

HAWAII PSYCHOLOGIST

NEWSLETTER

Summer 2015



The mission of the Hawaii Psychological Association is to enhance the quality of life for the people of Hawaii by encouraging, integrating, applying, and communicating the contributions of Psychology in all its branches. HPA seeks to strengthen public relations, advocate for a psychologically healthy community, develop solutions for mental health care, be responsive to the multiple cultures in Hawaii, promote the highest standards of professional ethics and to diffuse psychological knowledge through meetings, conventions and publications.



Marie Terry-Bivens, Psy.D.
HPA President

A MESSAGE FROM OUR PRESIDENT

ALOHA MEMBERS Ψ It has been a difficult couple of weeks since the Hoffman Report was released. We have been trying to read and make sense of the information and the full implications of the report. We are responding to concerns expressed by our membership, our community, and the media. The vast majority of concerns have come from psychologist members of HPA. Although there are varied and intense feelings surrounding the report and its implications, I see this as an opportunity to come together as psychologists to make change. Through commitment to the needs of our profession and our membership, we can move forward and create an ethically sound future for our profession. I invite you to join me on this journey. We need you to speak up and get involved in HPA now more than ever. HPA board is working diligently to respond and act in ways that represent the ethics and opinions of our membership.

Ψ PLEASE SEE *PRESIDENT ELECT'S MESSAGE* ON PAGE 12

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save
the
date

**HPA 2015
CONVENTION**

Nov 6 & 7
ALA MOANA HOTEL

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HPA WEBSITE





**Lesley A.
Slavin, Ph.D.
HPA
President Elect**

A MESSAGE FROM OUR PRESIDENT ELECT

THIS IS THE YEAR FOR YOU TO BECOME MORE ACTIVELY INVOLVED IN HPA Ψ

The fact that you are reading this newsletter indicates that you are already a member of HPA, so you probably don't need to be convinced to join the organization. However, you might be pondering renewal of your membership, and contemplating the issue of how much you are getting out of your HPA membership. I really believe the simplest way to increase the value of HPA for yourself is to get actively involved, and I want to provide some ideas about how to do that.

In a recent conversation, our Executive Director, Alex Santiago said to me "we have an S.T. P. problem – the Same Ten People end up doing almost everything." This of course is a common problem among voluntary organizations – a small core group are the most enthusiastic about helping and end up involved with everything. Other members can feel they are on the outside –and maybe that they are not even wanted. In the case of HPA, I have been concerned that having a relatively small core group causes two related problems: 1) members of the core group burn out and drop out of sight and 2) those who are not very active become reluctant to volunteer because it looks as though once you are "in" you get sucked in to doing too much. It would be much better for our organization to include more members to share the workload and help expand what we are able to accomplish as a group.

Ever since I took the step of agreeing to run for President of HPA I have been contemplating how I got to the place where I would agree to do it. I remember pretty vividly when I first joined HPA after moving here in 2003. I think my first contact with the organization was when I attended my first convention. I remember watching the leadership group and thinking things like: "they probably all went to graduate school together here in Hawaii." My first impression was that everyone in HPA was in private practice and had known one another for years, and I thought I would never feel as though HPA folks wanted me around. I ended up volunteering for the Continuing Education Committee because a big part of my job is developing training for Mental Health professionals, and I thought I could learn more about professional development and training challenges in Hawaii as well as being able to contribute through the committee. It took me several years of attending meetings to feel really comfortable, but it happened eventually and it led to my being asked to go on the HPA board as CAPS representative and finally to running for President.

I think working together with other psychologists and having a venue to discuss important issues and challenges to our profession has been the major benefit to me personally of becoming more active in HPA. Since I left graduate school, I have missed the comradery I felt with other student psychologists and the intellectual engagement I had with them. I don't think we should have to do without that just because we are all grown up! Our professional organizations are a natural way to get together with our psychology "peeps." Of course there are a lot of altruistic reasons to contribute your service to HPA - including advocating for our profession and supporting younger psychologists coming behind us; but it also can be stimulating, informative, enriching - and fun!

If I have convinced you to "up" your involvement with HPA, here are some things you can do:

- Email HPA (hpaexec@gmail.com) and say you are interested in joining a committee. Our standing committees include: Continuing Education Committee, Diversity Committee, the Healthy Workplace Awards Committee, Insurance Committee, Legislative Committee, Public Information Committee, and the Rural Mental Health Task Force. We'll make sure you get a call back from the committee chair.



