

# Rural and Northern Perspectives: The View from Here

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## Message From the Chair Submitted by Dr. Shelley Goodwin



It seems opportunities have been everywhere to promote rural and northern practice this spring. Here are several snapshots of some of the things that have allowed me to speak about the issues relevant to Rural and Northern psychologists.

Over the past 12 months I have been participating on CPA's Medical Aid in Dying Task Force which has looked at psychology's future role on this important issue. I have had the privilege of providing a rural and northern perspective to the challenges that psychologists may encounter in providing this service to our fellow Canadians. The CPA is currently conducting a survey to determine psychologists' views and experiences on the recent change to the criminal code that allows for Medical Assistance in Dying (MAID). I encourage you to complete the survey to have your views heard on this important legislation. Click here to access the survey: <http://web2.cpa.ca/membersurveys/index.php/569993?lang=en>

I have given voice to rural and northern issues on the Professional Affairs Committee, which is a Committee of the CPA. The mandate of this committee is to "support the practice of psychology across all its applied domains (e.g. clinical, school, criminal justice, industrial/organizational) in both the private and the public sectors".

Our section is rolling out a new award this year to honour a rural and northern practitioner who has made a distinguished professional contribution to rural and northern practice. This is an exciting opportunity for each of us to reflect on those we have worked with, both current and past psychologists, and consider nominating them for this honour. Please see the nomination criteria and process on page 3 of this newsletter.

### Inside this Issue

- Message from the Chair—pg 1
- Service Award information—pg 3
- CPA Events—pg 4
- North Star Award—pg 5
- What are you Reading—pg 6
- Book Review—pg 6
- Call for Volunteers—pg 6
- Social Media Notice—pg 6
- Editor's Comments—pg 7

## Message from the Chair, continued...

This spring, as part of work with my provincial association (APNS), I have had an opportunity to meet with other Atlantic provincial association representatives and the CPA related to the Health Accord. As you are no doubt aware the federal Ministers of Finance and Health put a Health Accord offer on the table to the Provinces and Territories. It offered an annual increase in the Canada Health Transfer (CHT), which also included 5 billion dollars for mental health over the next 10 years. To date (March 23<sup>rd</sup>) all provinces and territories have signed on excepted Manitoba. As part of the Atlantic initiative I spoke about the needs of rural residents and how rural based psychologists could meet the needs identified. During this meeting we developed a collaborative and common position on which we would advocate to our respective provincial health departments. If you have not already read the Imperative for Change document I encourage you to do so, as this document guided our focus of advocacy and will continue to do so. ([http://www.cpa.ca/docs/File/Position/An\\_Imperative\\_for\\_Change.pdf](http://www.cpa.ca/docs/File/Position/An_Imperative_for_Change.pdf))

I recently had a student from University of King's College in Halifax contact me to be interviewed for a piece she is writing on access to psychological services in rural NS. Her questions were thoughtful, intuitive, and truth-seeking. It was a delight to engage with her. Along that line I had a third year psychology student from a local university ask to conduct an interview as she is looking for information on being a psychologist in a rural area.

This is a snap shot of how we can get our message out there about rural and northern psychology. Clearly we have lots of ways to contribute, influence, and educate those around us on this important area of clinical practice and research. **What ways do you promote rural and northern practice? We would love to hear about your advocacy.**

I look forward to seeing everyone at convention this year in Toronto. Our AGM is scheduled for Friday June 9th in the afternoon at 4:45 pm. in the Nova Scotia room (Main Mezzanine), and our Section poster session is scheduled for Saturday June 10th at 1:30 pm in the Posters and CPA Marketplace.

As this is my last Chair report I would like to take this time to thank the executive for all their work and enthusiasm over the past two years. They have made my work so much easier and enjoyable. I want to welcome Dr. AnnaMarie Carlson to her new position as Chair. I look forward to working with her in this new capacity. I have no doubt she will bring new ideas and energy to the position. There are two people who are not technically part of our executive, but who do a phenomenal amount of work behind the scenes. Colton MacDonald is our website guru and volunteer extraordinaire! Dr. Amanda Lints-Martindale is the person who keeps us all on track related to newsletter production. You are reading this because of her! Thank you to each of you. I have thoroughly appreciated your sense of humour, thoughtful ideas, and enthusiasm. I look forward to working with those who will join the executive in my new role as Past Chair.

