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Exciting News from KPA & KPF

We hope you enjoy this 4th quarter edition of the KPA e-Newsletter, a regular e-newsletter aimed to enhance communication about psychology across the state. What follows is a sampling of psychology-related news and opportunities across the Commonwealth. Check out the column on the left for KPA Member Highlights, available home-studies, KPA Member COVID-19 resources, Anti-Racism & Trauma resources, and more.

Stay Social With Us



We are still practicing physical distancing, but that doesn't mean we can't be social! Go give us a like or a follow on all of our social media platforms!

[KPA Facebook](#), [KPA Twitter](#), & [KPA Instagram](#)

[KPF Facebook](#), [KPF Twitter](#), & [KPF Instagram](#)

8. [We Want to Hear from You – KPA PAC’s “What’s One Thing?” Survey to Increase Involvement of KPA Membership](#)

Get Engaged with KPA

Eric Russ, Ph.D. - Executive Director

One of the things I love about KPA is getting to know the wonderful psychologists across the Commonwealth. We have incredible members and I appreciate the ways you help make an impact on mental health in Kentucky. We’re working hard to make KPA membership valuable to all of you. We have a lot going on at KPA and it’s easy to miss the emails so I’m highlighting 10 ways you can get more involved in KPA!

1. **Join us at Psychology Day in Frankfort!** In late February, we’ll meet with Legislators in Frankfort about bills important to the health of Kentucky. We’ll have lots to talk about this year including Ban Conversion Therapy, PsyPact, and racial justice! This is a great way to get to know your legislators and learn to become an advocate for psychology!
2. **Respond to our legislative action alerts.** Beyond advocacy day, KPA’s legislative leadership team, including our amazing lobbyist, Dr. Sheila Schuster, our Federal Advocacy Coordinator, Dr. Georgeann Brown, and our Legislative Committee Chair Dr. Amanda Merchant will be working hard throughout the session. If you see an action alert come through, it’s because we need your help. It only takes two minutes to call and makes a big impact on legislators.
3. **Use the Public Interest Response Committee** to let KPA know issues that are important to you. This is a collaborative process where you can help KPA with our advocacy and education missions. Help us write an op-ed on an issue that’s important to you or advocate for important legislation! Submit your issues here: https://kpa.memberclicks.net/pirc_information?servId=7528
4. **Apply for our Leadership Academy!** One of the pillars of our current strategic plan is Leadership. We are committed to developing outstanding leaders across the healthcare space in Kentucky. Please consider applying to enhance your development and learn how to use your knowledge to inspire others: <https://kpa.memberclicks.net/assets/docs/LeadershipAcademyFlyerfor2021.pdf>
5. **Work with our Mentorship Program!** We understand the value of our Graduate Student members and the importance of addressing parity issues in the pipeline to becoming a

2020 KPA AWARDS

Attention
KPA Members:

Nominations are open!
Join us in celebrating
the contributions and
achievements of our
distinguished colleagues
by nominating them for
one of KPA's prestigious
awards:

- Psychologist of the Year
- Jack Runyon APA Citizen Psychologist
- Researcher of the Year

Please submit your
nominations no later
than Friday,
November 27, 2020



CLICK HERE TO SUBMIT
YOUR NOMINATION.

psychologist. Please be on the lookout for information on our new Graduate Student mentoring program. Graduate students will be mentoring undergraduates interested in pursuing a career in Psychology!

6. **Join our Board!** We love to have engaged psychologists run for our Board of Directors. See our current Board members and when their terms are up here: <https://www.kpa.org/kpa-board-of-directors>. We are also looking for passionate psychologists to join the Board of our Foundation <https://www.kentuckypsychologicalfoundation.org>. Contact me (eric.russ@kpa.org) if interested!
7. **Join a Committee!** If running for the Board isn't your thing, join a committee. We have committees that plan our CE events and the annual convention, write our communications, focus on Early Career Psychologist issues, and more! Look for a call for committee members in your email soon or let us know you're interested here: https://kpa.memberclicks.net/index.php?option=com_mcform&view=ngforms&id=27041#/
8. **Find community!** We strive to make KPA a welcoming home for psychologists across Kentucky. Please join us at our CE events, the annual convention, or social event! Find the latest updates on our webpage <https://www.kpa.org/> or on social media at Kentucky Psychological Association and Kentucky Psychological Foundation
9. **Get Virtual CEs!** This has been a hard year for everyone. If you've found yourself too busy to check out our live virtual CE events, check out our growing library of CE home studies to catch up on what you missed: <https://www.kpa.org/home-study>
10. **Ask a colleague to join KPA!** We hope you find that being a member of KPA is a good value! We're always working hard for ALL psychologists so make sure to be a KPA ambassador and ask your friends and colleagues to join!

Director of Professional Affairs Update

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

Thank You to All of Our Convention Sponsors!

