

# HAWAII PSYCHOLOGIST NEWSLETTER

2023 | December Edition

Warm Mahalo from the Editor, by Diane Logan, PhD, ABAP, CSAC [dr.dlogan@gmail.com](mailto:dr.dlogan@gmail.com)

Aloha all, what a year it's been! 2023 has brought us unprecedented challenges and opportunities, and I'm humbled to have been able to share this journey with you. This newsletter captures the past three months of happenings and the next few months of upcoming events (and LOTS of pictures!). While I wish to include one of my long-winded introductions, the dog park and the beach are calling my name over this holiday break. I hope you all have a wonderful end to 2023 and a wondrous 2024!

Here's what's in store for you this edition:

- Ψ Ways to get involved and [help](#)
- Ψ 2023 HPA [Awardees](#)
- Ψ Upcoming [Save the Dates](#)
- Ψ CEUs and committee [meeting times](#)
- Ψ Member [columns](#) and [publications](#)
- Ψ Maui Disaster Response [summary](#)
- Ψ Annual Convention [recap](#)
- Ψ And (my favorite) [SPOTLIGHTS!](#)

♥ Diane (and rescue zoo)



## HPA Special Event



**Friday**  
**January 19, 2024**  
**9:00 am - 2:00 pm**

**Our Second Keynote Presentation**

**11:00 am - 12:00 pm**



**Difficult Racial Dialogues: Implications for Civil Discourse**

**A Workshop with Dr. Derald Wing Sue**  
**9:00 am - 11:00 am**

**AWARDS**

**The HPA Awards Luncheon**  
**12:00 pm - 2:00 pm**

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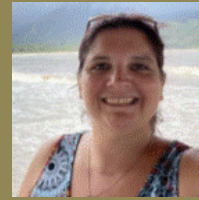
## 2023 HPA BOARD OF DIRECTORS



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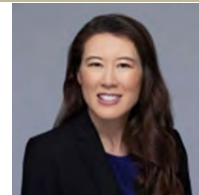
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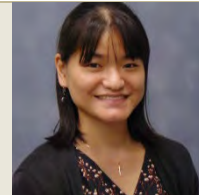
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## 2024 HPA BOARD OF DIRECTORS

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## HPA HELP WANTED!

### Committee Corner

Ready to join a committee? Email [hpaexec@gmail.com](mailto:hpaexec@gmail.com) for info!

#### HPA Committees

- ❖ *Business Practice & Insurance Committee*
- ❖ *Child & Adolescent Team Committee (CHAT)*
  - ❖ *Continuing Ed / Convention Committee*
  - ❖ *Disaster Response Committee*
- ❖ *Diversity and Equity Steering Committee (DESC)*
  - ❖ *Legislative Action Committee (LAC)*
  - ❖ *Membership Committee*
- ❖ *Public Education & Information Committee*
  - ❖ *Rural Health Committee*
  - ❖ *RxP Subcommittee*
- ❖ *WRJ (Walk Run Jog) Group*

Committees are open to **ALL!**



We encourage participation from students, associate members, and of course our full members!

### Leadership Development Academy

Are you interested in leadership? We are excited to announce the new HPA Leadership Development Academy (LDA) – available to HPA members only! Working in collaboration with The Trust Advisory Council, HPA has been offered the opportunity to participate in the Council's pilot Leadership Development Academy. We are now inviting HPA members interested in becoming effective leaders to participate in the launch of our LDA. Members may have some interest in becoming leaders in both our community of psychologists and the community at large but are not sure if they are ready or understand the demands of leadership well enough. This is a unique opportunity for HPA members who are ready for a new challenge and professional growth. It is important to note that leadership development is not just about a project or progress, it is an interesting, engaging and rewarding process!



The purpose of the LDA is to provide opportunities for HPA members at any stage of their career to:

- ❖ develop a deeper understanding of your individual leadership potential and style,
- ❖ learn how to be an effective leader in your life, community, and professional association,
- ❖ expand your engagement, experience and mentoring with HPA leaders,
- ❖ enhance your leadership skills, and
- ❖ learn about significant leadership opportunities in HPA and in the community.

If you or an HPA colleague are ready to take the next step in becoming an effective leader and enhancing your leadership skills, please apply now! Applications are being accepted on a rolling basis. Questions? Please feel free to contact [me](mailto:me). ~ Richelle Concepcion, PsyD, HPA Leadership Development Academy Director

## Hawai'i Pro Bono Mental Health Project

No cost services for those without health care insurance



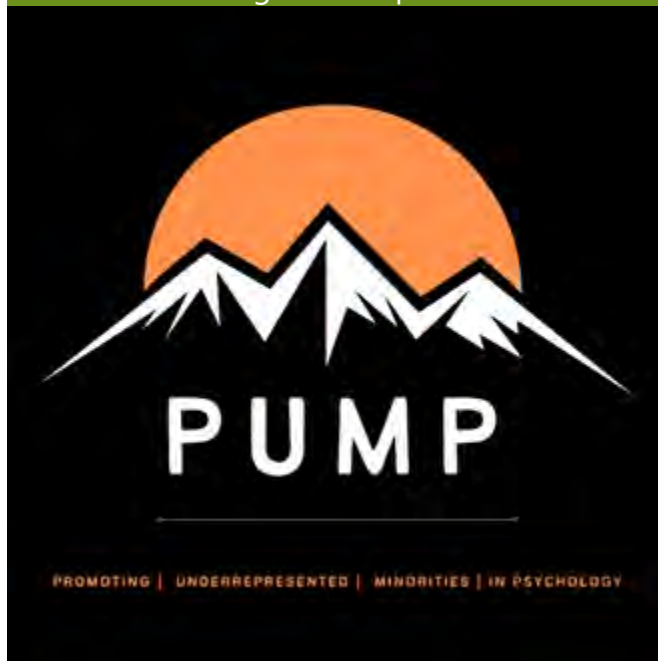
While our state faces unprecedented times during and following the COVID-19 pandemic, the Hawai'i Pro Bono Mental Health Center realizes that the mental health and well-being of Hawai'i's residents is of utmost importance.

To help individuals seeking psychological support during this time, mental health experts, including psychologists, marriage and family therapists, clinical social workers, and mental health counselors, are offering free telehealth services to those who are uninsured or underinsured.

The project is still looking for **VOLUNTEERS** to provide services as well as accepting **NEW REQUESTS** for services.

For more information, please visit <https://hawaiipsychology.org/>  
Prospective volunteers, please email [HPACOV19PROJECT@yahoo.com](mailto:HPACOV19PROJECT@yahoo.com)

## PUMP: Promoting Underrepresented Minorities in Psychology



Do you hold underrepresented identities, broadly defined? Are you looking for additional professional mentorship on topics like career development, manuscript development, grant writing, or navigating the academy?

Consider submitting a mentorship request through PUMP! The mentorship framework is intended to formalize mentorship for underrepresented individuals to increase their representation in the field of psychology.

Through this framework, students with underrepresented identities (or early career researchers) can reach out for mentorship on anything from a manuscript or grant application to career stage advice or assistance (such as applying to graduate school or internship) to more

general short-term or long-term mentoring. Like the peer review process, we will then send out a mentoring request to academics within our mentoring database.

PUMP is a collaboration between Divisions 12, 28, 45, and 50 of the American Psychological Association. Check out our [website](#) to learn more, to sign up as a mentor, or to submit a mentorship request!

*This project was funded by the APA's Committee on Division/APA Relations (CODAPAR) Interdivision Grant Program.*



## HPA 2023 AWARDEES

Please join your 2023 Awards Committee and HPA Board in congratulating this year's recipients:



**Nancy Sidun PsyD, ABPP, ATR: The Pat DeLeon Lifetime Achievement Award**

This award recognizes psychologists in the state of Hawai'i 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.



**Tia L.R. Hartsock MSW, MSCJA: The Daniel K. Inouye Award**

This award recognizes a non-psychologist who has made outstanding contributions to improve the quality of life and psychological health of the people of Hawai'i.



**Diane Logan, Ph.D., ABAP, CSAC: The HPA Distinguished Service Award**

This award is given to a member or members of the Hawai'i Psychological Association who has made an outstanding contribution in the field of psychology.



**Senator Angus L.K. McKelvey: The HPA Legislator of the Year Award**

This award is given to honor a Legislator or Legislators deemed to have made outstanding contributions in the field of mental health.



**Graham Taylor, Ph.D.: The HPA Media Award**

This award recognizes a person or persons in the media profession for excellence in written, radio, or television coverage of psychological material.



**Diane Logan, Ph.D., ABAP, CSAC: The HPA Provision of Psychological Services to Rural and Underserved Communities Award**

This award is presented to a Hawai'i psychologist who has provided outstanding service to individuals in rural and/or underserved areas.



**Veronica M. Acosta, Ph.D.: The HPA Outstanding Professor/Teacher of Psychology Award**

This award recognizes an outstanding high school, community college, college, or university psychology instructor.



**Vilmarie Báez, Psy.D.: The HPA Outstanding Professor/Teacher of Psychology Award**

This award recognizes an outstanding high school, community college, college, or university psychology instructor.



**Kendyl Oshiro, MSCP, LMHC, NCC: The HPA Outstanding Student in Psychology Award**

This award recognizes an outstanding high school, college, or graduate student in the field of psychology.



**Joanne Qina'au, MA: The HPA Outstanding Student in Psychology Award**

This award recognizes an outstanding high school, college, or graduate student in the field of psychology.

Please join us in celebrating these incredible colleagues at our Annual Awards Luncheon on Friday January 19! Special thanks to everyone who contributed nominations or volunteered in other ways.

Mahalo to all,  
Your 2023 HPA Awards Committee



## SAVE THE DATE ANNOUNCEMENTS

01/19/24

HPA CE Event and HPA Awards Luncheon

# HPA Special Event

A Continuing Education Program with Dr. Derald Wing Sue & The HPA Awards Luncheon

Continental Breakfast: 8:00 am - 9:00 am

"Difficult Racial Dialogues: Implications for Civil Discourse"

Dr. Derald Wing Sue: 9:00 am - 11:00 am

"TBA": 11:00 am - 12:00 pm

HPA Awards Luncheon: 12:00 pm - 2:00 pm

*Location: B-Side Lounge Ward Centre, Second Floor 1200 Ala Moana Boulevard Honolulu HI*

*You may attend these presentations in-person or via Zoom.*



[Click here to register!](#)

CE Events + Luncheon: \$75

CE Events Only: \$50

Luncheon Only: \$25

Additional instructions and directions will be sent to you. If you have any questions, please contact HPA at [hpaexec@gmail.com](mailto:hpaexec@gmail.com) or 808-521-8995.

02/07/24

1 hour free CE from Opioid Response Network

**Date and time:** Wednesday, February 7th, 2024, 7:00 AM HST (12:00 PM EST)

**Organizer:** The Recovery Research Institute of Massachusetts General Hospital, sponsored by the Opioid Response Network

**Title:** Integrating Behavioral Therapy with Pharmacotherapy in Treating Patients with Substance Use Disorders

**Presenter:** Roger D. Weiss, M.D., of McLean Hospital and Harvard Medical School

**Description:** In this webinar, Roger D. Weiss, M.D. of McLean Hospital and Harvard Medical School, will speak about the role of behavioral therapy in the context of pharmacotherapy for substance use disorders. He will talk about the goals of behavioral therapy when combined with medication (including medication adherence). Dr. Weiss will review studies of combined pharmacotherapy and behavioral therapy with different medications and different behavioral interventions. [Register here](#)





**02/24/24** 6 CE Live Interactive Workshop by Hawai'i Island Psychological Association (HIPA)

The Hawai'i Island Psychological Association (HIPA) is offering a 6 CE Live Interactive workshop. HIPA is an APA Sponsor & NASW, Hawai'i Chapter Sponsor for continuing education.

**How neuroscience and emerging technologies will (or will not) transform policy, law and professional practice**

Location: Mana Christian 'Ohana, 67-1187 Lindsey Road, Kamuela, Hawai'i 96743 **(In Person) and on Zoom**

**Instructor Robert Kinscherff, PhD, JD** is a clinical/forensic psychologist and attorney who currently serves as Executive Director of the Center for Law, Brain & Behavior at Massachusetts General Hospital, Harvard Medical School, and Professor in the Doctoral Clinical Psychology Program at William James College. He has extensive experience in clinical and forensic psychology, law and public policy as a government official and policy advocate, and applied neuroscience. He teaches and consults national and internationally, and has published widely in areas of forensic and clinical practice, law and ethics, and public policy.

**Program Summary:** The program begins by reviewing the complex and sometimes troubled history of brain sciences and clinical behavioral health practice. Advances in neuroscience over recent decades due to neuroimaging and other technologies are described with a focus upon its influences upon public policy, law, and clinical practice in behavioral health. This ranges from the use of neuroscience by courts to shape broad policy (e.g., juvenile and criminal justice, child welfare) and legal issues (e.g., the traditional legal distinction between physical and psychological/emotional injuries, elder capacities, memory and trauma) issues. Specific attention is paid to the impact of neuroscience on emerging innovations in clinical assessment and psychotherapies with implications for clinical training and professional practice. The assertion that the clinical behavioral/social sciences will essentially become understood viewed as applied behavioral neurosciences is examined.

**Tuition:** \$75 includes 6 CE credits, HIPA Members \$60 includes 6 CE credits, Students at reduced fee.

For information and to register: <https://www.hawaiiislandpsych.com>

Roger A. Weiss, Ph.D., Executive Director HIPA

**02/27-02/28/24** 39th Annual Pacific Rim International Conference on Disability and Diversity

03/02/24

Brain Injury Association of Hawaii (BIHi) Conference

The Brain Injury Association of Hawaii (BIHi formerly BIAH) has served the brain injury community, family, caregivers and supporters since 1987. The mission of the organization is to promote the rights of individuals who experience disability caused by a brain injury; to increase public awareness of brain injury; to provide education, information, resources and support for individuals who have sustained a brain injury and for their families and caregivers; and to promote prevention of brain injuries in our community.

