

## 2017 Past Presidential Summary

It was an honor and privilege serving as the 2017 President of the San Diego Psychological Association. It was a great opportunity to work collaboratively with such a talented and highly qualified Board, which has continued to thrive to new heights through member creativity and technological pursuits. The establishment of the 2016 SDPA Mission and Vision Taskforce began the development of a plan of structural reorganization that was approved by the Board and commenced effective as of July 1, 2016. The reorganization reduced administration expenses by 25% by reducing duties of office staff and making better use of volunteer and contract labor. SDPA was then able to activity focus more on providing quality benefits to members and the community with less need to fundraise. The reorganization also re-conceptualized responsibilities of individual board members to relieve the burden on the President and to more evenly distribute the oversight duties within the Board. We established a new, user-friendly website complete with a comprehensive member referral directory, and continued to implement the structural reorganization of the Board of Directors and office staff. We improved the financial statements, increased the bookkeeper's role, thus providing better overall documentation. During 2017, the Association grew by 20%, increasing to over 600 members. For the first time in five years, the SDPA will not have to rely on fundraising to stay profitable.

The San Diego Psychological Association also cultivated new leadership by involving graduate students and early career psychologists as Board Members and committee members. The 2017 Board of Directors consisted of 50% Early Career Psychologists. Furthermore, the Early Career Committee (ECP) had the largest membership of all twenty-two SDPA committees and task forces, with over sixty-seven active members. The ECP committee held educational and networking events, and socials, while still participating actively in the all SDPA conferences and networking events.

Thanks to Drs. Janet Farrell and Saurabh Gupta, the Government Affairs Committee (GAC) kept members informed on issues vital to psychology and the practice of psychology. Advocacy activities of the GAC included four members attending the annual CPA Leadership and Advocacy Conference and Advocacy Day in Sacramento in March. In addition, SDPA actively solicited contributions from SDPA members for the CPA Political Action Committee fundraising dinner at the annual CPA Convention. SDPA filled two tables at \$250. per person for CPA-PAC.

In addition, GAC members wrote weekly columns in the SDPA E-News regarding political news that affects mental health issues and the practice of psychology. GAC also organized a Meet and Greet for County Supervisor Dave Roberts, who was running for re-election to his seat on the SD County Board of Supervisors. Drs. Bruce Sachs and Julia Rosengren collaborated with San Diego High School students to create 1-2 minute PSAs on mental health issues that touch their lives. The students wrote, created, and produce the PSAs with help from the GAC regarding the specifics of the mental health topics they choose. The PSAs were aimed at helping teens bring mental health awareness to each other in hopes of creating change. Lastly, the Government Affairs Committee had a yearly membership drive and made personal telephone calls to SDPA members encouraging them to become Dual members of SDPA and CPA.

SDPA supported diversity and inclusivity within our membership and throughout the association activities during 2017. The Cultural Diversity Committee and the LGBTQ Committees are two committees that provided professional and community education, updates, and discussion of issues that affect culturally diverse communities. One example was how the SDPA Board and LGBTQ Committees focused on increasing awareness by sponsoring a table at the Harvey Milk Breakfast, May of 2017.

The SDPA Science Fair Committee participated and judged the Greater San Diego Science and Engineering Fair submissions. The annual awards ceremony, recognizing the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> winners, was held at the SDPA offices during the Spring. Drs. Richard Schere and Karen Fox continue did an outstanding job organizing the judging and recognition awards for our future behavioral scientists! Collaboration with other professional associations and organizations was an ongoing priority for the San Diego Psychological Association during 2017:

- The Association partnered for the second year with the San Diego Psychiatric Society, the Academy of Child and Adolescent Psychiatry, and the San Diego Chapter of Marriage and Family Therapists, for a full-day conference that presented cutting-edge issues and up-to-date information on complex issues facing youth, families and communities. Thanks to a grant from the San Diego County Mental Health Board, the CICAMH (Critical Issues in Child and Adolescent Mental Health) was able to present expert speakers, with food and beverages, and a networking Happy Hour, and, 6 CEUs, for \$50. The March 11, 2017 conference attendance reached a capacity of 330. Expert speakers presented on teen suicide, substance

abuse in relationship to family, sexting, texting, and the social media, forgiveness training in high-risk middle schools, and more.

The same CICAMH planning group also sponsored a Free Networking Event in August at a local brewery. It is a great opportunity to connect with other individuals with the purpose of enhancing professional and social networks, in addition to learning more about community resources.

The SDPA co-sponsored a national conference on trauma with the Navy SEAL Foundation in November. Seven hundred people from all over the country attended this gathering for which SDPA provided CEUs. The Foundation was so thrilled with our contribution that they decided to have the conference in San Diego again next year with our co-sponsorship.

The 2017 annual Fall Conference, ***What's Outside the Box: Innovations in Trauma Treatment***, was outstanding. Dr. Mary Mulvihill chaired the conference that focused on new, evidenced-based approaches for treating trauma. "One of the best conferences I've ever attended," "energetic", "great spirit," "wonderful," "absolutely great," "warm and welcoming." These are just a few of the many comments made about the conference. A pre-conference networking event was held at the Smartspace Business and Art Gallery the Friday night before the conference. Our keynote Speaker, Linda Graham, spoke on "The Neuroscience of Resilience and Well-Being" the day of the conference. It was an enormous sacrifice of time and energy by our CE committee, volunteers, office staff, and board members that produced the largest conference in recent years, one of which we were all be proud.

Association goals for 2017 included, but were not limited to:

- Attract new members by being responsive and providing exceptional services to the members as well as to the greater San Diego Community. Some of the services and benefits SDPA provided members included:
- Professional networking
- Student support and mentoring
- Continuing Education Courses
- The Annual Fall Conference
- FREE professional listing in the SDPA Website Membership Directory
- FREE subscription to *The San Diego Psychologist*
- FREE subscription to the *Weekly E-News*

- Opportunity to participate in SDPA's various committees
- Legal Counsel- 1 FREE consultation
- FREE consultation services on ethics and other professional issues
- Speaker and media opportunities
- Advocacy on behalf of local psychologists
- An opportunity to support the Greater San Diego Science Fair
- Opportunities to assist with the nationally recognized Disaster Response Committee
- Opportunities for professional leadership within the psychological community
- FREE "Meet and Greet" Event and Holiday Party

It was an important time for the SDPA as we adapted and grew in a period of global change. The SDPA's Disaster Psychology Committee's collaboration with the Red Cross in responding to the mental health needs of residents in Houston, Mexico, Florida, Puerto Rico continued to thrive and educate the mental health community as well as the public about how to care for themselves and others before, during, and after disasters.

Finally, but importantly, the San Diego Psychological Association received the California Psychological Association's prestigious award for the **2017 Outstanding Chapter of the Year Award**.

SDPA accomplished much during 2017, thanks to the involvement and support of our talented and skilled Board and Committees, and members. With their help, we lived out the SDPA Mission Statement: To create a community for psychologists, to promote the profession of psychology, and to serve the public.

Respectfully submitted,

Annette Conway, Psy.D.