Pat DeLeon
Former APA
President

WE MUST SEEK AN EDUCATIONAL SYSTEM WHICH GROWS IN EXCELLENCE

INTERDISCIPLINARY CARE ψ From a health policy perspective, one of the most significant changes occurring within our nation's healthcare system is the increasing emphasis upon interdisciplinary or interprofessional team-based care. Within the framework of the President's Patient Protection and Affordable Care Act (ACA) this is perhaps most evident within the envisioned Accountable Care Organization (ACO) and

Patient-Centered Medical Home provisions of the law. Reimbursement models must change but as Katherine Nordal proclaimed at this spring's exciting State Leadership Conference (SLC): "We need to **shake off** the negative attitudes some of our colleagues have about what's happening in health care. This world is changing. And health care is moving ahead – with or without psychology."

A recent Institute of Medicine (IOM) report noted: "Much has changed over the past decade, necessitating new thinking. Innovators at that time stressed the importance of 'patient-centered care,' while today they think of patients as partners in health promotion and health care delivery. Patients are integral members of the care team, not solely patients to be treated, and the team is recognized as comprising a variety of health professionals. This changed thinking is the culmination of many social, economic, and technological factors that are transforming the world and forcing the fields of both health care and education to rethink long-established organizational models."

"One of the most exciting developments along this line at the Uniformed Services University of the Health Sciences (USUHS) (DoD) has been the recent collaborative effort by the leadership of the clinical psychology program and the Doctor of Nursing Practice Psychiatric Mental Health Nurse Practitioner program to jointly utilize the university's simulation laboratory with its professional actors. This team-based approach of treating 'patients (actors)' in the educational setting provides improved learning across all spectrums. The faculty and students from both disciplines report improved knowledge and feedback following the 'patient' encounters. Additionally, the collaborative effort models better utilization of resources since both programs are utilizing the actors simultaneously. These sessions have generated a considerable amount of interprofessional dialogue and better understanding of the respective roles and responsibilities of each profession. Future plans are being made for the programs to continue these training sessions in the upcoming therapeutic modalities course and psychopharmacology courses. Ultimately, this team-effort is helping to better prepare the students to safely and efficiently care for actual patients in today's health care delivery system" (Eric Pauli, Graduate School of Nursing faculty).

"At USUHS doctoral students in nursing and psychology can partake in a Friday afternoon public policy seminar with various guest speakers. Speakers have included high level APA staff, former and current military leaders, two former Secretaries of the Department of Veterans Affairs, executive staff from pharmacy and nursing professional organizations, and various health policy influencers such as the Institute of Medicine (IOM). These speakers share stories that convey the true art of policy making with a focus on building positive and lasting relationships across all health disciplines and in local, state, and federal government. Students regularly remark on common themes across speakers and frequently visit the class beyond their formal semester. Further, students in nursing and psychology build lasting professional relationships based on class discussions and off-site field visits to places such as the World Bank, APA, and Congressional offices" (Joanna Sells, psychology Ph.D. student).

EXCITING OPPORTUNITIES FOR THOSE WITH VISION Ψ At the most recent meeting of the HRSA Advisory Committee on Interdisciplinary, Community-Based Linkages, we reviewed the HHS December, 2010 report *Multiple Chronic Conditions: A Strategic Framework*, which expressly mentions psychology and nursing. This strategic framework to improve the health status of individuals with multiple chronic conditions emphasizes the importance of preventing their occurrence. An enhanced focus on prevention and public health is seen as essential to ensuring optimum health and quality of life. The report seeks to catalyze change within the context of how chronic illnesses are addressed – from a focus on individual chronic diseases to one that uses a multiple chronic conditions approach. This cultural change, or paradigm shift, and the subsequent implementation of these strategies will provide the foundation for realizing the vision of optimum health and quality of life for individuals with multiple chronic conditions.

More than one in four Americans have multiple (two or more) concurrent chronic conditions (MCC); for example, arthritis, asthma, chronic respiratory conditions, diabetes, heart disease, HIV, and hypertension. In addition, these include substance use and addiction disorders, mental illnesses, cognitive impairment disorders, and developmental disabilities. The prevalence of MCC among individuals increases with age and is substantial among older adults, even though many are under the age of 65. As the number of chronic conditions in an individual increases, the risks of mortality, poor functional status, unnecessary hospitalizations, adverse drug events, duplicative tests, and conflicting medical advice increases. The resource implications for addressing MCC are immense – 66% of total health care spending is directed toward care for the approximately 27% of Americans with MCC. “The poor health outcomes of individuals with serious mental illnesses and other behavioral health problems warrants special attention because of the co-occurrences of those conditions with other chronic conditions.” More than 50 efforts across HHS were found which are directed primarily to the health care needs of individuals with two or more chronic health conditions.