The COVID pandemic took an enormous toll on our survivors and their community of supporters. There were no in person support groups or events and many of our survivors had difficulties accessing the online support groups, webinars and podcasts that were available. BIHi has resurrected itself and for the past year and a half has re-established monthly in person support group meetings for the Brain Injury Oahu Support Group.

The Association has sponsored and participated in Bike Rodeos in collaboration with the YMCA, the Department of Health Neurotrauma Program and the Hawaii Bicycle League. Bicycle safety tips are provided, and bicycle helmets are fitted and given free to the children who attend the event. BIHi also attends various health fairs and safety events providing literature concerning brain injury safety and awareness.

March is Brain Injury Awareness Month. We are currently planning an Education and Resource Conference on March 2, 2024 at Ala Moana Hotel. This is the first Brain Injury Association of Hawaii conference in several years. It is a half-day free event open to the first 200 registrants from the general public. A continental breakfast and beverages are included. The topics are Advocacy, Stroke Awareness and Prevention. Speakers and vendors will be present to showcase treatments and available services.

If you are interested, please reach out to us by email at [braininjuryassociationofhawaii@gmail.com](mailto:braininjuryassociationofhawaii@gmail.com).

BJ Wade, Executive Director     **Allana Coffee, PhD, Board Member**

Brain Injury Association Of Hawaii

Registration: BEENS NOVEMBER 2023  
Find us to stay connected

2024 BRAIN INJURY ASSOCIATION OF HAWAII EDUCATIONAL AND RESOURCE CONFERENCE

DR HORVATH  
Advocacy

DR YAMAMOTO  
Hawaii Pacific Neuroscience

- VENDORS
- SPEAKERS
- DIRECTIVES

IN SUPPORT OF THOSE LIVING WITH OR CARING FOR A BRAIN INJURED SURVIVOR

**REGISTER HERE**

OR SCAN QR CODE ABOVE TO ACCESS LINKTREE AND REGISTER, DONATE AND MORE

Ala Moana Hotel - Hibiscus Room

**MARCH | 2nd | 2024**



04/11-04/13/24 12th Annual Collaborative Perspectives on Addiction Conference

# Collaborative Perspectives On Addiction Annual Meeting

The annual Collaborative Perspectives on Addiction (CPA) meeting was initiated in 2013 to provide a forum for the presentation of novel research findings and clinical practice approaches to the treatment of addiction. The CPA meeting focuses on fostering collaboration from addiction research-to-practice-to-policy.



Breaking the Cycle: Addressing Addiction across the Lifespan and Bridging Disparities

April 11 - 13, 2024  
Denver, Colorado

06/14-06/15/24 2nd Convention of Asian Pacific American Feminist Psychologists

APA DIVISION 35 SECTION 5

BB

## 2nd Convention OF ASIAN PACIFIC AMERICAN FEMINIST PSYCHOLOGISTS

Resiliency through Community: Caring for One Another, Ourselves, & the Earth

*Not your ordinary conference*

Details: <https://bit.ly/3G6eHfm>

JUNE 14-15, 2024 HONOLULU, HAWAII

Registration: <https://bit.ly/3SHm1pd>

Now accepting proposals: <https://bit.ly/3MOPmdQ>

Travel Awards Available!

Want to help students & early-career professionals attend? Donate here: <https://bit.ly/46yL3KN>

08/08-08/10/24 APA 2024



# Call for Proposals

## APA 2024

Seattle — August 8-10

## ONGOING GROUPS AND CEs

### HPA Grand Rounds

**FIRST Mondays 12-1pm**

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

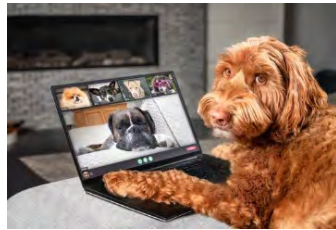
The **HPA Grand Rounds** series includes a monthly formal presentation by an expert on a topic relevant to psychologists. Please reach out anytime with suggestions or clinical needs for future presentations. 1 hour APA-Approved CE is available, free for HPA Members.



### Clinical Case Consultation (C<sup>3</sup>)

**THIRD Mondays 12-1pm**

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



The **Clinical Case Consultation Series** is designed to allow clinicians to discuss and better understand complex cases with guidance from peers and experts. Unlike webinars, this live online consultation program is fully interactive. The series has alternated between semi-structured consultant-led programs and less structured peer-led discussions of challenging or interesting cases. 1 hour APA-Approved CE is available, free for HPA Members.

### Rural Health Committee

**LAST Fridays 5:30-6:30pm**

[amithea.love@gmail.com](mailto:amithea.love@gmail.com)

The **Rural Health Committee** has begun monthly meetings on the LAST Friday of each month from **5:30pm-6:30pm** on Zoom. This committee strives to identify the unique needs of our rural communities and providers, provide education and consultation to members and the public about rural communities and their concerns, and advance solutions that will enhance the quality of mental health care for those living in rural areas. *Co-Chairs Amithea Love and Marina Matsui*



### Virtual Peer Professional Group

**ALL Mondays 5:30-6:30pm**

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



A collective of trainees and clinicians passionate about establishing a virtual supportive peer community have formed the **Aloha Mental Health Providers Hui!** Clinicians from any stage of training and early career are welcome ~ we all would benefit from the connection! Regular meeting times are currently on **Mondays from 5:30-6:30pm HST**.

This accessible, non-hierarchical space focuses on navigating training, self-care for work-life balance, obtaining licensure, career development, or anything else that would support our professional growth! Case consultation and brief presentations are also welcome!

Please [SUBSCRIBE](#) and we will send you the link. *In solidarity, Rose Evelyn Friedheim & Timothy Hand*

### Brain Injury Oahu Support Group (BIOSG) LAST Saturdays 10am-12pm [braininjuryofhawaii@gmail.com](mailto:braininjuryofhawaii@gmail.com)

Support group title: Brain Injury Oahu Support Group (BIOSG)

Format: In-person on Oahu

Dates: The last Saturday of each month

Times: 10:00 am – 12:00 noon HST

Location: Catholic Charities Clarence TC Ching Campus,

1822 Keeaumoku Street, Room 3, Honolulu, HI

Additional information: Call or text BJ Wade at 808-221-8330.

Facebook: <https://www.facebook.com/BrainInjuryAssociationOfHawaii/>

Email: [braininjuryofhawaii@gmail.com](mailto:braininjuryofhawaii@gmail.com)

Web: <https://www.biausa.org/find-bia/hawaii>





## QUARTERLY BOARD MEMBER AND COMMITTEE CHAIR UPDATES

### Nature Speaks: The Human Bionetwork, by Lianne Philhower, PsyD, MPH

At the turn of the 21st century, the Human Genome Project (HGP) completed sequencing the human DNA.

They found that the human genome consisted of about 20,000 genes, the same as dogs and fewer than some plants (Sterck et al., 2007). For example,



the Lotus contains more than 40,000 genes (Sterck et al., 2007). Genes convey the instructions that direct cell function. Another interesting fact is that the body contains about 30 trillion human cells (roughly 36 trillion in the average male adult and 28 trillion in the average female adult), with microbial cells showing up equally in a 1:1 ratio (Sender et al., 2016).

The HGP discovered that the human microbiome contained about 150 times more genes than that of our own human genome (Zhu et al., 2010). Together, they make up a bionetwork of approximately 3 million genes! Our microbiome is made up of bacteria, fungi, viruses, and other microscopic living things. We live in harmony with almost all of them and can consider ourselves a kind of ecosystem. According to Dr. Perkins, a microbiologist, “we are in fact superorganisms, each of us a little planet into ourselves” (Perkins, n.d., para. 3). The type of bacteria that make up the microbiome is largely determined by what we choose to eat and drink. For example, increased levels of *Eggerthella* and decreased levels of *Subdoligranulum* and *Coprococcus* were noted in individuals with depression and anxiety (Kumar et al., 2023), whereas *Bacteroidetes* and *Lactobacillus* are common bacteria found in healthy individuals (Sasso et al., 2023).

The gut microbiome weighs as much as the brain (about 2 – 5 pounds) and may be just as vital to our survival and wellbeing (Robertson, 2023). The bacterium in the microbiome is necessary for the digestion of sugars and fibers as well as how our body

communicates with immune cells that respond to infection (Robertson, 2023). Most interesting to the field of psychology, however, is that this microbiome may play a vital role in the regulation of anxiety, mood, cognition, and pain (Cryan & Dinan, 2012).



There is significant evidence that anxiety and depression are linked to our microbiome (Kumar et al., 2023). The underlying processes through which the microbiome contributes to mood differences is being explored but is not yet clear. What we eat feeds both microbial and human cells, so it stands to reason that what we eat would affect how we feel. Diets high in fruits and vegetables, whole grains, low fat dairy, and low in processed meats, refined grains, and sweets are associated with lower risk of depression (Li et al., 2017).



The evidence is mounting that there may be nutritional interventions that address mental health conditions.

With this in mind, it may be important to consider a more integrated approach to mental health care. We might also consider including courses in nutritional psychology. It is time that the field of psychology give greater attention to the impact of nutrition and gut health on mental health.

#### Resources:

- Cryan, J. F., & Dinan, T. G. (2012). Mind-altering microorganisms: The impact of the gut microbiota on brain and behaviour. *Nature Reviews Neuroscience*, 13, 701- 712. Retrieved from: <https://doi.org/10.1038/nrn3346>
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## LAC Update, by Alex Lichton, Ph.D.

### LAC Award and Update

Alex Lichton, Ph.D.

[lichtona001@hawaii.rr.com](mailto:lichtona001@hawaii.rr.com)

LAC Update: I am happy to announce that for the third year in a row, HPA has received a legislative grant from the American Psychological Association. The amount is \$8,000 which is 8% of the funds that were available nationally. The APA Legislative Grant will be used for lobbying to pass House Bill 1300 which would establish a provisional, temporary psychology license for post-doc trainees who are completing their supervision hours for a full license. Supervisors would thus be able to bill insurance for their sessions, which would be covered. HB 1300 almost passed in the 2023 session and the APA grant will help us to finally pass the bill in 2024.



I invite you to participate in the Legislative Action Committee for the 2024 legislative session. We most definitely need new people especially if you are interested in digital therapeutics, PsyPACT, insurance reimbursement, services for vulnerable populations, RxP, provisional licensing, psilocybin treatment for PTSD and depression and licensing for school psychologists.

We hope to build on the momentum from passing audio telehealth legislation last year. So far we have a lot of people on the RxP subcommittee which has started to meet. The shortage of services right now is especially bad so this is a good time to advocate for bills that help provide solutions. It is time well spent. You won't be bored. There are many ways to contribute, depending on your interests and time availability. If interested please e-mail me.

Alex Lichton, Ph.D.

Chair, HPA Legislative Action Committee

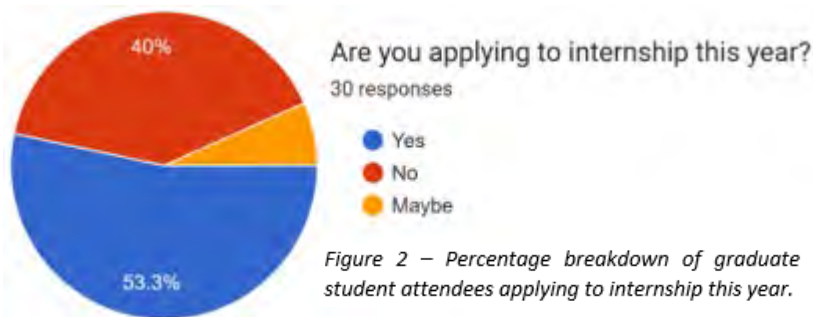
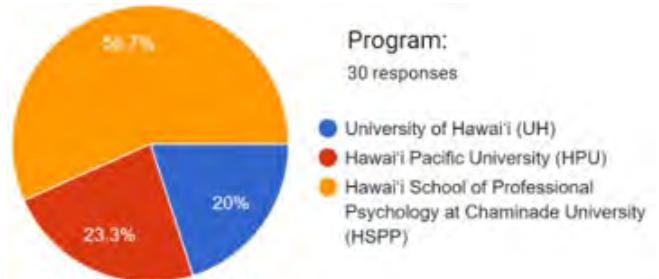
## HPA Student Representative Column, by HPA Student Representatives

**Student Updates** **Kendyl Y. Oshiro, Nicole Keller, Marina M. Matsui**

### Virtual Internship Meet and Greet

On Saturday, September 16, 2023, HPA student representatives and Dr. Raymond Folen hosted a virtual internship meet and greet from 9:00 a.m. to 12:00 p.m. Attendees were graduate students from three psychology graduate programs on O`ahu, which included Hawai`i School of Professional Psychology (HSPP) at Chaminade University of Honolulu, Hawai`i Pacific University, and University of Hawai`i at Mānoa, Department of Psychology, Clinical Studies Program. Graduate students had the opportunity to learn about and connect with local internship sites.

Figure 1 – Percentage breakdown by student program registration. Of note, graduate student registration increased by 27% compared to the 2022 virtual internship meet and greet.



We invited local internship sites to talk to prospective students applying for internships this year and in the upcoming years.

We were very grateful to have many local sites take time out of their weekend to attend the virtual meet and greet on a bright and early Saturday morning!

Internship sites each gave a 15-minute presentation and spoke with students in break-out rooms. A warm mahalo to the Department of Veterans Affairs, Pacific Islands Health Care System (VA-PIHCS), Family Strengthening Center, I Ola Lāhui Rural Hawai`i Behavioral Health Program, Tripler Army Medical Center, University of Hawai`i at Mānoa Counseling and Student Development Center, and Wai`anae Coast Comprehensive Health Center, for graciously offering your time to speak with and answer any questions graduate students had about your internship sites.

Below are some comments graduate students shared in the feedback survey regarding what they enjoyed most about the internship meet and greet event.