Platinum Sponsor



Silver Sponsor



Bronze Sponsors



Aetna Better Health® of Kentucky



As you may know, the Director of Professional Affairs (DPA) is a paid, very part-time position for KPA, and serves as a support for practice-related issues. This liaison role includes working with

1. DPAs from other State and Provincial Psychology Associations
2. KBEP (our state licensing board) which has been highly collaborative and responsive to recent requests for information and changes within their ability to make
3. KPA's Legislative Advisory Committee that includes our lobbyist, the tireless and resourceful Dr. Sheila Schuster
4. APA practice resources (Shout out to the highly responsive legal consultants with Legal & Regulatory Affairs [LRA] Department)

As I write this KPA newsletter article-the last one of this extraordinary 2020, I marvel at the sheer deluge of information and updates that have been sifted, sorted, and compiled over the course of this roller coaster of a year for members. We now move into the 9th month of accommodating and adapting to the pandemic, continuously requiring a moderate to a high level of alert for renewed demands on our day to day practices. The DPA listserve that connects me with other DPAs across the country has been quite active with questions, answers, and helpful guidance and clarification. Here are a few reminders and new alerts:

1. Public health emergency has been extended through January 20, 2021. That includes the waivers to the telehealth requirements, with relaxed HIPAA compliance enforcement.
2. CE Requirements: Remember that for any licensure periods that include Kentucky State of Public Health Emergency, KBEP has removed modality requirements on CE events. This means that all CEs that are live-streamed or recorded will count toward licensure renewal. Since March, KBEP has increased its collaboration with KPA, and worked hard to generate 3 memos (Please insert link <http://psy.ky.gov>) for licensees with COVID-19-related guidance and rules. These additional efforts are notable given that the law prohibits KBEP from meeting outside of their monthly meetings.
3. Telehealth parity: Most commercial insurers have extended their coverage for telehealth through to January, but increasingly may start requiring providers to use specific platforms, eliminating the telephone only option, and decreasing their reimbursement rates.

Therapy in your car: Many of us have identified that a client's vehicle may be the only viable confidential space available to them for therapy sessions. Two issues have been introduced. First, clients should be cautioned (You may want to add to your Informed Consent form) that Bluetooth connections with other connected devices may lead to breaches in confidentiality during sessions among family or household members. For providers, some insurers are deeming vehicles not a secure place of service, and are denying reimbursement. United Healthcare, for example, recently explicitly excluded vehicles. One



Click here to
access:
**Anti-racism &
Racial Trauma
Resources**

opinion from APA L & R was that if the car is parked within a garage or driveway contiguous to the home, that the case may be made that it serves as an extension of the home.

1. Interstate practice

As you know, through the public health emergency many state professional licensing departments have implemented some provisions for practicing across state lines. (Note: As with Kentucky, Indiana and Ohio, these PHE registrations are often separate from the normal out of state practice provisions by psychology licensing boards). As the pandemic has persisted, renewals of these temporary permission registrations are needed (Indiana extended mine automatically, and emailed a confirmation).

One interesting discussion on my DPA listserv has been about inter-jurisdiction moving forward, and how these laws are now being scrutinized more carefully given the implementation of PSYPACT (16 states, not including KY yet) and our new Healthy at Work and Home reality. At the beginning of all this, I fielded questions about practicing across state lines with a Kentucky license. My consultation with experienced colleagues including from KBEP and APA at that time led me to understand that the client's location was the service delivery location, and so if your client was in Kentucky, that your KY license would have you covered.

Recent comments have clarified that the jurisdiction where the psychologist is located is relevant: CMS recently stated that it would recognize the authority to practice via multi-state licensing compacts for its providers. This presumes that the provider is licensed in his/her state of record as a Medicare provider and is located in that state when providing services to Medicare beneficiaries.

"The general legal view is that the psychologist needs to be licensed in the jurisdiction where the services are delivered. When it involves technology, there creates a legal fiction of sorts where the delivery is occurring in two jurisdictions at the same time. It is presumed that the psychologist is in his/her state of licensure. The licensing board where the patient is located also claims that the psychologist either needs to be licensed in its jurisdiction or subject to some sort of licensure exemption/exception given its consumer protection mission. So that's why the focus is primarily on the patient's jurisdiction." ~ from APA L&R

So, the DPA discussion is still unfolding around concerns that state boards of psychology may start to more strictly enforcing out-of-jurisdiction rules. For example, a psychologist regularly sees an Indiana client in her Kentucky office but is on vacation in North Carolina when the client contacts her for a semi-emergent issue. Another example would be that the same psychologist being contacted at her home in

Kentucky Psychological Association & Foundation Presents:

Upcoming Events in January 2021

Monday, January 11th
EFFECTIVE ADVOCACY - EVERY VOICE COUNTS!, 2 CE
Presented by Sheila A. Schuster, Ph.D.

Friday, January 29th
Psychology & Yoga, 2 CE
Presented by Margaret Calvery, Ph.D.

Upcoming Event in March 2021

Friday, March 5th
Featured Workshop on Suicide Prevention with Nadine J. Kaslow, PhD, ABPP.

6 CEs fulfilling the KRS 210.366 requirement for suicide prevention training.

Be on the lookout for registration details!