Health care, public health, and social services professionals and family caregivers practice in a vacuum of published data regarding care for those with multiple chronic conditions. As the IOM report noted, health care, public health, and social services professionals are dependent on and influenced by training programs that prepare them for the environments in which they will practice. Evidence suggests that many health care professional trainees feel uncomfortable with key chronic care competencies. Addressing these gaps, as well as the need for improving providers’ cultural competencies, will ensure that the current and next generations of providers are proficient in caring for individuals with MCC and in interacting with family caregivers. Specifically, HHS recommended developing and fostering training within both traditional and nontraditional professional settings (e.g., medicine, nursing, social work, psychology/counseling, clinical pharmacy, chaplaincy, vocational rehabilitation, community health workers) that emphasizes increased competency in palliative and patient-centered approaches. As psychology expands its training modules to include federally qualified community health centers (FCHCs) and the evolving ACA accountable care organizations and patient-centered medical homes (both of which might well become extensions of larger hospitals and HMOs) the clinical opportunities to work with patients with MCC and thereby demonstrate “value-add” will significantly increase. As Katherine Nordal noted at SLC: “This world is changing. And health care is moving ahead – with or without psychology.” “It means exploring new techniques... to find new ways to stimulate the love of learning and the capacity for creation.”

Aloha,

Pat DeLeon, Former HPA President



THE HPA TASK FORCE ON RURAL HEALTH

JOINING YOU IN MAPPING THE WAY TO QUALITY CARE THROUGHOUT HAWAII NEI

As the chairperson for the Task Force on Rural Health (TFRH) since September 2014, it is my distinct pleasure to apprise you of what we've been up to these past months. Since its inception in March 2014 under the leadership of then-HPA president Nancy Sidun, PsyD,

ABPP, the fledgling TFRH has been quite busy! The results of two surveys sent out to the HPA membership last year underscored the urgent need for improved access to crisis services and providers with prescriptive authority. The survey results also indicated a serious need for more evidence-based training opportunities across the islands, more addiction and disordered eating treatment facilities, increased case management services, the establishment of treatment facilities on the neighbor islands, and for improvements in our ability to attract and retain graduate students in our training programs. Your invaluable feedback sharpened the focus of Task Force members on these issues as well as numerous others that are specific to providing high quality care in rural settings.

With that feedback in hand and with HPA executive board support, the TFRH seized the opportunity to partner with the Minnesota Psychological Association on the 7th Annual Rural Behavioral Health Practice Conference. Entitled, "Innovations in Rural Behavioral Health," the conference will be held on Friday, October 9th, 2015 and broadcast via internet from the University of Minnesota, Morris campus to webcast sites across the country. That's right... your HPA is joining ranks with numerous other state psychological associations, the American Psychological Association, and even the province of Alberta, Canada! So far, we anticipate local group webcast sites on Oahu, Maui, the Big Island, Kauai, Molokai, and Lana'i. That said, it is also possible to attend the conference by individual webcast using your own personal computer. Regardless of venue, this conference is an excellent opportunity to build skills to further your work with our rural populations.

Because of our involvement as an association in the planning of this conference, HPA members will be able to attend for \$90 while students can attend for \$20. For non-HPA members, the cost is \$110. Please note that the registration cost includes a continental breakfast, snacks during the afternoon break at the webcast sites, and printed conference materials. Lunch will be on your own. The program presenters will be:

- Jeff Leichter, Ph.D. and colleagues, Keynote Speakers, "Navigating Ethical Challenges in Rural Integrated Primary Care Settings: A Primer for Behavioral Health Therapists"
- Randy Quevillion, Ph.D., "Rural Mental Health Disaster Planning and Response"
- Laverne Demientieff, MSW & Sam Demientieff, "Historical Trauma, Historical Strengths: An Indigenous Perspective of Navigating Wellness Today"
- J. P. Jameson, Ph.D., & Kurt Michael, Ph.D., "Mental Health Practice in Rural Schools: The Assessment, Support, and Counseling (ASC) Center Model"

Posters will be available for viewing at each group webcast site and conference participants can discuss/ask questions of the presenter by phone or email. The conference will begin at 8 AM (HST) and will go through 4:30 PM. On-site registration will be from 7:30 to 8 AM. Up to 7.5 CEs are available. Participants can register in advance at <http://www.mnpsych.org/3786-2>.

In addition to co-hosting this conference, other TFRH initiatives include possibly creating a chat room through the HPA website for Hawaii psychologists to further collaborate and share community resources, as well as possibly participating in the Rural Veteran/Reserves Telehealth Consortium. If you have feedback on the current TFRH activities or if you are interested in joining this task force, please contact me at AdriannaFlavin@gmail.com.

All the best to you and yours as we serve the residents of Hawaii nei!

Warmly,
Adrianna Flavin, Ph.D.