- Ψ “The opportunity to meet the site representatives and ask questions.”
- Ψ “Speaking directly to training directors.”
- Ψ “Having the chance to hear from the sites themselves which helps in the application process. I feel I have a better sense of the programs and can design my applications accordingly.”
- Ψ “Having the opportunity to learn more about the site and their requirements.”

We also received comments from graduate students and internship site directors on improving next year’s internship meet and greet event. We appreciate and value everyone’s feedback and will work on incorporating them in future years.

### HPA 2023 Conference Student Volunteer Shoutouts

HPA student representatives enlisted student volunteers (i.e., graduate students, undergraduate students, alums) from Chaminade University of Honolulu, Hawai`i Pacific University, and the University of Hawai`i at Mānoa to help with the 2023 Behavioral Health and Wellness Convention on October 19th and 20th. Student volunteers were an

integral part of making the convention a success. Eighty-one students signed up to volunteer on either one or both conference dates. Thank you to all the students who signed up and volunteered your time!

### HPA Student Membership Survey

As your HPA student representatives, we would like to gather your thoughts on how HPA can better serve your needs and interests. If you are a graduate student at Chaminade University of Honolulu, Hawai'i Pacific University, or the University of Hawai'i at Mānoa, we would greatly appreciate it if you could fill out this quick 8-question survey below. The survey should take no more than 5-10 minutes of your time. Your program's student representative will also email you the link to access this survey.

(Link here: <https://forms.gle/euRtHuqMGo2VPULz8>)

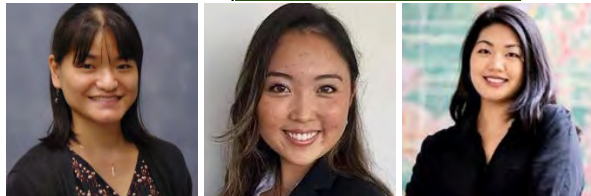
Please feel free to contact your program's student representative with any additional questions. We value your input and thank you for allowing us to be your student representatives.

Sincerely,  
HPA Student Representatives

Kendyl Y. Oshiro ([kendyl.oshiro@student.chaminade.edu](mailto:kendyl.oshiro@student.chaminade.edu); Chaminade University of Honolulu)

Nicole Keller ([nkeller1@my.hpu.edu](mailto:nkeller1@my.hpu.edu); Hawai'i Pacific University)

Marina M. Matsui ([matsuimm@hawaii.edu](mailto:matsuimm@hawaii.edu); University of Hawai'i at Mānoa)



## Hawai'i Pro Bono Mental Health Center, by Jodie Gerson, PsyD

(HPB-MHC)

Jodie Gerson, PsyD

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

COVID presented us with a unique mental health crisis, including the loss of employment, loss of insurance, isolation, a sense of uncertain future, and fear of illness and death for ourselves and loved ones. Those with the greatest mental health needs became those that were uninsured or underinsured. **The Hawai'i Pro Bono COVID 19 Mental Health Project** was launched in May of 2020, and saw a multi-disciplinary consortium of licensed Hawaii practitioners (Psychologists, Marriage and Family Therapists, Social Workers, Mental Health Counselors, and Community Organizations) provide over 3,500 hours and \$500,000 worth of free Mental Health services to our Hawai'i Ohana. Due to the success, reception, and sustainability of this robust model for the delivery of Pro Bono services, we have created a permanent referral-based program for Hawai'i, the **Hawai'i Pro Bono Mental Health Center (HPB-MHC)**. This virtual Mental Health Center will ensure that Hawai'i's uninsured and underinsured residents have access to quality mental health care. We anticipate that HPB-MHC will provide over 7,800 hours and 1 million in free Mental Health services annually. HPB-MHC's Executive Team includes: Jodie Gerson, Executive Director (Oversight of referral process, tracking of services, oversight of graduate student volunteers, building and maintain relationships with providers); Lawrie Ignacio and Graham Taylor (Consulting services, management of difficult referrals and emergency situations; support to the Executive Director and Student Volunteers; media outreach); and, Raymond Folen, HPA Executive Director (Fiscal management, IT services, Consultation Services). **We continue to welcome practitioners willing to donate one (1) hour in their case load to participate in the HPB-MHC.** If interested, please contact Jodie Gerson at [jodiegerson@gmail.com](mailto:jodiegerson@gmail.com) or 702-521-7528





Maui Strong Mental Health Response Updates, by Diane Logan, Ph.D., ABAP, CSAC



When alerted to the news and the impact of the 08/08/23 Maui Wildfires, HPA Board Members leapt into action, partnering with HPA members, leaders and members in other allied organizations, community members, government agencies, and colleagues near and far. **Maui Strong Mental Health Response (MSMHR)** was created the same day and has evolved based on community need and volunteer strengths and availability.

As we reflect on the past 4 months, we would like to focus on the things we have done, the things we continue to do, and the myriad people we want to acknowledge and thank.

**24/7 Zoom Support Room**

The 24/7 Zoom Support Room opened on Monday 08/14/2023, less than a week after the devastating wildfires began. We repeatedly commented on how we were building the plane while we were flying it, as evidenced by turning an idea for support into a national (and international) volunteer-coordinated service in a matter of days. The Zoom Room operated 24/7 through the end of September. In those 7 weeks, we logged almost 2,000 hours in volunteer time – almost a year-long clinical internship! – with volunteers from across the state, across the continent, and across the world.

**Zoom Room Numbers at a Glance:**

- Ψ **650** volunteers
- Ψ **1,909** hours of coverage
- Ψ **47** days
- Ψ **41** states & DC
- Ψ **14** countries

County	Volunteers	Hours
Hawai'i	33	92
Kaua'i	5	15
Maui	19	75
O'ahu	80	285
<b>TOTAL</b>	<b>137</b>	<b>467</b>

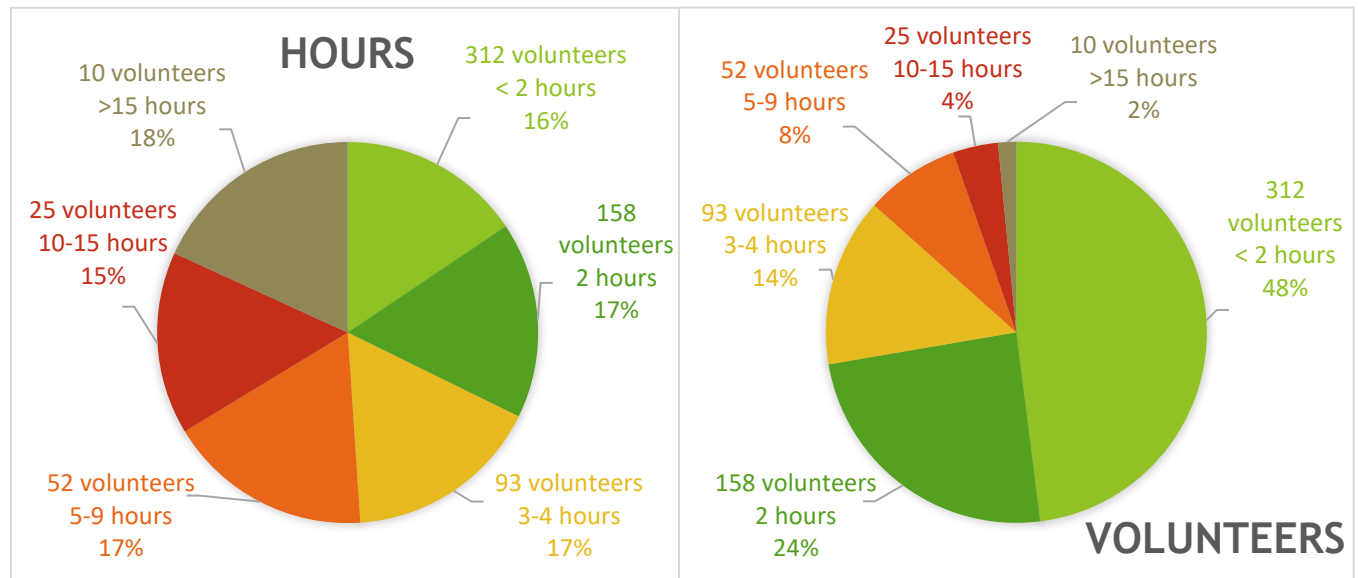
**STATES:** Abbreviation, # of Volunteers, # of Hours (e.g., in Hawai'i, 137 volunteers spent 467 hours on zoom)

State	N	Hrs	State	N	Hrs	State	N	Hrs	State	N	Hrs
AK	2	6	IA	2	3	MS	2	16	PA	21	37
AL	1	1	ID	1	1	NC	6	32	RI	2	7
AR	2	11	IL	17	37	NE	2	8	SC	2	4
AZ	6	17	IN	13	126	NJ	3	4	SD	1	3
CA	150	322	KS	1	1	NM	6	22	TN	1	1
CO	12	28	MA	12	45	NV	6	15	TX	20	73
CT	9	50	MD	7	25	NY	17	25	UT	7	9
DC	2	6	MI	10	29	OH	4	8	VA	8	88
FL	24	63	MN	11	21	OK	2	2	WA	50	142
GA	7	27	MO	4	7	OR	30	68	WI	7	13

**COUNTRIES**

Argentina	China	India	Spain	Vietnam
Australia	El Salvador	Italy	United Kingdom	Virgin Islands British
Canada	France	Kenya	United States	

As illustrated below, our 650 volunteers donated almost 2,000 hours of coverage in those 7 weeks. On the left, we see the breakdown in hours covered relatively equally divided into 6 groups of volunteers from those that donated: < 2 hours, 2 hours, 3-4 hours, 5-9 hours, 10-15 hours, and > 15 hours. On the right, we see the proportions of volunteers who comprised each of those groups. If we compare them, for example, the brown/gray slices show 10 volunteers (2% of total volunteers) covered > 15 hours each, which accounted for 18% (roughly 1/6) of all hours. Similarly, the light green slices show 312 volunteers (48% of total volunteers) covered < 2 hours each, which accounted for 16% (roughly 1/6) of all hours.



We are working on personal mahalos for every volunteer that made this support possible. If the volunteers who contributed so much of their time (> 30, 40, 50, and 70 hours!) are open to us sharing their names in our next update, we will include them by name. Whether you gave 30 minutes or 30 hours, whether you logged in yourself or forwarded our pleas to your listservs, whether you helped with admin or direct support, we are grateful. This venture truly took a worldwide community, and we appreciate you showing up.

We heard from many volunteers that whether or not helpers from Maui dropped in during their shifts, the zoom room gave an opportunity for people to connect and process their own reactions, to spend time with kind-hearted strangers, and to provide support without putting additional strain on an already resource-limited community by offering their support online.

We are grateful for your time, your patience as we navigated a sign-up system that couldn't seem to incorporate different time zones, your flexibility as we learned about zoom bombers and changing hosts, and your understanding as we continue to work to prioritize formal acknowledgements and thank you's while balancing our jobs, families, and self-care. Remember, we (like you) are all volunteers trying our best. But we see you.

**Education and Training CE Events**

MSMHR also orchestrated critically needed skills trainings in those early months, and HPA supported us in offering free CEs for attendees. We insisted that these trainings be culturally informed and collaborated with the Native Hawaiian Practitioner Hui to ensure support for traditional practices. We also screened numerous submissions that did not offer empirical or traditional evidence, or that proposed unreasonable fees or appeared predatory.

Our co-sponsored trainings included:

August 2023: We partnered with trainers to offer a 3-hour zoom CE event on **Psychological First Aid** presented by **Melissa Brymer, PhD, PsyD** and **Patricia Watson, PhD**. This program, planned in under a week based on requests from the community and offerings from the developers, drew over 1400 attendees.

September 2023: We partnered with **'Iolani School** in September for 5-hour CE events on **Grief Counseling Training**, presented by **Regina Siez, LCSW, PPS**, held in-person on O'ahu, Maui, and Hawai'i Island.

October 2023: We partnered with community leaders to present two panels at 2023 Hawai'i Behavioral Health and Wellness Convention: **Cultural Perspectives on the Disaster Response Efforts for the Maui Wildfires**, presented by **Michele Navarro Ishiki, LCSW, CSAC, ICADC**, **Keola Kawai'ula'iliahi Chan**, and **Jillian Mieko Nohealani Freitas, PsyD**, and **Maui Strong: A Collaborative Mana Mental Health Disaster Response**, presented by **Diane Logan, PhD, ABAP, CSAC, ICADC**, **Victoria Liou-Johnson, PhD, MS**, **Tia L.R. Hartsock, MSW, MSCJA**, and **Kumu Leilani Kūpahu-Marino Kaho'āno, RN/Kumu Hula**.

November 2023: We partnered with the Child and Adolescent Mental Health Division (CAMHD) and the Western Regional Alliance for Pediatric Emergency Management (WRAP-EM) in November for a 12-hour training on **Trauma-Focused Cognitive Behavioral Therapy: Training for Maui's Children**, presented by **Merritt (Chip) Schreiber, PhD** and **Judith A. Cohen, MD**. In exchange for this free advanced training, participants agreed to provide services to children affected by the Maui Wildfires.

In addition to offering these trainings, HPA refocused the topics offered in our monthly lunchtime CEs based on community and provider needs:

08/21/23: HPA's monthly 1-hour Clinical Case Consultation (C<sup>3</sup>) series presented **Disaster Relief and the Cultural Impact on Maui** moderated by **Richelle Concepcion, PsyD, MPH** and **Katie Chun, PhD**.

09/11/23: HPA's monthly 1-hour Grand Rounds series presented **Common Themes Between the Disaster Mental Health Responses to the 911 Pentagon Bombing and the Lahaina Wildfires: Reactions, Comments and Lessons Learned** moderated by **Larry James, Ph.D., ABPP**, and **Richelle Concepcion, PsyD, MPH**.

09/18/23: HPA's monthly 1-hour Clinical Case Consultation (C<sup>3</sup>) series presented **Experiencing Secondary Trauma** moderated by **Katie Chun, PhD**.

