

CPA'S HUMAN RIGHTS & SOCIAL JUSTICE IN PSYCHOLOGY COMMITTEE

MESSAGE FROM THE CO-CHAIRS

Dear Committee and Working Group Members,

To begin, we would like to wish everyone a happy, healthy, and joyous New Year! As we continue to live under the dark cloud of this pandemic, we hope that as the days grow longer again you find some light and hope to help see you through these challenges. This month's newsletter highlights *Advocacy*. A major part of the work that the CPA does as a professional association, is advocating for psychological science, education, and practice at a number of different levels, including government, public policy, and within the association. If you are interested in the advocacy work, being done by the CPA you can go to <https://cpa.ca/advoacacy/> for an overview or read the latest issue of *Psynopsis*. The CPA's advocacy is, in part, informed by the expertise and specializations of the association's membership. Much of the work we are doing as the HRSJ Committee and Working Groups, is positioned to provide important information to inform the CPA's advocacy efforts. As such, each of the working groups has something important to offer with this regard. Certainly, developing fact sheets, compiling literature and research related to each of the group's topic areas will be valuable information to further the CPA's advocacy work. In this issue of the Newsletter, we highlight the Advocacy Took Kit developed by the CPA for its members, as well as other information that provides an avenue to better understand what advocacy can be or look like. We encourage you to review the materials provided in this Newsletter to further support the important advocacy with which the CPA is involved.

Warm regards,

Ada L. Sinacore, Ph.D. and Kerri Ritchie, Ph.D., C.Psych.

CPA IN ACTION

Below a few highlights of the CPA's activity to and application of psychological principles, knowledge, science, and practices to promote human rights and social justice, particularly as pertains to the issues of homelessness, poverty and food insecurity.

Launch of Members Only CPA Advocacy ToolKit for Psychology

In addition to the advocacy work that the CPA undertakes on your behalf, the Association strongly believes it is important to invest in, and equip, our members and affiliates with the knowledge, strategies and tools they need to be an effective

advocate. For this reason, the CPA has created the **Very Involved Psychologist (VIP)** and **Very Involved Psychologist Researcher (VIPR)** program. As part of that program, we have developed a toolkit to assist members in building their advocacy skill set and/or confirming their approach.

At the present time, the toolkit is comprised of the following elements –

- an **Advocacy Guide** that is designed to provide psychology practitioners, researchers and educators with the basic knowledge, strategies and tools to effectively engage and contribute to the political/public policy-making process
- **Meeting your Member of Parliament kit** comprised of dos and don'ts, sample emails/letters, etc. that will help you prepare for, and debrief, your meeting.
- a **Media Guide** that provides you with the knowledge you need to deal effectively with traditional and social media
- a bank of **Other Resources** – a dos and don'ts PowerPoint, videos and presentations that speak to the CPA's role and its approach to public policy advocacy; all of which may be useful for members in building their advocacy skill set

In the coming months, we will add other elements to the Toolkit including – one-page Key Messaging documents, advocacy-related continuing education courses, etc.

To access the toolkit, CPA Members and Affiliates can log into the Members Only site here

– <https://secure.cpa.ca/apps/Pages/advocacy>

CPA Advocacy in Action

The CPA's advocacy activities (<https://cpa.ca/advocacy/>) take a variety of forms and include the following:

- Meeting with Members of Parliament and Senators and their staff
- Meeting with senior government officials
- Presenting to House of Commons and Senate Standing Committees
- Liaising with senior representatives from federally-funded health agencies
- Partnering with mental health and research-focussed strategic partnerships
- Developing and presenting letters, Briefs, and position/policy statements
- Participating in the pre-budget consultation process (submit Brief, present to Finance Committee)
- Participating in expert roundtables and consultations (e.g., Medical Assistance in Dying [MAiD])
- Providing the perspective of psychology on Federal Committee work and Bills under review (e.g., Conversion Therapy)
- Compiling resources of interest for the psychology practitioner and researcher communities
- Launching strategic communications and media campaigns
- Attending conferences/workshops and events to present perspective of psychology

HRSJ WORKING GROUPS

Working Groups					
Homelessness, Poverty and Food Insecurity	Ableism and Accessibility	Climate Change	Decolonizing and Systemic Racism	Immigrant, Refugee, Ethno-cultural, and RacIALIZED Peoples	Societal and Sexual Violence

If you have come to help me, you are wasting your time. But if you have come because your liberation is bound up with mine, then let us work together.

Lilla Watson (born 1940) an activist who is Murri (Indigenous to Australia)

Aboriginal Activists Groups

HRSJ IN MOTION: CPA RELEVANT RESOURCES

Below a snapshot of some CPA resources of relevance to Advocacy.

Psynopsis

	<p>Advocacy Issue Volume 43, Issue 4 https://cpa.ca/docs/File/Psynopsis/2021-Vol43-4/index.html#p=1</p>
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CPA PodCasts

Advocacy, Policy, And Public Affairs for Psychologists with Glenn Brimacombe

<https://soundcloud.com/user-389503679>

Dr. Karen Cohen on advocacy during COVID-19

<https://soundcloud.com/user-389503679>

CPA Webinars and Educational Courses:

“How to Do the Work: Advocacy Skills for Psychology Students”: <https://www.youtube.com/watch?v=W7tsHuQERo>.

CONTACT US

CPA Human Rights and Social Justice in Psychology Committee

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