**Lianne T.
Philhower,
Psy.D., MPH**

PROVIDER SELF-CARE CORNER

FINDING A BALANCE THROUGH SELF-AWARENESS Ψ How many times have you put your own life on hold to help others who appear to be in greater need of wellness and balance? As a health care provider, you were trained to be ready and capable to support others; but were you trained to care for and support yourself equally? For many of us, our training unintentionally prioritized others. Unless you were trained in a self-applied way, you may have been denied the fruits of the

knowledge and therapeutic strategies the field of psychology has to offer.

Only after a ruptured disc from years of poor sitting posture and a worn out immune system from years of stress, poor nutrition, and lack of sleep, did I recognize that the lifestyle I had created was not sustainable. I saw how I learned, through years of learned behaviors, to make others and external deadlines my priority. Cultural values such as caring for others in need, achievement, professional quality, and a drive to "do it all with quality" were reinforced in my social and professional circles. The "tired look" just meant you cared.

Interestingly, as my practice thrived but my own well-being faltered, my drive to support others began to feel more like an obligation than the passion it had started out to be. I saw a parallel process in students who were entering the field of mental health. As stress increased and well-being faltered, academic motivation and curiosity about new experiences faded. That internal unease that came with incongruency and declining integrity began to nag at me. Was I teaching students behavioral patterns that might likely lead to health issues and burnout? This had to change. I had to find a better balance.

After reading a good amount on the subject of self-care, I found that burnout and caregiver burden was not a new area in the professional fields of nursing and education. It is only in its infancy in the field of psychology. Current research in health psychology, stress management, mindfulness, and interpersonal neurobiology now support that the quality of a provider's care is contingent on their own well-being.

Experiencing, first hand, the strategies we use in our practice helps us in many ways. We become more flexible and able to personalize our interventions to our clients. We become more self-aware and attuned to our client's needs. We learn how our clients might be able to increase their own self-awareness and develop healthy lifestyle habits that fit their cultural values and personal goals.

Finding wellness and balance occurs in each moment of self-awareness. Mindfully adjusting to healthier behaviors in whatever you are doing is all it takes. It can happen when you become aware of your posture while sitting, when you feel the discomfort of too much stress and begin to take a few minutes to breath, when you find you are having negative thoughts that are not supported by objective information and begin to work your way back to neutrality and calm objectivity, when you feel a sense of boredom and begin to savor your body's ability to move and your mind's ability to think, and when you choose to take a walk outside to appreciate Hawaii's beautiful ocean, sky and mountains. You can find wellness in this and every moment. Soon you will find you are living a life of wellness.

I hope the Provider Self-Care Corner will promote wellness in each of our lives.

Live well, practice self-care, and teach others about the process of making healthy lifestyle changes.

HPA DEBUTS AT MANOA VALLEY THEATRE!

BY CHLOE BUCKLEY, PH.D.

ONE FLEW OVER the CUCKOO'S NEST

I have often dreamed of being on Broadway. And while that dream is extremely unlikely to ever materialize, there are few entertainments I enjoy better than an evening at the theatre. It is for this reason that my husband and I became season ticket holders at Manoa Valley Theatre (MVT), where we enjoy a wide variety of off-Broadway productions each year. We were so impressed with the quality of the productions produced by all-volunteer casts and crews that my husband joined the MVT Board of Directors, and we began brainstorming ways to introduce more people to the community theatre we had come to enjoy so much.

It was during one such conversation that I had an idea. I realized that the upcoming play was *One Flew Over the Cuckoo's Nest*, the popular novel by Ken Kesey made even more famous by the 1975 film starring Jack Nicholson. I recalled the story: a conman escapes prison by getting admitted to a state mental hospital, gets into a serious power struggle with the nurse, and is ultimately subjected first to electroconvulsive therapy (ECT) and then a lobotomy. I also remembered that this was how we were introduced to ECT and lobotomies in graduate school: "Ok kids, this is what mental health treatment was like in the 60's. We don't do this anymore."

This got me thinking about the public perception of mental health treatment. Do people think that we still conduct lobotomies in our hospitals? Or that group therapy is as un-therapeutic as it was portrayed in the film? It seemed to me that unless psychologists took the time to educate the public about the current state of mental health treatment, that all they are left with are the often bizarre and comical portrayals found in the media.

I therefore proposed to HPA leadership and to the Producing Director of MVT, Dwight Martin, that we offer a public mental health education event in conjunction with one of the performances of *One Flew Over the Cuckoo's Nest*. Both sides were enthusiastic about the endeavor, and after many conversations we decided to host a talk-back session following a matinee performance, as well as a social hour for HPA members.



