bryant, & Zahniser, 2017). There are many checklists available through a Google search, allowing each individual to choose a list that is most applicable to them.

Scheduling time to take stock of stress levels and levels of professional distress increases the possibility that, if those levels are high, options are available for prevention and early intervention before professional functioning is impaired. In addition, it increases self-awareness if there is already a problem affecting professional functioning.

Whether you find yourself in a proactive or reactive stance with self-care issues, there are always resources available. One option that psychologists in Kentucky have available to them is the Colleague Assistance Program (CAP). The KPA Ethics Committee developed the CAP at the request of KPA, and the committee continues to manage its execution through surveying CAP providers yearly and continually providing updated resources and general information. The CAP has no relation to the state licensing board. The program is available to all practitioners and is not limited to KPA members.

On KPA's website, you can find the tab titled “Colleague Assist.” to access information. There are general resources regarding self-care for professionals that can be useful whether you are currently experiencing high stress levels or not. If you find yourself desiring psychotherapeutic services to talk through any amount of distress, there is also a list of colleagues who have volunteered to see psychologists practicing in Kentucky.

Schedule time to take stock of your well-being. Many psychologists experience stress that would be aided by assistance and support, so utilize the resources available to you through K-CAP. Make the call to see a K-CAP provider if you need it. Take care!

# KPA Member Highlights



Congratulations to **Felicia Smith, Ph.D.** newly elected Kentucky representative to the APA Council of Representatives. Dr. Smith will succeed Dr. David Susman in the role, with her term beginning in 2020. The Council Rep also has a seat on the KPA Board of Directors. KPA is delighted to welcome Dr. Smith back to KPA's board in 2020!



KPA's Federal Advocacy Coordinator, **Georgeann Stamper-Brown, Ph.D.**, wrote an article "Mental Health Advocacy: Psychology Beyond Therapy". To read more visit [kpa.org](http://kpa.org).



**David Susman, Ph.D.**, winner of Distinguished Service Award from the UK College of Arts and Sciences "for my professional service to psychology and mental health advocacy. I feel blessed to work with such wonderful students and colleagues."



Check out this interview with KPA President-Elect, **Steve Katiskas, Ph.D.**, on WHAS11 News discussing the difficult topic of child suicide. To see the interview visit [kpa.org](http://kpa.org).



KPA Member, **Dan Han, Psy.D.** was featured in the article "A Matter of Taste" in APA's Monitor Psychology. To read the full article visit [kpa.org](http://kpa.org).



**Sarah Shelton, Psy.D., MPH, MSCP**, KPA Past President, was elected Chair of the National Register of Health Service Psychologists. Read more at [kpa.org](http://kpa.org).

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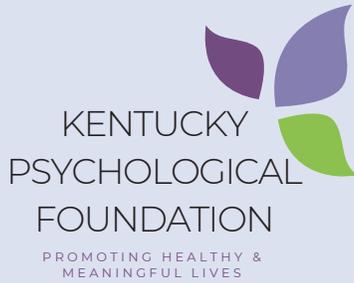
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**KPA Convention Silent Auction:  
A Fun and Meaningful Way to be Involved in  
Supporting KPF**

*Allison From-Tapp, Psy.D. - Silent Auction Coordinator*



Every year psychologists come together to help fund the various activities of the Foundation. One of the ways that you can support these activities, is to donate to the silent auction which takes place at convention.

This is one of the easiest ways to support your state organization. Most of us have local connections with places and people who would graciously offer tax deductible donations of support. Please reach out to your connections and remind them how important it is to support the work of mental health advocates in their community.

We hope to have a very exciting silent auction during this year's annual convention. We already have a donation from our esteemed colleague, Nancy Gordon Moore who graciously offered to donate one of her original pieces of art. It would be wonderful to have a number of unique items such as vacation giveaways, theme baskets, spa packages, etc. No donation is too big or too small! We hope to get in more exciting donations so that you have plenty of fabulous items to bid upon.

If you have questions about possible donations or already have something ready, please reach out to me by text or email. (502-550-8473 orafrom@spalding.edu)



**Capital Campaign Updates -  
We hope you will join the cause!**

*Eric Russ, Ph.D. - KPA President*

Our Capital Campaign to support our new office space is making progress but we still have some work to do! We have raised over \$30,000 toward our goal and need your help to get to \$50,000. With the purchase of our own space, a home for KPA, we have the opportunity to take our association and foundation to the next level. And secure the future of KPA and KPF.