Indiana. Technically, the psychologist would be viewed as practicing in North Carolina (or Indiana) without a license.

I will keep you posted on how other licensing boards-especially those on our border states- seem to be acting, and KPA will continue to work closely with KBEP to ensure common sense and clarity through this!

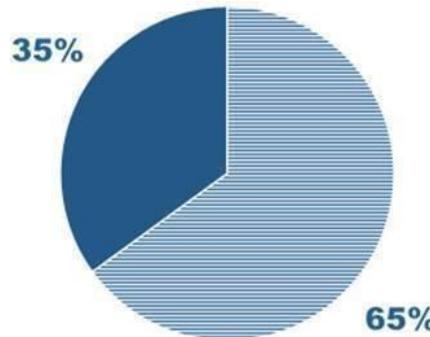
6. APA-SPTA Advocacy with CMS on CPT codes: Thank you to all who submitted comments in APA's advocacy push around supporting and protecting reimbursement rates for evaluation and management (E/M) and a proposal to increase psychotherapy codes. Thirty-seven State psychological associations (including KPA) submitted advocacy "comment" letters to CMS! See chart for the state by state count below. NOTE FOR FUTURE THOUGHT: Because of direct "trickle down" effects onto commercial insurance rates, these efforts matter to all behavioral health providers-not just those with Medicare!

CMS 2020 CAMPAIGN



AMERICAN PSYCHOLOGICAL ASSOCIATION SERVICES, INC.

Final Tally of Comments



TOTAL COMMENT GOAL	12,000
CURRENT COMMENT NUMBER	7,798

COUNT BY STATE							
AK	20	ID	34	MT	46	PR	6
AL	28	IL	331	NC	320	RI	47
AR	37	IN	103	ND	25	SC	37
AZ	121	KS	35	NE	73	SD	8
CA	918	KY	45	NH	39	TN	75
CO	164	LA	60	NJ	243	TX	290
CT	94	MA	393	NM	76	UT	69
DC	31	MD	264	NV	61	VA	154
DE	44	ME	50	NY	408	VT	40
FL	283	MI	304	OH	513	WA	162
GA	102	MN	336	OK	87	WI	74
HI	76	MO	98	OR	85	WV	32
IA	48	MS	29	PA	768	WY	12

"The best scenario is that they increase all of our codes and we are also able to get budget neutrality waived (would eliminate the 10.6% conversion factor reduction). If both happen then we would be able



**Psychology License Defense
& Mental Health Law**

**CLICK HERE
FOR MORE INFORMATION**



Mark R. Brengelman

Attorney at Law PLLC

*Committed. Connected. Focused.
Knowledge of the Field is Power.*

**Click the image below to
access episodes and show
notes to our KPA Podcast!**

to turn a potential reduction into a real increase. It is also important to note that by increasing the RVU values for the codes, this should translate to increased reimbursement with other payors.” ~APA’s new Senior Director of the Office of Health Care Financing, Dr. Stephen Gallaspy

6. In September, Optum (which is the largest managed behavioral health care organization) announced that it will adopt APA’s [2019 Psychological and Neuropsychological Testing Billing and Coding Guide](#) as guidance on the clinical criteria it will use to make coverage decisions about testing services. This policy will go into effect on January 1, 2021. APA continues to work with other carriers to follow suit, which supports “medically necessary” coverage decisions that include the expertise of psychologists and neuropsychologists.

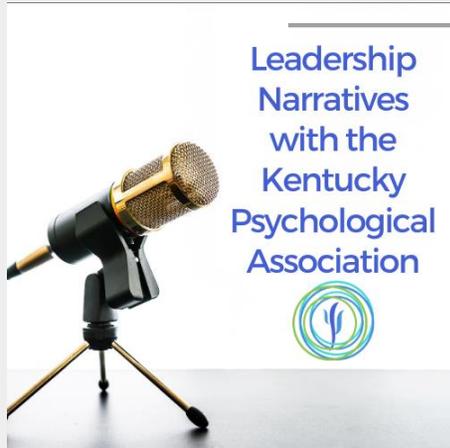
7. Some of you may be hearing about the “Open Note” Provision that requires EHRs to be immediately and easily accessible to clients. Implementation has been delayed until April, 2021 (though hospital-based providers will see an impact as those big EHR systems ramp up). APA’s Legal and Regulations team is working on an analysis for us DPAs, so I will do a more comprehensive report on recommendations in the next few weeks. Here’s a helpful link if you want to get a head start: [“HHS Extends Compliance Dates for Information Blocking and Health IT Certification Requirements in 21st Century Cures Act Final Rule”](#)

8. Check out and PASS ON this great set of little (like, 60 seconds each!) guided videos from APA designed for Frontline Healthcare workers: <https://pages.apa.org/healthcare-worker-covid-19-resources/>. (Scroll down the page to find the video clips.) Each is mindfulness-based, straightforward, and engaging, and I thought they were very well-done. These would work for us as a breather between sessions!

We will continue to keep you informed as we go, and I appreciate your emails with your inquiries, shared information, and feedback when our work has felt supportive and beneficial to your work.