MSMHR and HPA are proud to support the continued education and collaboration of our provider community.

### Referrals and Provider Connections

We continue to offer a centralized form for **Mental Health Referral Requests** (initiated on 08/13/23), which can be submitted by individuals seeking services or providers/friends on their behalf, and include questions related to duration, insurance, specialities requested, location, etc. Please share this link widely.

Referrals are assigned (usually within hours) through responses to our **Provider Availability Form**, which currently includes 255 providers licensed in Hawaii offering CURRENT availability. This form includes their specialities and limitations, availability for immediate, short-term, and long-term referrals, cultural expertise and/or experience, insurances accepted or pro bono, etc... Providers receive an email every 2 weeks confirming they still have availability for 1-2 referrals in the coming weeks/months, with a request to disregard if still available or reply with any changes. This ensures our list is current for those seeking help. We do not share provider information without expressed permission with any other organizations or requestors, and removal/pausing of availability is as easy as a quick email.

When a referral is received, the request is compared with the list of responses from providers. The requestor receives the names and preferred contact methods for three providers from the availability form. The three providers receive an email informing them that their info has just been shared with someone requesting a Maui Strong Mental Health Response referral. We send an email a week later to follow up with the requestor in case they need additional help.

**If you are licensed in Hawai'i and are not already on this list, please complete the [Provider Availability Form](#) and/or contact us for more information.**

### Staying Informed and Connected

We've created and shared a [Google Calendar](#) with upcoming zoom and in person events. The MSMHR [Google Group](#) and distribution list helped us provide daily updates to over 1000 providers and key community leaders. We continue to provide bi-weekly to monthly updates via this list while we continue to look for time to set up a website (coming soon!).

Weekly zoom meetings continue on Wednesdays from 12pm-1pm HST through the efforts of OWR (the Office of Wellness and Resilience). This incredible team has shown up since day 1, and done a phenomenal job in providing updates, linking volunteers with services, coordinating events, and providing a direct link between government and the community. Please extend warm mahalos to: Project Manager **Keala-Kaopuiki-Santos**, Director of Communications & Engagement **Erica Yamauchi**, Project Manager **Naomi Leipold**, Director **Tia L. R. Hartsock**, Project Manager **Kevin Thompson**, and Executive Administrative Assistant **Jodie Burgess**. We encourage you to join us when possible at <https://zoom.us/j/6482214039>. If you have attended these meetings in the past, please take a few minutes and complete their [evaluation form](#) which will help inform meetings in the coming months.

### Mahalos

We relied on over a dozen dedicated administrative team leader volunteers to keep up with all of our separate projects and offerings, including notable collaboration between HPA leadership members **Diane Logan**, Ph.D., ABAP, HPA Past President and Newsletter Editor; **Richelle Concepcion**, Psy.D., HPA Clinical Representative and Disaster Response Coordinator, **Victoria Liou-Johnson**, Ph.D., HPA Diversity and Equity Steering Committee Secretary and founding member, 2022 APA Diversity Delegate; **Julie Takishima-Lacasa**, Ph.D., HPA-APA Federal Advocacy Coordinator & Council of Representatives, and former HPA President; **Robin Miyamoto**, Psy.D., former HPA President; **Lisa Sánchez-Johnsen**, Ph.D., HPA Diversity Representative and Chair, Diversity and Equity Steering Committee; **Larry James**, Ph.D., ABPP, HPA President; and of course holding us all together behind the scenes and in front of the screens, **Ray Folen**, Ph.D., ABPP, HPA Executive Director.

Our other indispensable administrative volunteers include our email guru **Heather Lusk**, Executive Director of the Hawai'i Health & Harm Reduction Center, our 24/7 zoom room experts Dr. **Dug Y. Lee Lebel**, Dr. **Bernadette Heid**, Dr. **Jessica Rosenfeld**, and **Katherine Christensen**; our training veters **Christine Park** and **Aimee Chung**; Dr. **Leilani Ahina-Dawson** who co-facilitates talk story zoom support for Maui volunteers, and many others I'm sure I'm leaving out ... We are also incredibly grateful for our community partners including **Tia Hartsock** and **Keala Kaopuiki Santos** with the Governor's Office of Wellness and Resilience and **Kumu Leilani Kupahu-Marino Kahoano** of Mālama o Nā Keiki.

We are doing all of this for free - none of us are receiving or requesting any pay or reimbursement. This is just community coming together to support community. The cameras may have left, but we have not. We have a website in development, and while our services are shifting as new needs are identified, we're not going anywhere. Please help us support all those directly and indirectly affected by the Maui wildfire disaster.



## HPA DECEMBER 2023 COLUMN, BY PAT DELEON, PHD, FORMER APA PRESIDENT

### "I USED TO THINK THAT LIFE WAS SO EASY. HAD ALL THE TIME AND I GAVE IT OUT FREELY"



**Amazing Progress:** Jin Lee – “The effort to pass the Colorado RxP legislation began in 2019, but the journey has been undeniably challenging, marked by long hours,

intricate negotiations, and an unwavering commitment to achieving the best for the field of psychology and the community in Colorado. As a leader spearheading this transformative initiative, the road was paved with countless discussions, meticulous planning, and collaborative efforts. The urgency to navigate the complex regulatory landscape demanded an extraordinary level of dedication from the entire team of the CO RxP task force, as we strived to ensure that prescribing psychologists could make meaningful contributions to mental healthcare in Colorado.

“The speed at which we were able to finalize the rules and regulations within 8 months from signing the CO RxP bill stands as a testament to the collective passion and professionalism of everyone involved. It was a collaborative journey that brought together professionals from diverse backgrounds, each contributing their unique expertise to the cause. The success of this legislative push is not just a personal achievement, but rather a triumph for the entire community of prescribing psychologists who rallied behind a common vision. I am incredibly proud of the resilience and tenacity displayed by all those who helped, as we collectively worked towards enhancing the scope and impact of psychology. The rewards of this journey are not just reflected in the legislative victory, but in the prospect of improved mental healthcare for the people of Colorado, as shown in other RxP states historically.

“As we celebrate this remarkable success of advancing the Colorado RxP legislation and solidifying the accompanying rules and regulations at an unprecedented speed, I feel a sense of accomplishment and pride that I pass the torch to the next leader in this transformative journey. Brian Seavey, the newly appointed Chair of the Colorado Psychological Association CO RxP Division, now assumes the pivotal

role as the point of contact for this groundbreaking initiative. As I transition into a new phase, I’m confident that his wealth of experience and dedication as a prescribing psychologist will ensure the continued progress and flourishing of prescribing psychology in our state.”

Steve Ragusea -- “RxP in Pennsylvania continues to advance. As you may know, we introduced HB.1000 into the Pennsylvania legislature this year, which is the second time we’ve had a bill sponsored in the Commonwealth. The bill is currently in the Professional Licensure Committee and showing bipartisan support. When the bill was first introduced, the medical society never even bothered to comment on the bill. But recently the physicians have started to advance the same old arguments they furtively used against psychology when we first sought licensure, third party payment, and Medicare recognition. Of course, they’ll lose the arguments just as they did 50 years ago. Psychology continues to dominate the world of mental health providers as we arguably have proven to be the best educated, fastest growing, and most widely respected of the mental health professions because we have the best training model. Now as we pursue advancement in psychopharmacology, the medical folk complain that psychologists are not adequately trained and ‘dangerous’ even though psychologists have been prescribing safely and effectively in multiple states, the military and in various other domains for over a quarter century. When the medical societies are asked if they have any research to support their fears, they eventually answer ‘no,’ they do not. So far our legislators are not impressed by the same old stale tripe, and we expect HB.1000 to be voted out of the Professional Licensure Committee within the next few weeks.”

**Psychology’s Voice Being Heard:** Katherine McGuire, APA Chief Advocacy Officer, reflecting on a year of incredible advocacy in which clinicians, educators, students, and researchers collectively leaned in to elevate many issues key to psychology: “Our advocates had



a tremendous impact this year. Psychologists participated in over 600 meetings with Congressional offices during two advocacy summits, leading to the introduction of two APA Services priority bills: the Accelerating the Development of the Advanced Psychology Trainees (ADAPT) Act (S.2511), and the Youth Mental Health Research Act (S.3060/ H.R.5976).

"In addition, psychologists sent over 27,000 messages to Congress and the Biden Administration. These messages covered key issues facing the field of psychology and our society, including: strengthening the psychology workforce; investing in youth mental health research; protecting access to mental and behavioral health services for vulnerable and underserved populations; and advancing parity between mental and physical health services. In fact, when responding to the Biden Administration's annual Physician Fee Schedule proposed rule, for the second year in a row psychologists made up the largest share of comments submitted from a single field.



**AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION**

"Finally, APA Services secured some big wins last month. On November 8th, the Senate Finance Committee advanced the Better Mental Health Care, Lower-Cost Drugs, and Extenders Act in a unanimous vote. Key policies that APA Services fought hard for included provisions that mitigate the scheduled 3.4% cut to the Medicare conversion factor that the Centers for Medicare & Medicaid Services (CMS) has planned in the Physician Fee Schedule for 2024. In addition, the legislation included the expansion of eligibility for Medicare health professional shortage area bonus payments to psychologists, increased incentives for behavioral health integration within primary care, and requirements that Medicare Advantage plans provide accurate, up-to-date directories of providers.

"Our members form the backbone of our advocacy, and we are incredibly proud of what they have accomplished this year. This extraordinary advocacy not only highlights the commitment of our members to the betterment of society, but also underscores the crucial role psychology has in shaping pressing issues

facing the nation. As the year draws to a close, our advocacy is far from over. The wins that emerged in 2023 underscore the ongoing need to keep the momentum going in 2024 and further advance these key policies."

**The Fiscal Year 2024 National Defense Authorization**

**Act:** The U.S. Senate, on a bipartisan basis, recommended several provisions which should be of considerable interest to our nation's mental health professionals, especially as they reflect the growing societal awareness of the importance of mental health care. Recruit waiver: "The Committee is concerned that the percentage of Americans eligible for military service is shrinking in the midst of a recruiting crisis. Only 23 percent of the 17-21 year-old population meets eligibility criteria to join the military without some sort of waiver. The committee appreciates that the services have begun to modify some standards that serve as barriers to entry but do not negatively impact an individual's ability to serve. However, some issues such as mental health treatment continue to be subject to stringent disqualifying standards. While the committee appreciates there is a waiver process in place for many of these issues, that process is long and cumbersome.

"The committee notes that there is a relatively high percentage of adolescents who experience issues with anxiety or depression. Many of those seek help and are able to manage or eliminate their symptoms. Automatically disqualifying these individuals or requiring a lengthy waiver process likely eliminates a significant population able and willing to serve. The committee also notes that work has been done indicating largely positive outcomes for individuals who currently require a waiver for specific medical conditions or nonviolent criminal behavior.

"Therefore, the committee directs Secretary of Defense... to submit a report to the congressional defense committees that describes Department of Defense efforts to expand recruitment eligibility by modifying the recruiting standards and waiver processes. The report should include: (1) A discussion of medical accession standards including... with a special emphasis on accession standards related to general anxiety and depressive disorders...."

*Transitioning servicemembers' mental health concerns:*

"The committee notes that servicemembers continue

to struggle during the transition from active duty to civilian, especially as it relates to issues impacting mental health. As a means of reducing the incidence of suicide among veterans, the Department of Defense is encouraged to work with the Department of Veterans Affairs to continue to provide transition assistance, specifically as it relates to support and resources for veteran-specific mental health issues.

“Accordingly, the Secretary of Defense is directed to provide a briefing on the following issues to the Committees on Armed Services of the Senate and the House of Representatives not later than March 1, 2014: (1) A summary of existing transition programs aimed at providing mental health support and assistance to pre-separation and transitioning servicemembers; and (2) The feasibility and advisability of a study on providing in-person meetings between a cohort of servicemembers and a social worker or nurse, with the goal of: (a) Educating the cohort on specific mental health risks to servicemembers as they transition, such as loss of community or support system; isolation from friends, family, or society; identity crises; self-medication and addiction; importance of sleep and exercise; homelessness; risk factors contributing to attempts of suicide and deaths by suicide, and the signs and symptoms of suicide risk; and (b) Educating the cohort on the availability of resources through the Department of Veterans Affairs as part of the pre-separation transition process for members of the Armed Forces.”

*Exclusion from limitations on Active-Duty commissioned officer end strengths:* “The Committee recommends a provision that would... exclude licensed behavioral health providers, including clinical psychologists, social workers, and mental health nurse practitioners, from the authorized strength of commissioned officers on Active Duty in grades of major, lieutenant colonel, and colonel, and in Navy grades of lieutenant commander, commander, and captain. A similar exclusion currently applies to medical and dental officers. The committee is concerned about the shortage of behavioral health providers in the military and believes that the Department will benefit from the flexibility to recruit, access, and retain a greater number of behavioral health providers.”

### What Intrigues Those in APA Leadership? Diana Prescott, who admirably represents the interest of those residing in Rural America during APA conventions and in various policy deliberations, is a frequent participant in numerous Psychology PAC events, such as the one honoring Representative Brian Fitzpatrick, as well as the PAC’s scheduled visits to Capitol Hill. Her reflections: “JOY. I was blessed to be able to visit my beloved Indiana and Butler University in October for my college Homecoming. While attending a Friday night reunion, an old friend, Nick Hopkins who dated my sorority sister Sharon Williams, came up to say ‘hello.’ I hadn’t seen him for 10 years. He asked me, ‘What brings you joy?’



“I was drawn up short. After all, I am a psychologist, and this is what I do for a living – I help people find joy in their lives. I didn’t have a quick answer and mentioned I enjoyed yoga. Nick’s question, prompted in part by his own retirement from working as an attorney, has rolled around in my mind since Homecoming. What brings me joy? During the pandemic, I spent a good deal of time considering my daily gratitude list. As we know, this is a good practice leading to improvement in mental health. As clinicians, we are in the business of helping people feel better. We should be laser-focused on what brings joy in our own lives and in those of others.