So on May 24, 2015, over fifty members of the audience, cast and crew attended HPA and MVT's post-performance panel discussion on "The Portrayal of Mental Illness in Theatre and Film." Our panelists



included Dr. Tanya D'Avanzo, clinical neuropsychologist and past president of HPA; Dr. Thomas Cook, former Hawaii State Hospital psychiatrist; and three members of the cast: Kevin Keaveney, who played conman Randle P. McMurphy; Shannon Winpenny, who played Nurse Ratched; and Adam LeFebvre, who played Dale Harding, a voluntarily-committed patient.

The actors shared genuinely about their experience portraying these roles, and the efforts they took to empathize with their characters and bring them to life. Dr. Tanya D'Avanzo brought forth our public education component, sharing a historical understanding of the use of ECT and lobotomy, as well as the progression of mental health treatment since the 1960's – reassuring audience members that lobotomies are no longer conducted, and that ECT, while still in use, has come a long way. Dr. Thomas Cook shared about the similarities and differences between the Hawaii State Hospital and the state hospital portrayed in the play, as well as the improvements still needed in our mental health system. And I, well, I tasted another dream of mine as television news anchor – I mean, discussion moderator – interviewing our panelists and taking questions from the audience.



As we celebrated over drinks and tacos after the discussion, I was encouraged by all of the HPA members who shared enthusiastically about how much they had enjoyed the event, and their desire to see future collaborations with MVT. I have to admit I was surprised that my idea had indeed come to fruition and been a success. The turnout for our talk-back was the largest MVT has ever seen – usually no more than half a dozen people stay for a post-show discussion – and many of them were not HPA members, showing that the public is indeed interested in learning more about mental health. The cast and crew postponed their post-show party to participate in the discussion, and some even joined us for dinner at Serg's. Our HPA members enjoyed a night out with colleagues, and reflected together on past progress and current challenges in our mental health system. Our hope is that this event only marks the beginning of an ongoing collaborative relationship with MVT, as together we raise public awareness about mental health issues through the arts.

*Mahalo to all of those who made this event possible: Dr. Nancy Sidun, for being the first to support my idea; Dr. June Ching, for her enthusiastic collaboration and support; Dr. Tanya D'Avanzo, Dr. Thomas Cook, Kevin Keaveney, Shannon Winpenny, and Adam LeFebvre for serving on our panel; Dr. Tanya D'Avanzo, Dr. Darryl Salvador, Amanda Corby Noguchi, and Dr. Rosemary Adam-Terem for their beverage donations and assistance with donations; MVT Producing Director, Dwight Martin, for entertaining our idea and working together with us, along with his talented cast, crew and production staff of *One Flew Over the Cuckoo's Nest*, for a thought-provoking performance and enjoyable evening out. Please stay tuned for future collaborative events, and in the meantime, please check out the current and upcoming MVT seasons at www.manoavalleytheatre.com.*

GIVING PSYCHOLOGY A FACE, VOICE, AND PRESENCE

BY JUNE W. J. CHING, PH.D., ABPP, PEC CO-COORDINATOR



HPA's collaboration with the Manoa Valley Theatre (MVT) on their performance of *One Flew Over the Cuckoo's Nest* was a huge public mental health education success. We were ever so fortunate to have Chloe Buckley's love of theatre to spur on this joint innovative endeavor. As HPA's PEC Co-Coordinator, my dreams these days have focused on making psychology a household word, giving psychology a voice, and offering the community a visible, personable face to our profession.

In her article, Chloe shared eloquently about how our HPA/MVT post-performance panel discussion on "The Portrayal of Mental Illness in Theatre and Film" was a sensational hit. Due to her skillful moderation of the panel, she facilitated a thought-provoking discussion about the portrayal of mental illness, historical underpinnings to psychiatric inpatient treatment, progression of mental health treatment since the 1960's, along with the need for further improvements in our mental health system. The audience interaction with the panelists was lively and illuminating.

There were also two other venues connected to this project that helped us to impact the public by providing psychological expertise and a viable presence. During one of the theatre rehearsals, Chloe and I, along with psychiatrist Tom Cook, met with the actors for three hours to provide consultation on the portrayal of mental illness in theatre and to assist with sharing knowledge on psychological functioning in character development for the upcoming performance. The cast was spot on in their questions and very receptive to information we shared. How exciting to bring the human element of mental illness to those in the theatre world!

Yet another public education outreach event took place on Hawaii Public Radio's "The Conversation" on May 11 with the show's host, Beth-Ann Kozlovich. Dr. Tanya D'Avanzo was a guest panelist on the show, sharing her perspectives on mental health issues as related to the Manoa Valley Theatre production, *One Flew Over the Cuckoo's Nest*, in honor of May as Mental Health Awareness Month.

