

# Maine Psychologist Today

Welcome to the Maine Psychologist Today, MePA's new online newsletter!

## President's Message



Dear colleagues,

With the advent of summer vacation, my interactions with children / teens has been limited. And so, in order to continue to enhance my I.Q., I have been reading Benjamin Franklin's "Poor Richard's Almanac," specifically from his 1733 edition. Some relevant "snippets" are added for your deliberation. And now, Summer is ending and we anticipate our Fall activities do we not?

Let's review several developments and pending activities.

MePA has welcomed Amy Safford as our new executive director. Amy is part-time and can be reached via our usual telephone number (207-621-0732). She is prompt, thorough, very competent and personable. Please contact her at any time for any MePA related questions. Her hours are Monday through Friday 1 - 4 p.m. As stated by Mr. Franklin:

*"Generous minds are all of kin."*

To enhance Amy's work assignments and responsibilities, we have made a change in office location to the Biddeford area, given that Amy lives in Saco and her commute would be much shorter. The new address for the MePA office is: 2 Main St., Building 17, 3<sup>rd</sup> Floor, Suite 302Q, Biddeford Maine 04005. Still, our MePA conferencing, committee meetings, etc. will still be more centralized in the Augusta - Brunswick areas as previously.

Thank you to our Continuing Education Committee chairperson, Dr. Susan Maataoui, and the CEC committee members for your ongoing service to us. Our last conference entitled “Psychotherapy in a Tumultuous Socio-political Climate,” was presented by Dr. Michael Kramer and Dr. Tom Negron at the Fireside Inn in Portland on September 20.

On November 15, Dr Raymond Tafrate will present a dual conference covering domestic violence in the morning session and anger management in the afternoon session. We are also planning to present several graduate student poster sessions at that conference, which will be at the Clarion Hotel in Portland. Please visit the MePA website to sign up. And so, as Mr. Franklin states:

*“At 20 years of age the Will reigns; at 30 the Wit; at 40 the Judgment.”*

On a more personal note, I am very much appreciative of the MePA listserv. I (and you dear reader) are kept abreast of professional social activities, employment opportunities, current APA sponsorships and professional developments as well as personal contacts with our membership. And so, use it! Take advantage of this membership benefit and contribute as well. Again Mr. F.:

*“Wealth (and wisdom) is not his that has it but his that enjoys it.”*

And finally, to excerpt a closing from my May 2019 letter:

“And so, dear committee, council, graduate student, and regular members, let us keep up the pace! See you at the November conference, and we will be listening to one another on the listserv! Most gratefully, Tom Collins.”

*“Reader, I wish thee Health, Wealth, Happiness, and may kind Heaven thy Year’s Industry bless.”*

*Most gratefully,*

*Tom Collins, President of the Policy Council*

# APA Update

## Elise Magnusson



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION

APA has been busy at the national level. With a commitment to becoming both nimble and relevant to the public, we have been able to increase our exposure and distribute press releases faster.

Here are some examples of results we are seeing:

- One APA press release was mentioned in 570 news articles;
- APA has partnered with National Manufactures to address how the opiate dependence is affecting their members;
- APA is working with the Surgeon General to bring expertise around opiate addiction and non-opiate pain management;
- APA is working with farmers to help with stress they are experiencing;
- APA is working with PTAs to address children's mental health

During the August meeting, APA approved the guidelines for practice for people with low-income and economic marginalization. You can find them here.

[http://apacustomout.apa.org/commentPracGuidelines/Practice/LIEM\\_Guidelines.pdf](http://apacustomout.apa.org/commentPracGuidelines/Practice/LIEM_Guidelines.pdf)

The COR approved the advocacy policy statement on Immigration and Refugees (98.2%). The statement concludes:

*Therefore, APA reaffirms its 1998 resolution on Immigrant Children, Youth, and Families (APA Multicultural Guidelines, 2017). Further, consistent with the ethical principle that psychologists respect the human rights, dignity and worth of all persons and peoples (American Psychological Association, 2017). APA supports practical and humane immigration policies that consider the well-being of immigrants and refugees, and particularly families, including the provision of appropriate medical, mental health and social services. APA also calls upon the federal and state governments to provide sufficient funding to ensure appropriate health and social services are provided.*

APA is also leading efforts to expand an appreciation for psychology beyond clinical applications. For example, the APA is highlighting the contributions of cognitive psychologists to the field of artificial intelligence.

Finally, COR voted to submit a bi-laws change to the membership, allowing members who have had a student status for two years to vote in APA elections. COR also voted to send the bi-laws change out with a pro and con statement. It is worth noting that whenever a pro and con statement accompanies the ballot, the measure is usually rejected. Look for the ballot this fall and please consider your vote carefully.

*Elise Magnuson, PsyD, LCSW*  
COR, Maine



## World Mental Health Day 2019: October 10 Focus on suicide prevention

**Every 40 seconds, someone loses their life to suicide.**

On October 10, the World Health Organization presented “40 seconds of action” to raise awareness of the scale of suicide around the world and the role that each of us can play to help prevent it.

<https://www.who.int/news-room/events/detail/2019/10/10/default-calendar/world-mental-health-day-2019-focus-on-suicide-prevention>



## A State-by-State Examination of the Economic Costs of Gun Violence

The gun violence epidemic imposes severe costs on American families and the society as a whole. The human costs—the loss of husbands, wives, fathers, mothers, children, grandparents, teachers, police officers and others—is incalculable. The numbers are staggering. In 2017, for the first time, the rate of firearm deaths exceeded the death rate by motor vehicle accidents. That year, nearly 40,000 people were killed in the United States by a gun, including approximately 2,500 school-age children. That is over 100 people per day and more than five children killed each day. Sixty percent of gun deaths each year are firearm suicides.

[https://www.jec.senate.gov/public/\\_cache/files/b2ee3158-aff4-4563-8c3b-0183ba4a8135/economic-costs-of-gun-violence.pdf](https://www.jec.senate.gov/public/_cache/files/b2ee3158-aff4-4563-8c3b-0183ba4a8135/economic-costs-of-gun-violence.pdf)

## New Working Group Will Focus On Maine's Mental Health System

A new working group kicked off its first meeting in Augusta Friday morning to review Maine's mental health system and make recommendations for improvements.

The co-chair of the group, Democratic Senator Cathy Breen, says she wants to reverse what she sees as a trend towards re-institutionalization, "where folks with persistent mental illness, with substance-use disorders, are winding up in hospitals, inpatient settings, jails, prisons."

<https://www.mainepublic.org/post/new-working-group-will-focus-maines-mental-health-system>

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