Please keep that communication coming (dpdkatie@kpa.org) -the good, the bad, and the ugly-so that we can best support your practice needs!

Thanks for reading,



November Election Marks Call to Advocacy

By Sheila A. Schuster, Ph.D., KPA Legislative Agent

While much of our attention on November 3rd was focused on the Presidential election and Kentucky races in the US Senate and US House, Kentuckians voted in record number (absentee, early or on Election Day) to increase the margin of seats held by the Republican party in both the Kentucky Senate and the Kentucky House of Representatives. When the Kentucky General Assembly begins its new session on January 5, 2021, the House will be made up of 75 Republicans and 25 Democrats, and the Senate will hold 30 Republican seats and 8 Democratic seats.

Whether you are a Republican, Democrat, Independent, or Libertarian, it is important to remember that our issues as psychologists and advocacy change agents are not typically partisan issues. I remind legislators all the time that mental illness, for instance, doesn't care what your politics are, or whether you live in an urban or rural part of Kentucky. The importance of the political power structure is not the issues themselves, but the need to navigate the legislative process in order to change public policy. Remember that the party that holds the majority of seats in a particular chamber occupies the key leadership (decision-making) positions (Speaker in the House, President in the Senate, Majority Floor Leader, etc.), chairs every legislative committee, and has a majority of the members on each committee. So, as we lay out the 2021 priorities for KPA and strategize for their passage, we need to be mindful of the politics as well.

Perhaps more important than the party affiliation of newly-elected legislators is the fact that we have precious little time to welcome them, introduce ourselves and begin the education process about our profession and our priorities. We have 28 new legislators (6 in the Senate; 22 in the House) taking office in early January – most of whom don't know what a psychologist does or what role psychology can play in the health of the Commonwealth. Our job is to do that education...and to start it immediately! A grid of election winners and newly-elected legislators by county is posted here: <https://bit.ly/3pwBkA0>

WE NEED YOUR HELP TO MOVE PSYCHOLOGY FORWARD!

TAKE ACTION NOW: Find your legislator in the grid linked above and send a note or email with congratulations to your newly-elected or re-elected legislators. Identify yourself as a constituent and a psychologist (academic, psych student, practitioner, etc.), and as a member of the Kentucky Psychological Association. You can state that our goal is to be a resource for them -- to be of help to



MEMBERHIGHLIGHTS



Courtney Keim, Ph.D. Was interviewed by Kathie Stamps with the Lane Report.

Dr. Keim talks about maintaining psychologically healthy workplaces during the pandemic.

[Click here to read the full article.](#)



Sarah Shelton, Psy.D., MPH, MSCP, has been elected President of the International Association of Correctional and Forensic Psychologists (IACFP). [Click here to read more.](#)



Candice Hargons, Ph.D. says racism can have a negative impact on a person mentally and physically. [Click here to read more!](#)

If you have a highlight you would like to share with the KPA office please email

the legislators as they look at a wide range of legislation that they have to digest and make decisions about.

MARK YOUR CALENDAR FOR KPA ADVOCACY DAY: What has traditionally been our Psychology Day in Frankfort will be done virtually next session because of the COVID pandemic. Mark your calendar now for Tuesday, February 23, 2021, and watch for more information about how you can make your voice heard in KPA's advocacy on state legislative issues!

TIMEFRAME: The 2021 legislative session will start on Tuesday, January 5th for a "short" (30-day) session. From January 5th through January 8th, legislators will be sworn in, assigned to committees, vote on their chamber's leadership team, and receive ethics training. They will then be at home for almost a month...returning to Frankfort for legislative action on February 2nd. This "back home" period is the ideal time to continue to reach out to both returning and new legislators and to talk with them as a psychologist and a constituent about our priorities.

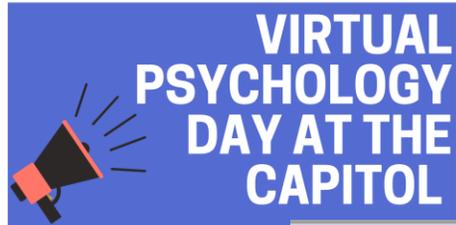
ADVOCACY TIPS ARE AVAILABLE: Dr. Georgeann Brown and I will be offering an advocacy webinar at the KPA Annual Convention, which will also be available as a Home Study after the convention ends. In addition, I will be offering a 2-hour (virtual) Advocacy Training on January 11th (1 – 3 p.m.) which is free unless CE credits are desired. Registration will be available through KPA.

KPA'S PRIORITIES: The KPA Board will be formally adopting our 2021 legislative priorities at its next meeting. They will include several priorities from the last session which were not passed: PsyPact to make it easier to practice telehealth across state lines; Banning Conversion Therapy as a harmful practice; Protecting the CMHCs and other community safety-net agencies from increased contributions to the state pension fund. We will continue to be vigilant in protecting the profession and practice of psychology from intrusion by government or others, and enhancing opportunities for the education and practice of psychology in Kentucky.