This innovative collaboration was community outreach at its best. Additionally, the networking, involvement in such an energizing project, and fellowship with fellow HPA members and friends who came out for the event were further "icing on the cake". Mahalo to all of our volunteers who gave psychology a face, voice and presence.

THE SECRET INGREDIENT IS...PSYCHOLOGY

BY JEFFREY STERN, PH.D.



The Hawaii Psychological Association (HPA) recently celebrated its 14th annual Psychologically Healthy Workplace Awards. We were honored to have the opportunity to formally recognize the excellence of the award candidates and the exemplary workplaces they represent.

As psychologists, consultants, students of psychology and educators—HPA's commitment to wellness in the community is firmly anchored in the efforts of the Psychology in the Workplace Network, under the guidance of the American Psychological Association's Center for Organizational Excellence.

Each of us is influenced by our respective workplaces and by those around us who are, in their turn, influenced by their workplaces. Workplace wellness has ripple effects and systemic impact across many domains touched by the science of our field. Our efforts to support growth, resilience and humanity in the successful workplace stand to feed back into the betterment of our community, ourselves and in the individual lives of our clients, patients, students, mentors and loved ones.

For example, on the cover of Tuesday's Star Advertiser was the headline, "Job's wellness program pays off for whole family." The article focuses on a family, the mother of which committed to her employer's wellness program, a program that permits her to exercise on company time, provides a company gymnasium for employee use, and classes, mentoring and a company trainer, enabling her to lose 70 pounds. That company? A former winner in HPA's Psychologically Healthy Workplace Awards program, ALTRES Staffing.

One important thing to note, though, is that what separates Hawaii's Psychologically Healthy Workplace Awards program from other "healthy workplace awards programs" is psychology. Therefore, we look at things like employee recognition, growth and involvement, work-life balance, community engagement and communication. Corporate wellness initiatives are very important, but not sufficient to have the desired, bottom-line impact that organizations are seeking. The Psychologically Healthy Workplace Awards program is a holistic program of psychological well-being, not just a "best places to work" award.

This year, members of our committee conducted a program evaluation to examine the ways in which our Psychologically Healthy Workplace Awards program has affected participating organizations and their employees since 2003. Responses from participating organizations have led us to conclude that Hawaii's Psychologically Healthy Workplace Awards program has had lasting effects on companies, employees and their families, with more than half of participating organizations adding or enhancing wellness initiatives across all areas of psychological health and wellness.



Over the past 13 years, we've had the privilege of recognizing more than 70 organizations that have demonstrated some remarkable practices. The organizations honored have included everything from active duty military ships, moving companies, banks and high-tech organizations to insurance and construction companies.

Despite the range of fields and industries and the different challenges each organization faces in surviving and creating a healthy workplace, you'll find a number of characteristics common to all of them:

- A strong sense of community- People are engaged and involved.
- Trust- Management and staff trust and respect each other.
- Communication- employees know what's going on, have a say in what and how things are done, and know they will be heard.

The organizations that have been recognized by the American Psychological Association and its affiliated state, provincial and territorial psychological associations across the U.S. and Canada are on the leading edge of a growing trend. They recognize that healthy workplaces make good sense in every manner: financially, ethically and morally.

These organizations don't just survive, they thrive, and are leaders in their industries. They are great places to work, not in spite of the workplace practices, but BECAUSE of them. People are their greatest asset, and they know it and act on it!



Psychologically
Healthy
Workplace
Award

5 REASONS TO NOMINATE A COMPANY FOR AN AWARD

1. Public demonstration of your commitment to employee well-being
2. Increase collective confidence in achieving higher goals
3. Influence positive change at the individual, organizational, and community levels
4. Attract healthy-minded job candidates
5. State and national level recognition



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Psychologically Healthy Workplace Program

APA Center for Organizational Excellence

Resources for Employers Events Media The An

Investing in the health and safety of employees can improve productivity and reduce healthcare costs, absenteeism and accident/injury rates.

PRESIDENT'S MESSAGE, CONTINUED FROM PAGE 1 ψ

A number of HPA board members and member colleagues will attend the 2015 APA convention in Toronto from August 6 – 9, and we will be participating in the Hoffman-related events that are happening there. If you plan to attend and want to participate with us, or just socialize after hours in Toronto, please let us know so we can connect while we are all there.

I want to thank our Executive Director Alex Santiago for the excellent and informative legislative training session he conducted after our board meeting in July. It was well-attended, informative and motivational! The board has met with several key state senators, and we are more optimistic about the upcoming legislative session than we have been in quite some time. Congratulations to Julie Takishima-Lacasa, our new legislative chair who will be working closely with Jill Oliveira Gray (our RxP chair) on many upcoming initiatives. Please consider getting involved in our legislative committee, and always let HPA help you advocate for our profession when calls for testimony and support come out on the LISTSERV early next year.