“I went back to Nick with a follow-up question to understand more about his reasons for asking the question, and he shared his list, inviting me to also share mine. My first thoughts were of the love, friends, and family who bring joy into my life. Professionally, I find joy in supervising doctoral students and working with clients in therapy. Personally, I like to walk, listen to music, enjoy nature, contact friends, attempt to organize my spaces, watch reality television, take photos, and curl up with my pets. I would challenge you, my friends, to ask yourselves, ‘What brings you joy?’”

Diana’s passion for rural America is very important for that segment of our nation, both within APA by serving

Diana’s passion for rural America is very important for that segment of our nation, both within APA by serving

on the Committee on Rural Health (established by former APA President Jack Wiggins) and externally by raising rural issues with those who shape critical state and federal policies. Steve Ragusea: "Many people think that the large rural populations are out in the Wild West but, that is a serious misperception. The big rural populations aren't in Montana or North Dakota or Wyoming, they are actually where you'd least expect them. For example, the Commonwealth of Pennsylvania, the state housing the two major metropolises of Philadelphia and Pittsburgh, is also the state with the third largest rural population in the United States. That's over three million Pennsylvanians living in rural environments tucked into 'hollers' between mountains, on hillsides, far away from any big city. These folks often will drive four hours to get to the big city clinics in Pittsburgh and Philadelphia for their medical and mental health care. The same is true for the lovely state of Vermont, which has 65% of its citizens residing in rural environments, which is the largest population percentage of any state in the nation. Where do they travel for their health care? Boston, 250 miles away."

Supporting the views of Diana and Steve, The Commonwealth Fund recently released its report *Helping Older Adults Age Well in Rural America*. "Rural communities in the United States struggle to care for aging adults: there are fewer health care providers, fewer professional caregivers, and fewer young people than in urban areas. With many services hours away, older adults are often forced to leave their homes or go without care." Highlights: Approaches that mobilize local assets -- like health and human service organizations, leveraging telehealth, team-based care, and home visits -- make it easier for older adults to access services. Many rural older adults have lived their whole lives in the same small towns, some in the same homes. They tend to want to age in their communities, amid familiar people and places.

Continuing to help them stay at home and stay well longer, helps these communities thrive.

From 2012-2016, older adults made up a higher share of the population in rural counties, than in urban and suburban ones. Where there is population growth, it is being driven by arrivals of people from other countries. On average, rural residents travel twice as far as urban residents to reach medical or dental care. Rural older adults also report unmet needs for affordable food and transportation; older rural immigrants often need legal and translation services. Creative approaches such as the Programs of All-Inclusive Care for the Elderly (PACE) are critical; yet, nationally only 24 of the 151 PACEs are rural. The development of "age friendly" clinics, rural hybrid care models, effectively utilizing nursing and paramedics, can improve health outcomes, especially by helping people to manage their own health conditions.

Lessons Learned – \* To identify problems and create solutions, advocates should partner with older adults. \* Rural providers need resources and technical assistance. \* Regulatory changes could/should enable collaboration. \* Creative approaches are needed to address workforce shortages (including perhaps paying family members to care for elderly relatives). And, \* Health care payers and health systems should invest in what's been shown to work – home based primary care and community paramedicine. "If older adults are having to travel for health care or other services, pretty soon it just becomes too overwhelming. They just move to (the city). Then those communities lost their population and their people, their stories, their history. And economically, too, it's a big impact on the community." "Close your eyes.... Throw your hands up to the sky" (Michael Franti & Spearhead, Hands Up To The Sky).

Aloha,

Pat DeLeon, former APA President – HPA – Dec, 2023



## IN MEMORIAM

Barbara Burkitt Sloggett, PhD      10 April 1935, Portland OR – 1 November 2023, Honolulu HI

Barbara B. Sloggett was one of the best known and most highly regarded clinical psychologists in private practice in Honolulu for nearly 50 years. After attending Vassar College and the University of Washington, she graduated from the University of Hawai'i, coming to these islands after marrying Richard (Dick) Sloggett, whose family dates back to early missionary days on Kaua'i. Once their three children were old enough, Barbara started her graduate studies at the University of Hawai'i at Mānoa in social and personality psychology. She was quickly recruited as a research student by Professor Ronald Gallimore whose cultural research in Hawai'i has international recognition. At the time he was collaborating with the Native Hawaiian community in Nānākuli, funded by the Bishop Museum and NIMH. She was the first author of their publication challenging the popular notion that Hawaiian schoolchildren's level of academic performance could be attributable to any lack of achievement motivation. When the Psychology Department initiated a focused doctoral-level clinical training programme at UH in the late 60ies, Barbara switched from social psychology to applied clinical work, especially with children. When I arrived in 1970 from the Institute of Psychiatry, London University, with a major interest in behavioral psychotherapy, Barbara joined my research lab and became my first PhD graduate in 1972.

1972 was also the first year that the clinical program gained accreditation with the American Psychological Association. Thanks to the leadership of such prominent scholars in our field as Arthur Staats, Roland Tharp, and Len Ullmann, the program had from the beginning a strong behavioral and scientific orientation, following the Boulder model of professional training.

Barbara's doctoral dissertation focused on work that she had started in Nānākuli in conjunction with fellow doctoral student Edward Kubany. They were interested in ways of training teachers to more consistently use effective behavior management principles to maintain appropriate classroom conduct. Bandura's emphasis on social imitational learning suggested that modeling would be a good training principle, but it required trainees to attend to relevant elements of the in-service training, which is what Barbara chose to assess experimentally. With a strong emphasis on obtaining solid observational data on how teachers were implementing ideal behavioral principles, Barbara set up a simulated classroom in which her youngest son Charlie and his friends were cued to behave in specific ways—both desirable and undesirable—in an actual teaching situation. This allowed rigorous evaluation of whether competencies were being acquired by the trainee teachers. Together she and Ed Kubany have over 11 publications in top refereed journals on related topics, including the highly cited "Good Behavior Clock", a reinforcement/time out procedure for reducing disruptive classroom behavior.

Despite her scholarly interest in direct observation, reliable measurement, and the value of applying basic learning principles, Barbara was clearly more interested in practice applications. I supervised her practicum and internship-related work at what was then called the Counseling and Testing Center at UH. I was teaching adult behavior therapy, and I became quickly aware that she was a natural therapist. She was very skilled at translating abstract psychological principles into realistic applications that clients understood and were able to implement. Her life experience as a teacher and a mother—and especially as a warm demander and menschenkennerin—allowed her to convert the highly abstract principles we so often use in psychotherapy into everyday procedures that resonated with her clients.

It was thus of no surprise to me that when her doctorate was awarded in 1972, and she obtained her Hawaii State license to practice (number 83!), that she opened an independent practice in the office complex adjacent to Kahala Mall, with Edward Kubany PhD as her business partner. Peter Guay, PhD, and Wally S. O. Fo, PhD, were early members of the group, with the ideal name: The Behavior Therapy Clinic. They decorated the offices with dramatic oil paintings by local artists of island landscapes, especially Barbara's beloved Hanalei Bay.

The Behavior Therapy Clinic was soon a thriving practice and there are other important names in Hawai'i's clinical psychology community who have been associated with the practice, including, in later years, her daughter Sheri Sloggett Shanks, PsyD. Until I left Hawaii in 1982, I participated as well, seeing clients on weekends and learning from Barbara and Ed many aspects of the business of private practice that I knew nothing about. It was a stimulating environment. Friday evenings with strong mai tais, fresh sashimi (Dick Sloggett was now able to follow his dream of being a charter fishing-boat captain), impromptu visits from the pediatricians next door and colleagues from the university, were a relaxed time for exchange of ideas and professional camaraderie.

Barbara's natural talent as a therapist quickly gave her a widespread reputation and her clients came from every walk of life, including certain well-known figures prominent in Hawai'i business and political communities. Not only was she a supremely ethical person, but her common sense, good judgment, and down-to-earth practicality provided the best possible service to a great many people. She was especially well-equipped to understand the emotional and identity concerns of teenagers, giving parents valuable insight into adolescent development. She attended professional workshops, drew on recent research findings, and her approach became more varied and versatile. However, she stayed close to her behavioral roots, eschewing the latest therapeutic fads, and this was a major factor in her success. One of her later publications was a description of how sound behavioral assessments and treatments could be implemented in an office setting, as so much of the published intervention research was coming from the rarified atmosphere and unreplicable conditions in university clinics and research labs.

Throughout her years in clinical practice, however, life was not without its challenges. She experienced several serious medical problems which she managed with extraordinary resilience. Ed Kubany was always a dedicated support, as he had been during her graduate studies, and when she and Dick amicably followed different drumbeats, she and Ed became a couple, attending professional conferences, mentoring clinical students, and engaging in exciting travel such as bicycle tours of New Zealand, until they too parted ways. In the final third of her professional life, she found great happiness from her marriage to a now retired John A. Burns School of Medicine professor of pharmacology, George Read, PhD, who shared her love of flying, travel, new experiences, weekends on the neighbor islands, world cruises, and pau hana time.

Barbara continued to see clients until very recently, when further ill health led to a reluctant retirement. Reluctant because she loved the work, knew she was good at it, and she was making huge differences to the lives of the many hundreds of clients she treated at The Behavior Therapy Clinic.

I would like to end this tribute by emphasizing that her commitments to Hawai'i were not simply in psychotherapy with clients. She was an excellent role model for more junior colleagues, both in her clinic and within the UH Clinical Studies Program, for which she served as a Clinical Affiliate. She was actively involved with the Hawai'i Psychological Association, gave valuable ethical mentoring to colleagues and trainees, and was always generous with her time when consulted over difficult issues, as I personally did on a regular basis. She was also dedicated to Hawai'i nei as a special place, a community, and a diverse culture. For example, she served for many years on the board of the JABSOM programme 'Imi Ho'ōla, dedicated to making medical careers possible for members of Hawaiian communities for whom such careers might have seemed inaccessible.

Barbara eventually succumbed to a severe form of blood cancer, lovingly attended to by her husband and many family members. The psychology practice community has lost a colleague who was always kind, eminently sensible, who loved life, and who was a sensual, warm, fun-loving person who gave much to the profession here. She will doubtless be remembered with great fondness and gratitude by many in Hawai'i. That in itself is a fine accomplishment.

**Ian M. Evans**, Honolulu, HI, December 2023

*Ian M. Evans, PhD, FRSNZ, was a professor of clinical psychology at UH from 1970 to 1982. He served as president of HPA in 1976 and is a Fellow of APA (Division 12) and APS. He lives in Honolulu after retiring from New Zealand as professor emeritus.*

## HPA MEMBER AWARDS, ACCOMPLISHMENTS, AND ACTIVITIES

### HPA Member Awards and Accomplishments

#### Richelle Concepcion, PsyD, MPH



Dr. Richelle Concepcion was elected to serve as the Member at Large, Asian American Slate, in APA Division 45 (Society for the Psychological Study of Culture, Ethnicity, and Race).



Society for the Psychological Study  
Of Culture, Ethnicity and Race

DIVISION OF THE AMERICAN PSYCHOLOGICAL ASSOCIATION (APA)

#### LAC Legislative Grant Award

Alex Lichton, Ph.D.

lichtona001@hawaii.rr.com

LAC Updates: I am happy to announce that for the third year in a row, HPA has received a legislative grant from the American Psychological Association. We received 8% of the funds that were available nationally. The APA Legislative Grant will be used for lobbying to pass House Bill 1300 which would establish a provisional, temporary psychology license for post-doc trainees who are completing their supervision



hours for a full license. Supervisors would thus be able to bill insurance for their sessions, which would be covered. HB 1300 almost passed in the 2023 session and the APA grant will help us to finally pass the bill in 2024. Alex Lichton, Ph.D. Chair, HPA Legislative Action Committee



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION

#### Katherine Aumer Ph.D.

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



Dr. Katherine Aumer's research was featured in [go Kapolei](#) magazine! See our [HPA Member Publications](#) section for more recent publications from Dr. Aumer and her colleagues.

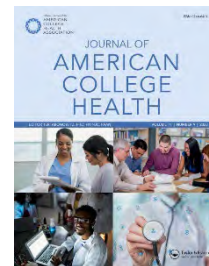


## HPA Member Publications

**Katherine Aumer Ph.D.****New Publications****kaumer@gmail.com**

Trevorrow T, Scanlan S, **Aumer K**, Tsushima V, Kim BSK, Harris S. University students' sleep during the COVID-19 pandemic in the State of Hawai'i. *J Am Coll Health*. 2023 Mar 15:1-11. doi: 10.1080/07448481.2023.2186150. Epub ahead of print. PMID: 36921283.

**ABSTRACT Objectives:** This study assessed undergraduates' sleep in Hawai'i during the COVID-19 pandemic and whether demographic characteristics, health locus of control, substance use and campus features related to sleep outcomes. Implications are considered for programs to support students' sleep and health during pandemic conditions. **Participants:** About 1,288 undergraduate students from six universities in Hawai'i. **Methods:** Surveys assessing sleep, emotional wellbeing, ethnicity, body mass index, locus of health control, and substance use. **Results:** Students' reported increased sleep time but decreased sleep quality during the pandemic. Sleep disruption related to anxiety, depression, ethnicity, substance use, BMI, health locus of control, class rank, and whether students lived at home. All campuses were associated with disrupted sleep, regardless of size, location, religious affiliation, term structure, or method of instruction. **Conclusions:** In response to public health crises, such as the COVID-19 pandemic, all Hawai'i universities should screen students for sleep disruption, emotional adjustment, social isolation and substance misuse. Programs to promote sleep and behavioral health appear particularly warranted for graduating seniors, Pacific Islanders, students with high BMI, and students who commute to college.