YOU CAN MAKE A DIFFERENCE: Advocacy has never been more important, nor has KPA ever been more active! Reach out to your legislators – newly-elected or returning – now and then again in the New Year, sign up for Advocacy Alerts, and join us for Advocacy Day virtual activities on February 23, 2021. We need YOUR voice if we are to be successful!!

QUESTIONS? Contact me at kyadvocacy@gmail.com or 502-836-4222.

Marketing & Membership Coordinator,
Samm Ownby at samm@kpa.org



LET YOUR VOICE BE HEARD! KPA MEMBERS ARE INVITED TO JOIN US TO RAISE AWARENESS AMONG OUR LEGISLATORS ABOUT IMPORTANT ISSUES AFFECTING MENTAL HEALTH, THE PROFESSION, AND THE PRACTICE OF PSYCHOLOGY.

CLICK HERE FOR ADDITIONAL INFORMATION AND TO REGISTER!



Kentucky Psychological Foundation Update

Hello fellow KPA members,

It has been my honor to serve as the Kentucky Psychological Foundation Board President for the past three years, and prior to that, as Vice-President/Secretary and Public Education Chair. During this time, I have been so proud of the work KPF has done in support of its mission of building a psychologically healthy Kentucky. We have offered public education on psychological health to people across Kentucky in numerous ways. We produced a Kindergarten readiness booklet that integrated social and emotional well-being elements which are so important for supporting a child's mental health. We have hosted mental health fairs, depression screenings, and provided much needed psychological education to the community through op-eds and website content. We have recognized and supported local businesses so that they could provide psychologically healthy workplaces for our community. We have sponsored diversity training to psychologists and psychological associates as well as other individuals who serve the mental health needs of Kentuckians. We have offered monetary awards to researchers and graduate students of diverse backgrounds and those whose efforts support the mental health needs of BIPOC and the LGBTQ+ community. We have supported the learning and professional development of psychology students with our annual Spring Academic Conference. We have presented awards for outstanding mentorship to professors and honored excellence in research. All of these efforts have been in support of our six key initiatives which we identified in May of last year:

**Attention
KPA
members
click here
to access
KPA'S
COVID-19
Resources**

- 1) Sharing psychological resources
- 2) Promoting psychological research
- 3) Honoring leadership in psychology
- 4) Encouraging psychologically healthy workplaces
- 5) Promoting equity and inclusiveness
- 6) Engaging in other projects that foster healthy and meaningful lives.

While I have been honored to assist in developing and supporting these key initiatives, it is time for new leadership to continue seeing them through. I am so pleased to announce that Dr. Tammy Hatfield, current Vice-President/Secretary of the KPF Board, will transition into the President role this January. Dr. Hatfield has contributed so much to the Board already, and I am confident she will work closely with Dr. Eric Russ, our new Executive Director, in furthering the mission of KPF. I wish them both, and the rest of the board, a successful new year!

Thank you for allowing me to serve,

Jennifer Price, PhD

APA Council of Representatives Report

Felicia D. Smith, PhD – APA Council Representative, Kentucky

What is Council?

The Council of Representatives (Council) is the legislative and oversight body of APA. Council has full power and authority over the affairs and funds of the association within the limits of the APA Bylaws Certificate of Incorporation. It is composed of representatives of divisions; state, provincial, and territorial psychological associations (SPTAs); and the Board of Directors. Council holds two business meetings annually: a mid-winter meeting and a meeting at the time and place of the APA convention.

August 2020 Meeting Actions

KPA Home Studies

[School-Related Anxiety: Helping Students Achieve Success in Non-Traditional Times, 1.5 CE](#)

Presented by Kristie Schultz, Ph.D., Joseph Edwards, Psy.D., Kristen Kyriacou, Psy.D., Zack Thieneman, Psy.D.

[Ethics of Assessment in the age of COVID, 2 CE](#)

Presented by Margaret Lanca, Ph.D., Jean Deters, Psy.D., Maggie Wright, Psy.D., & Byron White, Psy.D.

[Suicidality and Telehealth: Ethical Crisis and Risk Management in the Age of Telepsychology, 1.5 CE](#)

Presented by Rachel Buehner, Ph.D.

[Part 2: Psychologists' Well-Being: An aspirational guideline or ethical responsibility?, 1.5 CE](#)

Presented by Abbie O'Ferrell Beacham, Ph.D.

[Part 1: Psychologists' Well-Being: An aspirational guideline or ethical responsibility?, 1.5 CE](#)

Presented by Abbie O'Ferrell Beacham, Ph.D.