With many important initiatives coming up, this is a great time for us to increase our membership. On September 18th we will have Membership Committee Meeting and Training from 5:00 – 7:00 pm in the Maui Room at Argosy University (immediately following our board meeting). We would like to start a membership drive to increase the number of active HPA members so that we may have a stronger voice on issues that affect our profession and the people we serve. Please invite your friends, light pupus will be served. Our HPA Convention will be held November 6-7th, 2015 at the Ala Moana Hotel. The theme this year is "Psychology's Evolving Future: Prospects for Science and Practice." We invite you to join us for the Healthy Workplace Awards, Ethics Training, and many breakout sessions. Thanks to Rosemary Adam-Terem for chairing our convention committee and organizing CE credits for participants.

On a final and whimsical note, The Walt Disney Corporation offered HPA board members free tickets to Pixar's animated feature *Inside Out*. Disney is quite proud of the picture, and they should be: It is about the brain, consciousness, and our emotions, and it all comes together in a way that is very accessible for most people. I would especially encourage psychologists working with children to see this film, as there are many metaphors and characters that can be productively referenced in a therapeutic setting.

I am very grateful to all of the members of HPA who want to stay connected at this crucial time and keep our profession strong and focused on what we do best: helping people! Thank you for staying active with your state and federal associations. We no longer have the privilege of sitting back and having others make decisions for us. Please go ahead and sign up for the HPA Convention and stay involved. We need and appreciate you now more than ever!

Mahalo,

Marie Terry-Bivens, Psy.D., HPA President

Please note that I recently changed my e-mail address to: Drmarieterry@gmail.com

PRESIDENT ELECT'S MESSAGE, CONTINUED FROM PAGE 2 ψ

- Nominate yourself for a position on the HPA Board. A notice about how to do that will be coming out soon on the LISTSERV. If you'd like to talk about it before your commit, you can call me (808 393-9110) or email me lesley.slavin@doh.hawaii.gov.
- Attend the upcoming training sessions about HPAs functions being held right after Board meetings this fall: September 18th at 5:30 training on Providing Continuing Education Credits by Continuing Ed Committee chair Rosie Adam-Terem; October 16th at 5:30 training on HPA Membership Processes by HPA Secretary Annie Nguyen.
- Respond to the calls you will see on the listserve to testify in the legislature and to contact your legislators about bills HPA is supporting. This is going to be a big year for advocacy work on behalf of psychology.
- Finally, please call or email me if you would like to get involved somehow but none of this grabs you. We can talk about what is going on in HPA and ways you might want to contribute. Maybe you have a great idea for a project and we can help you connect with others who would like to work on it.

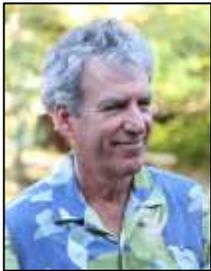
Aloha,

Lesley A. Slavin, Ph.D., HPA President Elect

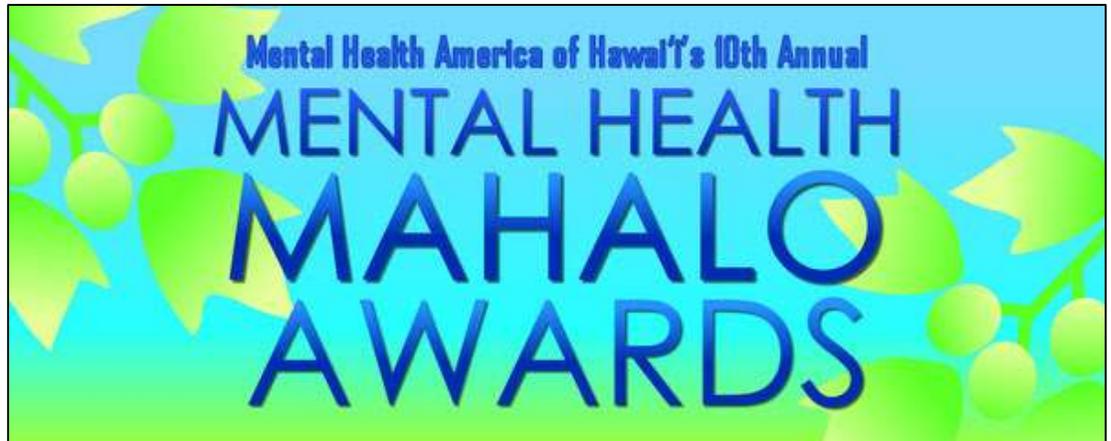
MENTAL HEALTH AMERICA OF HAWAII HONORS CHUCK MUELLER, PH.D.