**Aumer, K., Erickson, M. A., & Tsukayama, E. (2023).** Increased Reports of Depression in Hawai'i during the first wave of COVID-19. *Pacific Health*, 6. <https://doi.org/10.24135/pacifichealth.v6i.61>

**ABSTRACT Introduction:** Reports of mental health issues increased nationally in the USA during the COVID-19 pandemic, often attributed to the effects of quarantine, isolation, and restriction of travel. Given that Hawai'i State's population is unique in its largely ethnic minority population, geographic isolation, and economic dependence on tourism, it is important to document if similar mental health outcomes have occurred during the beginning of the COVID-19 pandemic. **Methods:** This study compares Hawai'i's rates of depression using data from the National Center for Health Statistics collected in 2020 and the Hawai'i Behavioral Risk Factor Surveillance System collected in 2016. **Results:** Hawai'i's rate of depression, like the rest of the nation, increased significantly during the first wave. A chi-square test of independence was conducted, and the results were significant,  $\chi^2(1, n = 20,261.42) = 582.48, p < .001$ . Before COVID-19, typical rates of depression were at 11.03%, 95% CI [10.51%, 11.55%]. During the COVID-19 pandemic, reports of depression increased to 24.23%, 95% CI [23.16%, 25.31%]. **Conclusion:** Depressive symptoms doubled during the early stages of the pandemic in Hawai'i. Evidence-based strategies should be developed now to help prevent future possible mental health related issues that are attributable to pandemic related safety protocols.

**Aumer, K., Erickson, M. & Tsukayama, E. (2023).** Social factors related to depression during COVID-19. *Open Health*, 4(1), 20220030. <https://doi.org/10.1515/ohe-2022-0030>

**ABSTRACT Background:** Depression can impact both the administration and efficacy of vaccines. Identifying social factors that contribute to depression, especially during a pandemic, is important for both current and future public health issues. Publicly available data can help identify key social factors contributing to depression. **Method:** For each US state, information regarding their change in depression as measured by the Patient Health Questionnaire 2, predominant political affiliation, coronavirus disease 19 cases/100k, and lockdown severity were gathered. Structural equation modeling using latent change scores was conducted to assess the longitudinal relationships among depression, cases/100k, and state social restrictions. **Results:** Higher initial levels of lockdown severity and depression predicted rank-order decreases in themselves over time. Correlations among the latent change variables reveal that changes in lockdown severity are negatively related to changes in cases/100k and changes in lockdown severity are positively related to changes in depression after controlling for the other variables. **Conclusion:** Significant rank-order decreases in depression from T1 to T2 in blue states (who tend to vote for Democrats) vs red states (who tend to vote for Republicans) suggest that decreases in depression may be impacted by the population density and/or political views of that state. Rank-order increases in lockdown measures were negatively associated with rank-order increases in COVID-19 infections, demonstrating strong evidence that lockdown measures do help decrease the spread of COVID-19. Political affiliation and/or population density should be measured and assessed to help facilitate future public health efforts.





## HPA ANNUAL CONVENTION – RECAP!

HPA 2023 Annual Convention Recap, by Diane Logan, Ph.D., ABPP, CSAC

### The 2023 Hawai'i Behavioral Health and Wellness Convention October 19 & 20, 2023

The Hawai'i Psychological Association, the Hawaiian Islands Association for Marriage and Family Therapy and the National Association of Social Workers – Hawai'i Chapter held their third jointly-sponsored Behavioral Health Convention in-person and virtually at the Hawai'i Army National Guard Regional Training Facility in Waimanalo.



#### 2023 Convention at a Glance:

- Ψ **350** participants
- Ψ **54** presenters
- Ψ **33** programs
- Ψ **48** overnight guests
- Ψ **40** volunteers
- Ψ **11** sponsors

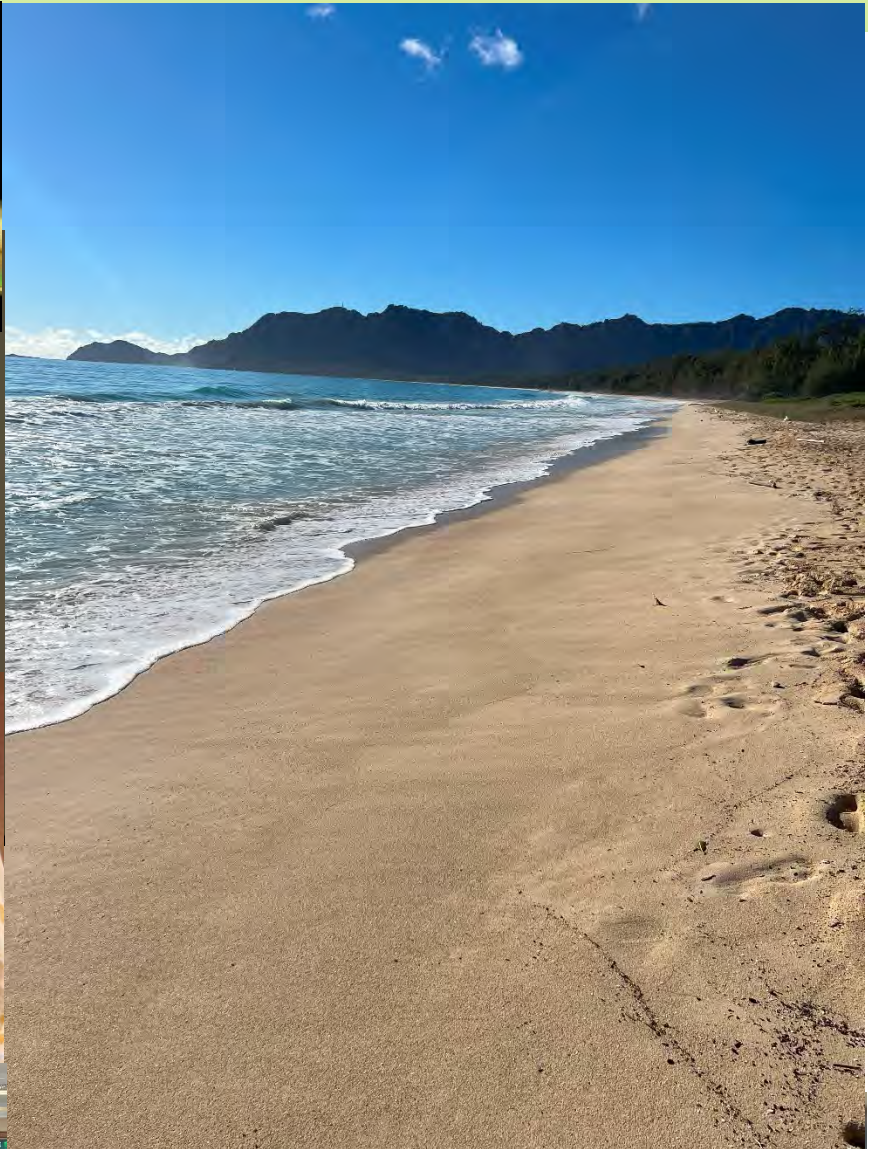
#### The convention offered:

- *Four concurrent tracks -*
- *45 CEs offered over two days -*
- *Renowned international, national, and local experts -*
- *The latest in cutting-edge training and information -*
- *Accommodations were available for \$100 per night -*
- *Programs available on demand for at least 3 months following the event -*
- *One fee included all in-person, virtual and 'on-demand' options –*

#### A Partial List of Convention Workshop and Program Topics (still available for CEs on-demand!)

- |  |   |
|--|---|
| Ψ Maui Wildfire Disaster Responses           | Ψ Existential Psychotherapy & Loss          |
| Ψ Treating Survivors of Natural Disasters    | Ψ Scaling Your Business in Private Practice |
| Ψ Ethics and Professional Boundaries         | Ψ Adult ADHD Diagnosis in Primary Care      |
| Ψ Rapid Evolution in Mental Health Ethics    | Ψ ADHD and Comorbid Disorders               |
| Ψ Addressing and Healing from Complex Trauma | Ψ Psychology and Climate Change             |
| Ψ The Neuroscience of Grief                  | Ψ Moving Treatment Outdoors                 |
| Ψ Digital Therapeutics                       | Ψ Suicide Prevention Continuum              |
| Ψ Treating Relationship and Sexual Concerns  | Ψ Cross-Racial Alliance Building            |
| Ψ Treating Eating Disorders                  | Ψ Native Hawaiian Health                    |
| Ψ Treating Military Members and Dependents   | Ψ EDI in Health Professions                 |
| Ψ Integral and Transpersonal Family Therapy  | Ψ A Guide to Championing EDI                |
| Ψ Serving Court-Involved Families            | Ψ Why EDI is Good for Everyone              |
| Ψ Ketamine Assisted Psychotherapy            | Ψ What's Working in Behavioral Health       |
| Ψ Harm Reduction                             | Ψ Reducing Stigma in Clinical Documentation |
| Ψ Cannabis Science                           |   |

HPA Convention Photos: The VENUE



**Left:** 1) The eerie drive in. 2) Deluxe accommodations. 3) CATERED deliciousness. 4) Lovely dining hall and poster viewing area. 5) Classroom-style presentation rooms. **Right:** 1) Beautiful Bellows Beach. 2) Keynote Auditorium.



HPA Convention Photos: The PROGRAMS



**Top:** Auditorium and opening oli with U'ilani Kiaha. **Middle:** 1) Dr. Lianne Philhower receiving her presenter lei. 2) Dr. Jason Kilmer joining by zoom (he asked that travel expenses be redirected to help with Maui efforts). 3) Dr. Maysa Akbar from APA. **Bottom:** 1) Dr. Aukahi Austin Seabury. 2) Keola Kawai'ula'iliahi Chan, Michele Navarro Ishiki, & Dr. Jillian Miekko Nohealani



HPA Convention Photos: The CONNECTIONS



Clockwise from top: 1) Rose Evelyn Friedheim & Lianne Philhower; 2) Fran Acra, Julie Takishima-Lacasa, Katie Chun, Rose Evelyn; 3) APA / HPA dinner (Lianne, Maysa, Geoff Street, Julie, Adrienne, Cecily, Diane); 4) Rose Evelyn, Maysa, & Julie; 5) Jim (Waldo) Spira, Diane



## HPA 2022 Awards Update, by Nozanin Yusufbekova, Psy.D.

**2022 Awards Committee Update****Nozanin Yusufbekova, Psy.D. [nozanintherapy@aol.com](mailto:nozanintherapy@aol.com)**

Dear HPA Members,

We are thrilled to share the exciting news about the success of our recent convention, which proved to be a monumental gathering of like-minded individuals. The event titled Harmony in Health: Integrating Minds, Innovating Lives, held on October 19th and 20th in Waimanalo, was a resounding success, bringing together passionate individuals who are shaping the future of mental health.

A highlight of the convention was undoubtedly the Awards Ceremony, where we had the privilege of recognizing and honoring outstanding contributors in our community. We celebrated the remarkable achievements and dedication of individuals who have gone above and beyond in their commitment to the field of psychology:

- Ψ Pat DeLeon Lifetime Achievement Award: **Dan Kehoe, PhD**
- Ψ Daniel K. Inouye Award (non-psychologist): **Becky Gardner, JD**
- Ψ Distinguished Service Award: **Jim Spira, PhD**
- Ψ Legislator of the Year Award: **Rep. Jeanne Kapela**
- Ψ Media Award: **Sophie Cocke**
- Ψ Significant Professional Contribution Award: **Larry James, PhD**
- Ψ Rural and Underserved Communities Award: **Sherry Sutherland-Choy, PsyD, APRN-Rx**
- Ψ Outstanding Student: **Matthew Finelli** (doctoral student at Chaminade University)

The Awards Ceremony was a momentous occasion, filled with inspiring stories, heartfelt speeches, and a true sense of community spirit. Each award recipient exemplified the values and passion that define our organization, serving as beacons of inspiration for all of us.

We extend our heartfelt congratulations to all the award winners and express our gratitude to everyone who attended the convention. Your presence and enthusiasm made the event truly unforgettable.

As we reflect on the success of this convention, we are energized and inspired to continue our collective journey toward our next gathering. Thank you for being a part of this incredible experience, and we look forward to the continued growth and success of our community.

Stay tuned for more updates, and let's continue to make a positive impact together!

With gratitude,  
Nozanin Yusufbekova, Psy.D. and  
Convention Committee

## MAHALO TO OUR CONVENTION TEAM

### 2023 Hawai'i Behavioral Health and Wellness Convention Co-Chairs

#### **Sonja Bigalke-Bannan, MSW, LCSW, Executive Director, National Association of Social Workers - Hawai'i Chapter**



Sonja is a Licensed Clinical Social Worker, with a Master's of Social Work, from the University of Hawai'i, specializing in Mental Health. She is EAGALA certified, EquiLateral certified, a PATH-CTRI, have a certification in Harm Reduction Therapy, and completed her EMDR certification in July of 2023 and have completed advanced trainings in complex trauma, specializing in Structural Dissociation Theory. Her approach is trauma focused, using EMDR and Structural Dissociation Theory, Equine Assisted Psychotherapy, Harm Reduction and Motivational Interviewing.

#### **Ray Folen, PhD, ABPP, HPA Executive Director**



Dr. Folen arrived in the Hawaiian Islands at the age of 21, ostensibly to attend graduate school at the University of Hawaii but primarily to surf. A few days in the big waves on the North Shore left him with the profound understanding that his life would be better served if he focused instead on his studies. As a student with a keen interest in the emerging field of cross-cultural psychology, he was the recipient of a four-year East-West Center scholarship that afforded him the opportunity to live and work with fellow graduate students from over 50 countries and territories in Asia and the Pacific. After graduation, he served for 4 years as a state psychologist and then began what turned out to be a 32-year stint at Tripler Army Medical Center, first as the Chief of the

Behavioral Medicine Service and then as Chief of the Army's largest Department of Psychology with a staff of 150. Dr. Folen also developed and implemented a number of original behavioral health projects and was able to secure over \$16M in special project funds. He was one of the early DoD psychologists to prescribe medications, prescribing several thousand medication orders without a single adverse incident.