[Psychopharmacology, 3 CE](#)

Presented by Rif El-Mallakh, MD

[Understanding The Role of Medication Assisted Treatment in](#)

In the context of COVID-19, Council conducted a virtual meeting in August 2020 of its 179 members. Briefly, Council carried out the following action items:

- adopted a policy regarding the COVID-19 pandemic
- elected to forward to the Membership for a vote a bylaws change that would allow Council voting seats to members of the ethnic minority psychology associations
- elected to forward to the Membership for a vote a bylaws change creating a new membership category and voting privileges for certain psychology graduate students

APA Policy on COVID-19

Calling for a population health approach to address the pandemic, the resolution highlights the role of psychology, as the science of behavior, in efforts to help increase adherence to physical distancing, mask-wearing, and handwashing. Noting the devastating number of hospitalizations and deaths from the coronavirus, the resolution points to the contributions of psychologists in addressing widespread stress, anxiety, depression, and hopelessness.

Voting Privileges for Ethnic Minority Psychology Associations

This bylaws change would offer seats on Council to the five current ethnic minority psychological associations (EMPAs). This was the fourth time since 2007 that Council has wrestled with this question. The sponsors for this item cited the confluence of COVID, racial unrest, and deep-rooted health disparities affecting people of color in the US in urging its passage. The measure passed by a wide margin – 160 to 1, with 2 abstentions.

The five EMPAs covered by the proposed bylaws amendment are the American Arab, Middle Eastern and North African Psychological Association; the Asian American Psychological Association; Association of Black Psychologists; National Latinx Psychological Association; and the Society of Indian Psychologists.

As the representative for KY, I voted “yes” for this bylaws change. It provides a critical voice to members representing the interests of ethnic minority communities within our association. This change will bring a wider range of voices to the table and will undoubtedly deepen the richness, relevancy, and effectiveness of policy decisions. Support for this bylaws change is consistent with KPA’s affirmation for and value of inclusion and diversity.

[Opioid Use Disorder](#)

Presented by Brian Casey, MD

[Effective Advocacy - Every Voice Counts!, 1.5CE or Without CE Credits](#)

Presented by Sheila Schuster, Ph.D.

[Domestic Violence and Elder Abuse: Overview and Legal Updates, 3 CE](#)

Presented by David Hanna, Ph.D.



Voting Privileges for Graduate Students

The Council also revisited the matter of changing the bylaws to allow graduate students in psychology to vote in APA elections. (A similar measure passed Council in 2019 but fell 58 votes short of passing the full membership.) After much debate surrounding whether to place certain guardrails around which psychology master’s students would be covered, the council passed the measure by 115 to 38, with 5 abstentions. This amendment would create a new membership category for master’s and doctoral students who, after a year as graduate student members, would have the right to vote in the APA president-elect and board member-at-large elections and the bylaw amendment and apportionment ballots.

In the case of this proposed bylaw amendment, Council voted to include pro and con statements, along with an explanatory statement, when it is sent to the full membership.

As the representative for KY, I voted “yes” for this bylaws change. I believe diversity in the decision-making process fosters an association that is meaningful to all it represents. Further, enfranchising graduate students strengthens their engagement in APA and helps to prepare them for leading the discipline in the future. Support for this bylaws change is consistent with KPA’s affirmation for and value of inclusion and diversity.

CALL TO ACTION: Vote in the APA Apportionment & Bylaws Amendment Ballot Election

All APA members are called to vote in the APA Apportionment and Bylaws Amendment Election from November 2 – December 16, 2020. Please check your email inbox for the link to your ballot.

The election allows members to vote on the important Voting Privileges bylaws changes and the Composition of APA’s Council. Each voting member of APA receives a ballot with 10 votes to distribute among eligible constituencies according to your interests. Be sure to include Kentucky among your ten votes, along with other divisions that you would like to be represented on Council.

Year One Reflections

As I near the completion of my first year as the KPA Representative to APA’s Council, I am keenly aware of the gravity of the role. In the current cultural, political, and economic climates, APA has worked with great intention to position psychology as a trustworthy and authoritative voice on

As you are faced (inundated may be more apt these days...sigh) with situations in the public discourse, have you ever said to yourself or your colleagues, **“Wonder what KPA is doing about that?”** or think that your particular background and expertise could make a useful contribution?

Please take advantage of the interface under the **ADVOCACY** tab above to submit issues of interest to you to the newly formed:

Public
Issue
Response
Committee
(PIRC)



[KPA Advocacy Benefits](#)

Remember that KPA's advocacy efforts are supported by your membership in

numerous challenges facing our world. It is my true honor to represent KPA's values and priorities in APA's efforts to elevate the public's understanding of psychology and share psychological science in ways that inform real-world problems. I am humbled to serve KPA in this way and I am energized by the supreme advocacy of APA at this moment in time.

New Opportunities with the KPA Graduate Student Mentorship Program

Hannah Heitz, KPA Graduate Student Representative

The new KPA graduate student mentorship program is the first step towards supporting increased diversity in program applicants and increasing diversity of future mental health clinicians and researchers. The mentorship program will match graduate students with undergraduate or post-bac students interested in pursuing advanced degrees in psychology. This program will help address the unequal representation of BIPOC pursuing advanced degrees in psychology at the pipeline level-- tackling barriers like knowing what programs exist, how to apply, and what makes a candidate competitive. Additionally, the mentorship program provides a space for graduate students to develop mentorship and leadership skills.