BY ADRIENNE KADOOKA, MA

OUTSTANDING
COMMUNITY
LEADER



Chuck Mueller, Ph.D.



Mental Health America of Hawaii (MHA-Hawaii), an affiliate of the national organization, Mental Health America, has been a leading organization providing mental health education and advocacy in Hawaii for the past 70 years. The organization advocates for the needs of people with mental illness, works to expand awareness about mental health, and educates the community to enhance mental wellness.

At their 10th Annual Awards ceremony, MHA-Hawaii recognized Charles W. Mueller, Ph.D., as an Outstanding Community Leader for his passionate, visionary work in advancing children's mental health services through advocacy, research, training and direct services for over 40 years.

Mueller is a professor of social and clinical psychology in the Department of Psychology at the University of Hawaii at Manoa (UH Manoa). He is also the Co-Director of the Center for Cognitive Behavior Therapy at UH Manoa, which is a training, research, and treatment clinic providing psychosocial assessment and treatment for youth up to age 18. In addition, Mueller helped launch the Research Evaluation and Training Program (RET), which is a collaborative research and evaluation effort between UH Manoa and the State of Hawaii Department of Health – Child and Adolescent Mental Health Division (CAMHD) focusing on the development and maintenance of efficient, effective delivery of mental health services to youths and their families.

Marya Grambs, MHA-Hawaii Executive Director, stated: "We are proud to honor Chuck during our tenth annual Mental Health Awards Luncheon on Tuesday, May 12, when we will celebrate leaders who have dedicated themselves to promoting mental wellness and improving the care provided to affected individuals. Chuck is an inspirational leader who has helped to greatly increase access to services and improve the quality of services for children and youth with behavioral disorders and mental health problems."





2015 HPA AWARDS



Each year, Hawai'i Psychological Association presents awards to recognize colleagues, a Legislator or Legislators, a person or persons in media and members of the community for their outstanding contribution in the field of psychology and mental health. Members are urged to make nominations for these awards. It is important for us to recognize those within and outside of the organization that advocate on behalf of psychology.

Please give thought to these important awards. Kindly send the names of individuals worthy of consideration, and submit a **descriptive paragraph with details specific to each nominee** on a separate sheet of paper. Send nominations via email (hpaexec@gmail.com) or fax (521-8994) to HPA by August 29, 2015.



Pat DeLeon Lifetime Achievement Award: To recognize psychologists in the state of Hawaii who have made distinguished contributions in their lifetime of work in the areas of practice, science, public interest, and/or education and training that advances psychology as a science or a profession.

Daniel K. Inouye Award: Awarded for the Advancement of Psychology in Hawaii by a non-psychologist.

Distinguished Service Award: The Distinguished Service Award is given to a member or members of Hawaii Psychological Association who have made an outstanding contribution in the field of psychology.

Legislator of the Year Award: To honor a Legislator or Legislators deemed to have made outstanding contributions in the field of mental health.

Media Award: To provide professional recognition to a person or persons in the media profession for written, radio or television coverage of psychological material.

Significant Professional Contribution Award: Presented to a Hawaii psychologist who has made significant scholarly contributions and achievements in psychology.

Provision of Psychological Services to Rural Communities: Presented to a Hawaii psychologist who has provided services to individuals on a neighbor island or individuals living in rural areas of Oahu.

Outstanding Teacher of Psychology: To recognize an outstanding high school, community college, college or university psychology instructor.

Outstanding Student in Psychology: To recognize an outstanding high school, college or graduate student in the field of psychology. The awardee will receive a plaque and a \$100 cash award.

Award: _____ *Nomination(s): _____

Award: _____ *Nomination(s): _____

Award: _____ *Nomination(s): _____

***Please include a descriptive paragraph with specific details for each nominee.** Details for the descriptive paragraph might include how your nominee is making a difference for Hawaii, the number of people served, or unique aspects of a program. Also, include the telephone, email address and address for your nominee(s).

The nominations will be reviewed and recommendations will be made to the Board of Directors, which will make the final decisions regarding recipients.

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Hawai'i Psychological Association

P.O. Box 833

Honolulu, HI 96808

Phone: (808) 521-8995

E-mail: hpaexec@gmail.com

<http://www.hawaiipsychology.org>

The Hawai'i Psychologist

This newsletter is a publication of the Hawai'i Psychological Association. Chartered in 1962, the Hawai'i Psychological Association is the professional association representing over 300 Hawai'i psychologists. Its mission is to advance the science and practice of psychology while supporting excellence in education, training, research, advocacy and service.

HPA works to inform the public and the Legislature about psychology to ensure that quality health services, both public and private, are available to the diverse people of Hawai'i. HPA's parent group, the American Psychological Association, is one of the largest professional associations in the United States.