Dr. Folen served as President and Chair of the National Register of Health Service Psychologists from 2013-2018. Following his retirement from the Department of Defense in 2016, he was selected to be the Executive Director for HPA, a position he has held since that time. Dr. Folen currently serves as Past Chair of the Council of Executives of State and Provincial Psychological Associations. Dr. Folen is the author or co-author of over 65 peer-reviewed professional publications in national and international journals and he has presented more than 140 peer-reviewed papers at state, national and international conferences. He has taught over 20 different courses at the graduate level. Dr. Folen is the recipient of numerous awards to include the HPA Lifetime Achievement Award, the U.S. Army Meritorious Civilian Service Award, and the Excellence in Federal Government Award for Federal Supervisor/Manager of the Year. Dr. Folen is a Fellow of the American Psychological Association and was designated a 'Distinguished Practitioner' by the National Academies of Practice.

#### **Blendine Hawkins, PhD, LMFT, Associate Professor, Doctor of Marriage & Family Therapy Program Director**



Dr. Hawkins is a Hawaii Licensed Marriage and Family Therapist, AAMFT Clinical Member, and AAMFT-approved Supervisor. Dr. Hawkins is an Associate Professor and the Doctor of Marriage & Family Therapy Program Director at Chaminade University in Hawaii. Dr. Hawkins earned her Ph.D. in Family Social Science with a specialization in Marriage and Family Therapy at the University of Minnesota, Twin Cities, following a Masters of Science in Marriage and Family Therapy at the University of Nevada, Las Vegas, and a Bachelors in Psychology at the University of Hawaii, Manoa, and has been working within the mental health field for over 15 years. Dr. Hawkins specializes in couples therapy, attachment, and trauma. As a researcher, she studies healthy

relationships, relational literacy, and intimate partner violence, culturally safe and socially just factors in the delivery of counseling services for diverse populations, and the intergenerational transmission of scarcity stress in transnational families. Her research scholarship, teaching, and clinical interest intersect- specifically with a focus on serving marginalized populations. Her recent professional service includes serving on clinical and research ethics boards, state supervisor training task force, and the convention planning committee.

**Diane Logan, PhD, ABAP, CSAC, ICADC, Clinical Psychologist, Private Practice, HPA Past-President**



Dr. Logan is a Board Certified Addiction Psychologist providing direct clinical care to underserved patients throughout Hawai'i. She presents clinical trainings on substance-related issues, engages in local and federal advocacy, and provides technical services across the Pacific as an Opioid Response Network consultant. Dr. Logan earned her Ph.D. from the University of Washington in 2013 and completed her postdoctoral training at the Center for Alcohol and Addiction Studies at Brown University. She provided integrated behavioral health care and coordinated substance use services at a community health center on Hawai'i Island from 2015-2020. Dr. Logan has numerous peer-reviewed publications and invited presentations focused on her passions of destigmatizing substance use disorders, increasing access to care, and empowering colleagues and communities. Her recent professional service has focused on Hawai'i Psychological Association activities (including serving as an Executive Committee member, convention co-chair, and newsletter editor) and organizing Maui Strong Mental Health Response efforts.

**Mary Ann Navarro, MA, LMFT, President HIAMFT, Hawaiian Islands Assn of Marriage and Family Therapists**



Mary was licensed as an MFT in CA in 1990 and in HI in 2000 when she moved to Hawai'i. She also has a School Counseling Credential that allowed her to work in a wide variety of venues the past 33 years including nonprofits, Dept of Education, County Mental Health, and private practice. She is very proud to have had the privilege of serving the families of Hawai'i in these areas.

**Noza Yusufbekova, PsyD, Clinical Psychologist, Private Practice, HPA Past-Past-President**



Dr. Nozanin Yusufbekova is a licensed clinical psychologist and lead clinician at the National Center for Psychological Services, Inc. She completed her undergraduate studies at the University of Colorado at Denver, and subsequently received her doctorate in clinical psychology from the Hawaii School of Professional Psychology at Argosy University. Dr Yusufbekova specializes in Dialectical Behavior Therapy, and was personally trained by Dr. Marsha Linehan, the creator of this modality. Dr. Yusufbekova has served as the President of the Hawaii Psychological Association (HPA). She additionally specializes in working with and advocating for underserved populations, and has partnered with the National Football League (NFL) in organizing numerous community based events involving food drives, the distribution of clothing for underserved children and their families, as well as educational functions designed to increase public awareness of domestic violence. Dr. Yusufbekova maintains a relationship as a therapeutic consultant with several news or media outlets/affiliates, including the Honolulu based NBC affiliate KHON, 'Olelo as well as ESPN and ESPN radio. Dr. Yusufbekova was born and raised in Dushanbe, Tajikistan and speaks fluent Russian, and Tajik (dialect of the Persian language).

**2023 Hawai'i Behavioral Health and Wellness Convention Committee Members**

**Rosemary Adam-Terem, PhD, Private Practice Psychologist**



The owner of a clinical practice for 30 years and holds a post-doctoral certificate in clinical psychopharmacology, Dr. Adam-Terem is a past President of the Hawaii Psychological Association and Past President of the Hawaii Board of Psychology. She has served on the American Psychological Association rural health and continuing education committee. She is interested in the delivery of behavioral and mental health services to the underserved. She served as the chairperson of the public policy and social justice committee for the Society for the Advancement of Psychotherapy. Dr. Adam-Terem has been in Hawai'i for 40 years, and has been a member of the HPA CE and Convention Committee since 1986 and is the current CE administrator for HPA.

**Katherina Bui, LMHC, Convention Committee Member**



Katherina has been working as a bilingual Mental Health Counselor since 2012. She is a Licensed Mental Health Counselor, National Certified Counselor, Certified Clinical Trauma Professional, and a Certified Family Trauma Counselor. She specializes in complex trauma and children & adolescents. Her goal is to help my clients identify and achieve their personal goals by coping with the issues that are causing them distress, anxiety, and stress through every stage of life. She takes great pride in the progress and success of her clients and looks forward to helping them.

**Colin Moore, MS, LMFT; HIAMFT – Treasurer, Co-Founder of Hawaii Therapeutic Partners**



Colin Moore graduated from UH Mānoa in 2017 with a bachelor's in Psychology and American Studies. He went on to receive his masters in Counseling Psychology from Chaminade University of Hawaii in 2020 with an emphasis in Marriage and Family Therapy. His background includes working with clients diagnosed with severe mental illness, juvenile offenders, and survivors of both domestic violence and sexual abuse. His desire is to expand services to help serve the LGBTQ+ community, working with individual's, couples, and families. Colin currently co-operates his group private practice, Hawaii Therapeutic Partners, and teaches part-time in an adjunct position with Chaminade University of Honolulu.

**2023 Hawai'i Behavioral Health and Wellness Convention Student Volunteers**

Alyssa Ito	Dorian Higashi	Kristin Onaga	Rachel Nakata
Alyssa Lee	Elise Rodriguez	Kyle Matsunaka	Rachelle Podhorzer
Amanda Ishida-Norton	Emma Kim	Leza Gordon	Rebekah Hubacek
Arienne Karylle Cadiz	Ethne Baracao	Malia Sherred	Reilynn Yamane
Ariel Wallace-Wong	Gabriel Custodio	Malika Iagafarova	Ruth Shach
Bridget Duncan	Haley Churhill	Mikael French	Samantha Beaumont
Chanelle Camero	Hannah Diaz	Mimi Chough	Sarah Heggie
Christiana Puccetti	Hannah K. Hancock	Morgan Pine	Tiffany Billiter
Crystal DeRego	Jessica Lau	Nhat Dainelle Vallo	Travis Masuda
Daniel Baon	Kate Sapigao	Nowela Membrere	Tricia L. Tolentino
David Sanders	Khin (Jue Jul) Min Thu	Olivia Easterling	



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## MEMBER SPOTLIGHTS

Welcome to the NEW Member Spotlight section of the HPA Newsletter! The goal of this series is just to get to know either other better, personally and professionally, and see what it looks like to be an HPA Member! We have had some brave volunteers for this first round, so **please consider sending them a quick note** thanking them for their contribution, connecting over shared interests or experiences, or just otherwise being friendly and supportive. Remember, you could be next! (No really, just email me – you could be in the next edition!)

Each Newsletter we'll be looking for volunteers from the following categories:

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Student Spotlight</li> <li>• Early Career Psychologist Spotlight</li> <li>• Mid-Career Spotlight</li> <li>• Seasoned Spotlight</li> <li>• Board Member Spotlight</li> </ul> | <ul style="list-style-type: none"> <li>• Past President Spotlight</li> <li>• DESC Spotlight</li> <li>• Neighbor Island Spotlight</li> <li>• Associate Member Spotlight</li> <li>• BYO Spotlight (Bring Your Own Spotlight!)</li> </ul> |
|--|--|

If you meet one or more of these (or want to create your own!), please contact me!

Every participant gets the same Questions, and as you'll see, everyone answers them differently! There is no right or wrong, this isn't peer reviewed (though it's proofread with your consent), so let your personality show!



### Spotlight Questions:

- 1) How/why did you first get involved in HPA, and why have you stayed a member?
- 2) Tell us about your work/educational setting, clinical or research interests, service or advocacy passions, etc.
- 3) Tell us about your training – how did you get to where you are now?
- 4) If you weren't in this field, what would your alternate career be?
- 5) What else should we know about you (e.g., fun facts, leisure interests, secret talents, family or pets)?
- 6) What contact info would you like included? (phone, email, website, LinkedIn, Instagram, etc.)

*Please include at least 2 photos – one professional (headshot) and one human (living life!)*

## Spotlight on... Richelle Concepcion

HPA Clinical Representative, Disaster Response Committee Chair

[rsconcepcion@gmail.com](mailto:rsconcepcion@gmail.com)**1.) How/why did you first get involved in HPA, and why have you stayed a member?**

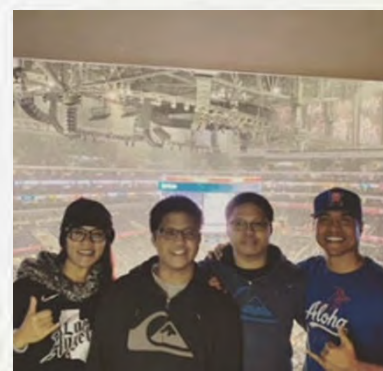
I first became involved in HPA several years ago, shortly after moving to Hawaii from California. I already held different leadership positions within the Asian American Psychological Association and wanted to continue serving the community. I continue to stay a member because it's really important to give a voice to many of the issues that HPA's respective committees stand for (LAC and DESC) such as prescriptive authority for psychologists especially those serving rural or underserved communities. As a stroke survivor who is still recovering, it's also important to me to be a voice and a face for those struggling with disability issues.

**2) Tell us about your work/educational setting, clinical or research interests, service or advocacy passions, etc.**

I currently work at Tripler Army Medical Center in Disability Evaluation Services. Prior to my current position, I spent 2.5 years as a behavior health consultant for the family medicine clinic at Tripler where I worked with primary care providers and their patients. I also worked at Schofield Barracks for 6 years as an embedded behavior health provider, where I worked closely with soldiers and their commands. My current clinical interests are in diversity issues among veterans/active-duty service members, health promotion/education, and the integration of traditional healing methods with psychotherapy.

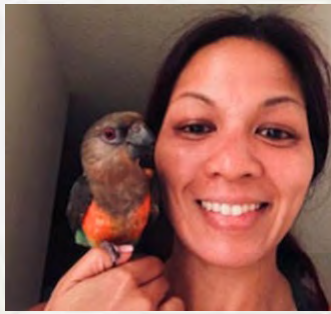
**3) Tell us about your training – how did you get to where you are now?**

I had varied training experiences while in grad school here on Oahu. I completed an assessment practicum at the Life Foundation now known as the Hawaii Health and Harm Reduction Center (H3RC) where I worked evaluating clients who were HIV positive. I then completed a treatment practicum specializing in health psychology at Tripler where I was fortunate to have worked with our current president Dr. Larry James and our ED Dr. Ray Folen. I completed an advanced practicum in Southern California at Harbor-UCLA with a focus on HIV and behavior health. My internship was in a completely different area of psychology at Pacific Clinics where I trained in community mental health. My first job after I graduated was in forensic psychology at Patton State Hospital (PSH) in California. Even though I no longer work in forensic psychology, the job was the reason why I'm at my current job as my first friend at PSH Dr. Joanne Hogle recommended me for my current position. I also serve in the Hawaii Air National Guard as a Public Health Officer.



Richelle Concepcion

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



Richelle Concepcion  
@seachelllesc808

**4) If you weren't in this field, what would your alternate career be?**

Honestly, I think I'd be a veterinarian because I love animals (I seriously wanted to study dolphins or orcas as one time) or an architect since I really appreciate the aesthetics of different building styles.

**5) What else should we know about you (e.g., fun facts, leisure interests, secret talents, family or pets)?**

I have two parrots who keep me company when I work remotely. I have 27-year-old identical twin sons. Several years ago, I swam across San Francisco Bay from Alcatraz to Aquatic Park. It was a huge fear of mine (sharks!) but I was able to finish that race and run a 10k once I got out of the water! It was the coolest thing I'd ever done.

Spotlight on... Cecily Sakai, PsyD

HPA ECP Representative (and President-Elect!)

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



**1.) How/why did you first get involved in HPA, and why have you stayed a member?**

I was asked by a colleague and past Board member about my interest in serving on the Board of HPA. After hearing about the positions open for nomination, I decided to seek a nomination as the ECP representative in 2022. Serving as a solo provider in private practice, I believed it was important to become involved in HPA to develop relationships with other providers and stay informed on topics relevant to our field. I also wanted to become involved in our professional organization in a way that was fulfilling and helpful to our profession and community. I appreciate the providers that I have had the opportunity to interact with through HPA. I also feel fortunate to receive many opportunities and CE credits through my membership with HPA.