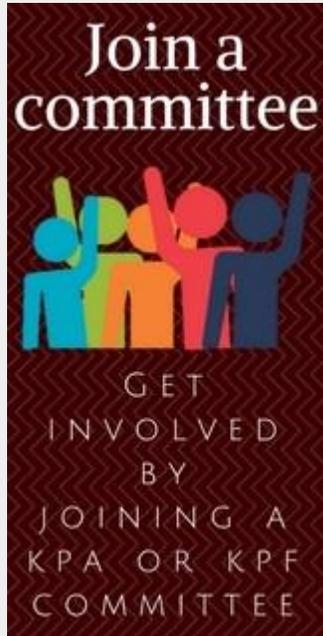
The KPA graduate student mentorship program is launching in 2021 and we are currently seeking graduate student mentors. Interested graduate students are highly encouraged to attend the information session on **Tuesday, November 17th at 7 pm via Zoom. Please register here:** https://us02web.zoom.us/meeting/register/tZcpdeusqT0vGdNoRTCcSUnQP5aqU_DeLNue

Combining the APA Ethics Code and Self-Care Strategies to Prevent Burnout for BIPOC

Queen-Ayanna Sullivan, B.A. - Counseling Psychology Masters Student, University of Kentucky & Kentucky Psychological Association Ethics Committee Student Member

The United States of America is currently amid a global pandemic - COVID-19, an economic recession, a racial divide – the Black Lives Matter Movement, and a monumental presidential election. These events in isolation raise concern for amplified stress levels, and the multiplicative impact of all four of

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them combined drastically negatively impact individuals within the United States. Overall, times are trying, but how are these stressors amplified for professionals and students within helping fields such as psychology? Additionally, how are they even more exacerbated for Black and Indigenous People of Color (BIPOC) within psychology? In our field the topic of self-care frequently appears in conversation; however, readily applying it to the lives of the people who often need it the most, mental health professionals, is scarce. It is crucial to acknowledge that our growing to-do lists, everyday news developments, and interpersonal interactions can easily overwhelm us. Nevertheless, these stressful factors should not negate our essential needs which aid in our self-preservation.

As psychologists and future psychologists, we must stay informed about events taking place within our environments. It is easy to become engulfed in the mindset that since the world is slowly shifting towards a new normal, so should we...but this is not normal. People within the United States are consistently stockpiling items to prepare for future shelter-in-place orders, parents have become teachers for their children, and human interaction is limited. Many of our clients have filed for unemployment, thus bringing about significant rates of homelessness and domestic disputes within families. Systemic racism is thriving, the rates of violence against Black people are steadily increasing, and an executive order is in place to halt diversity training efforts. Lastly, the results of the upcoming election can intensify all of the above-mentioned current issues. Our communities need us, so there is an extreme amount of pressure on clinicians to give. Nevertheless, the question remains. How do we know when to stop before experiencing burnout, and if you have reached that point, how can you return from it?

Below are the five general principles of the American Psychological Association's Ethics Code. Through them, I wish to assist BIPOC psychologists who are working on increasing their self-care efforts, particularly in hopes of reducing burnout:

Principle A: Beneficence and Nonmaleficence. Understand that your colleagues should want the best for you, especially within work environments. It is appropriate to name when life is getting physically and mentally challenging, when you are not feeling supported, and where you see space for positive change to occur within our field. As psychologists, it is our top ethical principle to do no harm. However, when we are experiencing harm it is difficult for us to fully support others.

Principle B: Fidelity and Responsibility. Perform acts of trust in relationships, and when possible, engage in collective care with other BIPOC within your psychological network. These people can support you professionally and interpersonally. Additionally, take time to participate in community work however you are able. Learn where you are most needed, see if it aligns with your capacity to counsel/teach/research, and share your valuable expertise with the world.

Principle C: Integrity. Be honest. As BIPOC, we tend to hold the weight of the world, and it does get heavy. Do not over-commit yourself, and try to shift your mindset towards prioritizing your needs. You

advocacy issues, including HIPPA, third party reimbursement, and state regulations, and can tap resources and practice information from APA to help members resolve issues.

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are not missing out on opportunities; you are actively improving your capacity to thrive in work-related settings. Engaging in this does not mean that you are not able to handle everything. Instead, it shows just how strong you are because you can honestly vocalize your boundaries.

Principle D: Justice. Be aware that right now, the current state of the United States may impact the judgment of BIPOC. Additionally, individuals that we interact with within our professional settings may hold different beliefs than us. Try to appreciate your ability to spot personal biases that you hold and have a plan for when you are feeling challenged in professional settings.

Principle E: Respect for People's Rights and Dignity. Know that as a whole human you deserve to have your rights and dignity respected similarly to the clients that you see. Find a colleague whom you trust and lean on them when you need support. However, if they are also a BIPOC be sure to create a mutual sense of accountability and communication within the relationship - because they may be facing trials and tribulations of their own. Recognize that although you may not always be respected due to your identity as a BIPOC in the United States, as a psychologist, you hold a worldview that can greatly impact your scientific and clinical practice whenever you are ready to return.