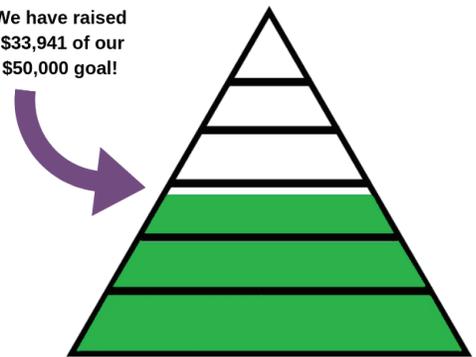
As a reminder of our old office was in serious disrepair, to the point that the well-being of the staff was being affected. When looking for new rental space, it was quickly apparent that if we continued renting, we would be facing significantly escalating rents...without building any equity. The opportunity to move into a new space, invest now, taking advantage of low-interest rates while building equity was too good to pass up. We were able to move into new construction and build to our specifications. The new office space looks great and we hope you can join us to check it out soon. We were able to host an open house in August and hope others will come to visit.

If you haven't yet had a chance to donate, please do so now. Donations of any amount will help us toward reaching our goal. No contribution is too small to be helpful! However, if your current situation puts you in the fortunate position of being able to consider making a substantial donation, please do so now!

Make your contribution here! <https://www.kpa.org/capital-campaign>

Kentucky Psychological Foundation  
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We have raised  
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## KPF Donors

August 1, 2018 – July 31, 2019

Thank you for your generosity!

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## Multicultural Professional Development Award

Sponsored by the KPF Diversity Committee

Every year the Kentucky Psychological Foundation honors two recipients with a **Multicultural Professional Development Award** at the KPA Annual Convention.

The award recipients must be KPA members in good standing.

There are two award levels:

#### The Multicultural Psychologist Professional Development Award for \$500 -

Qualified applicants are psychologists who represent a diverse group or population. Award money may be used for a specific multicultural initiative, training, conference, event or membership dues to a multicultural national professional organization.

#### The Multicultural Student Professional Development Award for \$350 -

Qualified applicants are psychology graduate students representing a diverse group or population. Award money may be used for specific multicultural initiative, training, conference, event or dues to a multicultural national professional organization.

Candidates must submit their letter of interest and CV no later than October 15th. Candidates must submit a letter that specifies what they would use the funding for and how much is needed, up to the limit of the award.

Within one year after receiving the award, each winner will be required to submit a brief letter explaining how the award money was used and how the funds contributed to the goals stated in their application.

To apply: Send your letter of interest & CV to [kpa@kpa.org](mailto:kpa@kpa.org) with "**KPF Multicultural Award**" in the subject line.  
Questions? Call 502.894.0777

## Updates from the KPF 2019 presentation with the Kentucky Governor's Scholars Program

Janet Dean, Ph.D. - KPF Public Education Chair

In a partnership between the Kentucky Governor's Scholars Program (GSP) program and the Kentucky Psychological Foundation, Janet Dean, PhD, and Cay Shawler, MS, presented to Kentucky high school students at Centre College, Bellarmine University, and Morehead State University this summer. GSP is recognized for gathering exceptional students from across the state, and the Kentucky Psychological Foundation aims to impact the lives of Kentucky citizens and create a healthier population in the state.

This program focused on providing information about mental health to these young leaders. The presenters were able to offer information on common mental health diagnoses, strategies for recognizing mental health concerns, and coping skills for good self-care with a list of resources.

Ms. Shawler reports that the students at Centre College were very engaged with excellent comments and questions.

The skills offered centered around mindfulness to monitor emotional regulation and intervene as soon as possible when stress levels rise. This group of high achieving and intelligent students realized they needed the balance in their lives. The session ended with guided relaxation. The entire group admitted to a decrease in stress level.

Many students at Morehead and Bellarmine reported living with high expectations and demands that sometimes cause anxiety and depression, and they were able to quickly recognize how their own negative thinking patterns exacerbate their responses to these expectations, according to Dr. Dean. Overall, students were very engaged, learning skills to help themselves as well as their peers. This opportunity to bring the seeds of mental health knowledge to young leaders will hopefully generate fruitful outcomes!





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