**2) Tell us about your work/educational setting, clinical or research interests, service or advocacy passions, etc.**

I work in private practice with individual adolescents, adults, and couples. My primary focus is in serving the local community and working with people experiencing anxiety, grief and loss, relationship concerns, life transitions, trauma, infertility, and identity development concerns. Additionally, I serve as a member of Child and Family Services (CFS) Guild and the Punahou Advisory Council for Student Safety.



### 3) Tell us about your training – how did you get to where you are now?

I attended the PGSP-Stanford PsyD Consortium where I participated in clinical research and practicum throughout the San Jose, Palo Alto, and Bay Area. I worked in hospitals, VA clinics, community organizations, nonprofits, and vocational schools. My training included working in trauma centers, mood disorders clinics, substance use and PTSD clinics, adolescent programs, cancer centers, neuropsychological assessment clinics, and autism spectrum disorder clinics. I completed my internship and postdoctoral residency at the VA Pacific Islands Healthcare System.

My year of postdoctoral training focused on serving veterans in the Hawaii VA residential PTSD clinic, houseless veterans' clinic, and active-duty military members. Much of my training background is as a trauma-informed psychologist. My passion in working with people who experienced trauma began prior to starting my doctorate, when I worked with populations including HIV+ women, survivors of domestic violence, and incarcerated women.

Throughout my training, I have been interested in gaining experience from diverse supervisors who could provide me with various approaches and perspectives to care. My experiences led me to develop an integrated framework that is influenced by time-limited dynamic, emotionally-focused, mindfulness-based, somatic, and dialectical behavioral approaches to care. After residency, I worked at Kapiolani Medical Center for Women and Children's Sex Abuse Treatment Center as well as in private practice.

### 4) If you weren't in this field, what would your alternate career be?

At this point in my life, if I wasn't a psychologist, I would want to work with plants in a nursery, create things with my hands (e.g. pastries or art), or participate in activities that allowed me to engage in movement, dance, or physical exercise.

### 5) What else should we know about you (e.g., fun facts, leisure interests, secret talents, family or pets)?

Some random facts about myself – Even while living on the East Coast and walking to work in below freezing temperatures, I preferred my coffee iced. Some of my favorite past times include catching grasshoppers in school and making fresh picked blackberry milkshakes while visiting extended family in Washington. Some of my favorite present moments include spending time with my family and friends and observing the funny things that my children say and do.

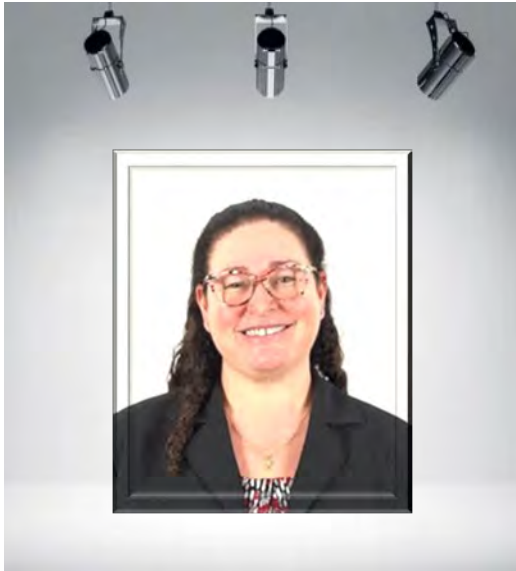


Cecily Sakai, PsyD

[www.drcecilysakai.com](http://www.drcecilysakai.com)

## Spotlight on... Jodie Gerson, PsyD

HPA ECP Representative

[jodiegerson@gmail.com](mailto:jodiegerson@gmail.com)**1.) How/why did you first get involved in HPA, and why have you stayed a member?**

I first got involved with HPA as a first-year doctoral student at the Hawaii School of Professional psychology. Several months after joining I was elected as one of the three student representatives. I quickly got involved in committees and have remained an active member of the community. I'm honored to be the early career psychologist representative in January!

**2) Tell us about your work/educational setting, clinical or research interests, service or advocacy passions, etc.**

I currently am the postdoctoral fellow/clinical lead at the Family Court Liaison Branch (FCLB) with the Department of Health, Child and Adolescent Mental Health Division. My passion is working with court involved and foster care youth. I have so many interests in the field

but my focus is child and adolescent forensics.

**3) Tell us about your training – how did you get to where you are now?**

I'm biased, but I have the best training. My diagnostic practicum was at the Family Strengthening Center conducting forensic evaluations with individuals involved in child maltreatment and drug court cases. My intervention practicum was with Tripler Child and adolescent unit where I worked one day at the hospital and two days at two different military schools. My advanced year I had the opportunity of working at two sites, Waianae Coast Comprehensive Health Clinic and FCLB. For internship I was at the Superior Court of the District of Columbia where I had two minor rotations with the federal reentry court and Howard University. My primary focus was forensic evaluations with court involved youth and therapy with adolescents and adults who were court involved, plus group therapy at Howard University with university students.

**4) If you weren't in this field, what would your alternate career be?**

Working with animals.

**5) What else should we know about you (e.g., fun facts, leisure interests, secret talents, family or pets)?**

I have 5 rescue dogs, and I recently discovered paddling!



## Spotlight on... Larry C. James, Ph.D., ABPP

HPA President / Past-President

[colonellarryjames@aol.com](mailto:colonellarryjames@aol.com)**1.) How/why did you first get involved in HPA, and why have you stayed a member?**

I first became a member of HPA in 1988 or 1989 after suggestions and conversations with Dr Ray Folen and Dr Pat DeLeon. I was very early in my career and had just been assigned to Hawaii as a young military Psychologist. Dr DeLeon told me that ALL psychologists should be a member of their state association because of the Advocacy, networking, and training/educational opportunities HPA would provide.

**2) Tell us about your work/educational setting, clinical or research interests, service or advocacy passions, etc.**

I am a retired Army Colonel Clinical Health Psychologist. It has been one hell of a ride with more than two decades of service to this great nation. I have had at least 6 military deployments to some interesting places such as Cuba, Abu Ghrib, Iraq, South Korea, Japan, and various other countries in the Middle East as well as Afghanistan. These deployments included combat deployments in Iraq and Afghanistan. While in Iraq I kept a "convoy log" and I documented being on at least 105 convoys in some pretty hairy & scary places from one end of Iraq to the other. Thank god I came back in one piece.

My current work setting is at Tripler Army Medical Center. I am the Chief of the Behavioral Medicine Service and Director of the Health Psychology Fellowship. I had the honor of being the Chief of the Psychology Department at Walter Reed Army Medical Center on the day of 9/11. I was appointed as the Chief Psychologist of the Medical Task Force that deployed to the Pentagon the day after 9/11. My job was to coordinate the behavioral health care for the 42,000 employees at the Pentagon . . . OMG! Also, while I was assigned to Walter Reed in Washington, DC, we had three anthrax attacks, and the Beltway sniper shootings and killings. "Lucky we live Hawaii."

I have had a wonderful run with research and publications. I have published in Health Psychology areas such as biofeedback, health care policy, telehealth applications, primary care interventions, and police psychology. I have 12 books, over 100 papers, presentations, workshops, and conference posters under my belt. Along the way I have received over \$20,000,000 in grant funding. No wonder I'm so tired all the time 😊

I have had the honor of being actively involved in service over the past 40 years. I have served as the President of the American Board of Health Psychology, a member of the ABPP Board of Trustees, the Board of Directors for Division 38, the APA Council of Representatives, the APA Board of Professional Affairs, and President of Division 19.



Larry C. James, PhD, ABPP  
[colonellarryjames@aol.com](mailto:colonellarryjames@aol.com)



### 3) Tell us about your training – how did you get to where you are now?

It all started for me at the age of sixteen in my hometown of New Orleans. My best childhood friend was a kid named Tyrone. We did K through 12 together at a Catholic school. Tyrone's dad was the first African-American Clinical Psychologist in the state of Louisiana. His name was Dr. Devezin and I always called him "Doctor D." I was so impressed with him. He told me that he was "a Psychologist." I asked him what is a psychologist. He told me "I get paid a lot of money to talk with people." That was it for me, a job where I get paid to talk. I was sold and made my decision to be a Clinical Psychologist at the age of 16. I showed up at college with my major already declared. Dr. D. Lived to be 84 and we remained very close until his death. He was a powerful influence on my commitment to service.

Well, after I decided to become a Psychologist, it occurred to me how in the heck was a poor black boy from New Orleans, gonna pay for his education? Football and Sports were the answers. I was a good student, but I was an even better football player and track athlete. My undergraduate degree tuition and room and board were paid for with sports and academic scholarships. After receiving very good grades, I received a scholarship to the University of Iowa for my Ph.D. I joined the military afterward because my wife and I wanted to "see the world."

After I was licensed, I decided to do post-doctoral fellowship training in Health Psychology and later training in Psychopharmacology. Being credentialed to prescribe and order labs for my patients was very cool, it really expanded my scope of practice.

### 4) If you weren't in this field, what would your alternate career be?

Creole Chef.

### 5) What else should we know about you (e.g., fun facts, leisure interests, secret talents, family or pets)?

I am a serious movie buff, I can really dance very well, and I'm a great Creole cook.

I have to put a special note here to acknowledge the guidance, love, kindness, and support of my Wife (Joanie), my son Christopher, and my three granddaughters (Shawna, Madison, and Sophie). When I returned from Iraq, I was not the same human being who left for Iraq in May of 2004. They surrounded me, and provided a safe emotional space at home ... they brought me home emotionally after my return from the war. Thank you to them all.

My website: [www.WrightBehavioralHealthGroup.com](http://www.WrightBehavioralHealthGroup.com)





## Spotlight on... Isaiah Moreno, PsyD, LMFT, CSAC

## HPA Community &amp; Public Service Representative

[dr.isaiahmoreno@gmail.com](mailto:dr.isaiahmoreno@gmail.com)**1.) How/why did you first get involved in HPA, and why have you stayed a member?**

I first became involved with the Hawaii Psychological Association (HPA) during graduate school by participating in the HPA convention. I have been able to submit a few poster presentations and a training in the past at the convention. After graduating with my PsyD I found the listserve to be incredibly helpful in consulting with other psychologists and clinicians as an early career psychologist. A cohort member of my predoctoral internship recommended that I participate on the HPA Board, and I took the position of the Community & Public Division Rep. I find being involved with HPA helpful to meeting other psychologists and learning about other professionals' experience as psychologists in and outside of Hawaii. I also participate in the Legislative Action Committee (LAC) and the Political Action Committee (PAC) of the HPA.

**2) Tell us about your work/educational setting, clinical or research interests, service or advocacy passions, etc.**

I am currently a staff psychologist at the Waikiki Health Center in Honolulu, Hawaii. I provide individual therapy with various populations within a Community Health and Primary Care Setting. Given my work and training in corrections, I currently work with various individuals with substance abuse issues, low socio-economic (SES) challenges, and the full range of mental health and medical disorders. My interests include supporting prescriptive authority among psychologists in the state to better provide for our community.

**3) Tell us about your training – how did you get to where you are now?**

I graduated from the Hawaii School of Professional Psychology (HSPP) at Argosy University in 2017. Prior, I had become a licensed Marriage and Family Therapist (LMFT) and a Certified Substance Abuse Counselor (CSAC) having a background in substance abuse treatment. I completed my predoctoral internship with the Hawaii Psychology Internship Consortium (HI-PIC) where I worked at the Oahu Community Correctional Center (OCCC) through the Department of Public Safety. I continued to work in corrections focusing on the treatment of SPMI and providing risk assessments with inmates.

**4) If you weren't in this field, what would your alternate career be?**

I would have liked to be a dermatologist. I enjoy watching youtube videos of Dr. Pimple Popper and find it very satisfying cleaning facial pores. Some find it very disturbing.

**5) What else should we know about you (e.g., fun facts, leisure interests, secret talents, family or pets)?**

I have an insatiable wanderlust. So far I have been to 27 different countries and enjoy travelling the world learning about different cultures and experiences. I was able to go to Egypt, Cyprus, Azerbaijan, and Hong Kong a couple months ago and would love to find a job that takes me all around the world.



Isaiah Moreno, PsyD, LMFT, CSAC  
[dr.isaiahmoreno@gmail.com](mailto:dr.isaiahmoreno@gmail.com)

## MEMBER FEEDBACK

HPA continues to strive as an organization to solicit and consider member input. I also hope this Newsletter was helpful, entertaining, inspiring, and connecting. If you have feedback, on the newsletter or anything else, please reach out anytime to me at [dr.dlogan@gmail.com](mailto:dr.dlogan@gmail.com)

If you'd like to help with future newsletters, or just want to share your favorite parts of this one, please let me know! Member articles are always welcome! Thank you for being a valued member. You are appreciated!

♥ Diane

**NEXT NEWSLETTER EDITION: MARCH 2024**  
**SUBMISSION DEADLINE: FRIDAY MARCH 15, 2024**





## HAWAII COMMUNITY FOUNDATION

### **Mission Statement:**

The Hawai'i Community Foundation helps people make a difference by inspiring the spirit of giving and by investing in people and solutions to benefit every island community.

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- Please note the name of the charitable fund you to are contributing to in the check memo area: **"HPA Behavioral Health Fund"**
- The Employer Identification Number (EIN) for Hawaii Community Foundation is #99-0261283.


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- Option 3
  - Please go to [www.hawaiicommunityfoundation.org/give/](http://www.hawaiicommunityfoundation.org/give/)
  - Click on "GIVE" located at the top left of the page
  - Click on "SELECT A FUND"
  - Select "Hawaii Psychological Association Behavioral Health Fund" from the list.
  - Donors will receive an immediate electronic tax acknowledgment email for their gift at the same email address they used to make their on-line gift.

***For any other questions, contact Robin Pratt at [rpratt@hcf-hawaii.org](mailto:rpratt@hcf-hawaii.org) or 808.245.4585***



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