Right now, it is critical for BIPOC within psychology to recognize what our boundaries are, and to know when it is time to reach out for assistance using programs such as KPA-CAP (Kentucky Psychological Association Colleague Assistance Program). It is okay for us to say no and to be vulnerable during this trying period in history. The work that we do right now as psychologists will have lasting implications for generations to come, so we must take a pause to effectively continue. Self-advocacy is a requirement for our sustainability. Reflect on how much time you spend using your voice to advocate for others and consider how you can better advocate for yourself. Think about how many times you tell your clients to treat themselves with kindness, to engage in positive behaviors that will benefit their lives, and how that might apply to your situation. Know that this is a learning process, it will not happen overnight, and that is acceptable. Finally, remember that we cannot expect our clients to do the work if we are not willing to do it first ourselves.

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We Want to Hear from You – KPA PAC’s “What’s One Thing?” Survey to Increase Involvement of KPA Membership

Ben Birkby, Psy.D., KPA-PAC

The PAC has achieved notable accomplishments over its 6-year lifecycle. This includes high levels of support from KPA Board members, success in making donations to bi-partisan candidates who are ultimately elected (81%), development of meaningful relationships with candidates who champion mental health causes, and a high ranking among health-related professional PACs (7th out of 39). This success has allowed the KPA-PAC to translate the compassion and care that you have for your clients and communities, as well as KPA’s legislative priorities, into meaningful legislation that matters!

Despite these successes, the PAC has noticed a “double decline” recently – a drop in total contribution amounts year-to-year (even when taking into account natural fluctuations in non-election years), and a decline in the average donation amount per KPA member. The KPA-PAC is aware that competing requests for donations (e.g. KPA capital campaign), the financial and emotional toll of the COVID-19 pandemic, as well as other factors have contributed to the double decline.

Members Only section of the website.
How it works...Your request will be forwarded to the current KPA Ethics Committee Chair, Dr. Vicki Van Cleave, who will consult with the entire ethics committee and review ethical guidelines prior to issuing a response. Response time averages around 10 days depending on the depth of the consultation request.

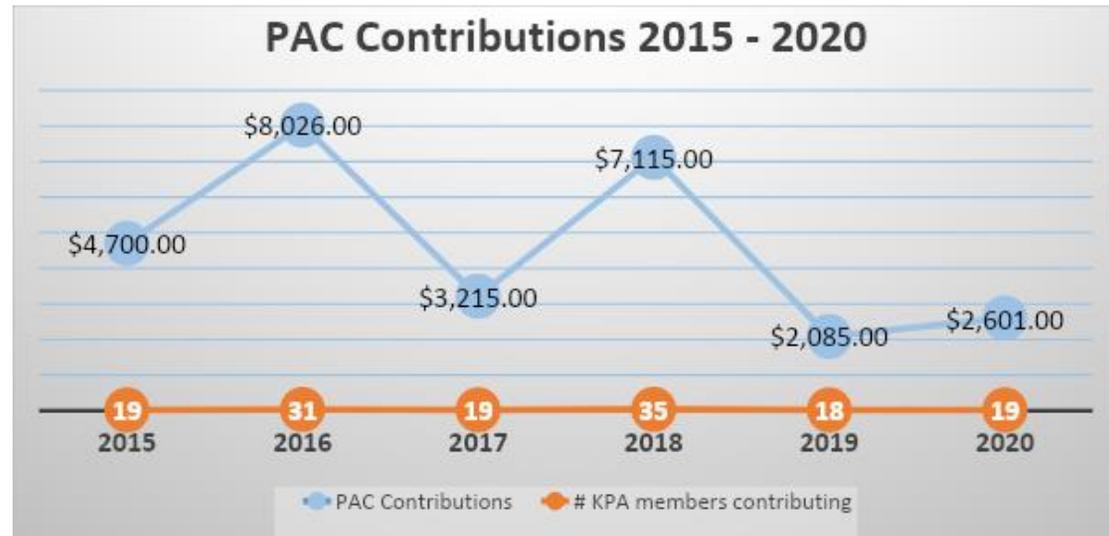
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And yet, we must turn this trend around in order to keep our foothold and gain a stronger voice in Frankfort. This will be accomplished by increasing the number of first-time donors among the KPA membership. In order to inform our efforts, the KPA-PAC would like your feedback. Please consider completing our “What’s One Thing?” survey to help us better understand the motivations that underlie your decisions to donate/not donate. The survey has 5-items and will take you 2 minutes to complete. The last question on our survey is “What’s ONE THING the KPA-PAC can do to attract first-time donors?”

<http://reach.Kentucky-Psychological-Association-Political-Action-Committee-K.alchemer.com/s3/>

Thank you in advance for your valuable insights!

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Have an idea or contribution for the KPA e-newsletter?

Contact the KPA Central Office at kpa@kpa.org or David Pascale Hague, Ph.D., KPA e-Newsletter Editor at david@claritylex.com.
The e-newsletter is scheduled for distribution in the first month of every quarter (January, April, July, October).