## Service Award: Distinguished professional contributions to rural and northern practice

This award is intended to recognize outstanding rural and northern practitioners in psychology. Nominations will be considered for psychologists working in any area of rural and northern psychological practice, including education and health services provision, or consulting; and services provided to any patient population or professional clientele in a rural and northern setting. Services provided to diverse client groups or patient populations, including but not limited to children / adolescent / adults / older adults / elders, rural / remote / northern populations, minority populations, and persons with serious mental illness will be considered. Contributions may be judged distinguished by virtue of peer recognition, advancement of the public's recognition of psychology as a profession, advancement of rural and northern practice through supervision/research/scholarly pursuits, relevant professional association honours, or other meritorious accomplishments denoting excellence as a rural and northern psychologist, including advancement of the profession.

Nomination packages must include:

1. A letter of nomination from a current Rural and Northern Section member detailing the nominee's distinguished contribution.
2. At least two letters of support from individuals (beside the nominator) who know this person's distinguished contribution to rural and northern practice. The letter is to be current, meaning written in the last calendar year.
3. A current curriculum vitae for the nominee.
4. Deadline for submission is May 1<sup>st</sup>.

The recipient will be announced at the AGM of the Rural and Northern Section.

Send nomination packet preferably by email (in pdf format) to [slgoodwin@eastlink.ca](mailto:slgoodwin@eastlink.ca). It can also be mailed to :

Dr. Shelley Goodwin  
Suite 326- 615 Main Street,  
Yarmouth NS.  
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## CPA Events for the Rural and Northern Section

Online registration is now available for CPA's 78th Annual Convention June 8-10 in Toronto, Canada at the Fairmont Royal York. Information about the full convention schedules, abstracts, and professional development workshops can be found on the CPA website at <http://convention.cpa.ca/>

The Rural and Northern Section will be hosting its AGM on Friday, June 9th at 4:45pm in the Nova Scotia room (Main Mezzanine), and our poster session is scheduled for Saturday June 10th at 1:30 p.m. in the Posters and CPA Marketplace. The executive welcomes attendees of the AGM and members of the rural and northern section to join them for an informal evening meal following the AGM (please note that the section will not be able to provide financial reimbursement for the meal due to budgetary restraints). Restaurant location to be announced at a later date.

As an example of the content that can be expected from the CPA convention, here is an abstract that was presented by two Rural Psychologists at the 2016 Convention in Victoria: **Dr. Jolene Kinley, C. Psych., and Dr. Sandra Thompson, C. Psych.** both from the University of Manitoba's Department of Clinical Health Psychology.

The Interlake Eastern Regional Health Authority Community Mental Health program has been undergoing many changes to the model of services provided. The two consulting psychologists for the program presented these changes from the view of psychology at the Canadian Psychological Association Annual conference in Victoria, BC in June (presented by Dr. Jolene Kinley) and Mental Health on the Prairies Conference in Brandon, Manitoba in October (presented by Dr. Sandra Thompson). They reviewed the changes that have already occurred or are in progress such as a dialectical behaviour therapy group and educational classes, cognitive behavioural therapy with mindfulness education classes, a shared care program, community-based self-help prevention programs (Bounce Back and Living Life to the Full) available through physicians, and introduced a Mental Health Clinical Health Specialist position. They also discussed current proposed changes including direct access to psychiatry (without having to be seen by a community mental health worker [CMHW]), increasing the use of telehealth, and training of CMHW's in evidenced-based treatments. Future plans for model change include increasing group-based treatments, introducing a review panel for new clients, an improved website, and competency self-assessments for CMHW's. The initial feedback from these programs was discussed, along with the challenges. There have been many positives associated with these changes including feedback from clients, providing evidence-based mental health services, and better efficiency (i.e., providing education to a larger number of mental health clients). They also identified many challenges associated with model change in such a large and complex system such as managing resource allocation, prioritizing areas of focus, geographical restrictions, and effective communications at all levels from clients, direct service providers, leadership, to higher management.

## North Star Award

### Are you a student member of the Rural and Northern section of CPA and presenting at the 2017 convention in Toronto?

The **North Star Student Award** was established by the Rural and Northern Psychology Section in 2008 to recognize the student with the most meritorious submission to the Rural and Northern Section of the CPA annual convention. Any student whose presentation/poster has been accepted into the Rural and Northern Psychology Section Program is encouraged to apply. There are two categories of competition: poster presentations and oral presentations (symposia, review, conversation sessions). One award will be available within each category. Students with multiple convention submissions across these categories may apply for the award in both categories. Winning submissions will be recognized with a certificate and a monetary award, presented during the CPA convention. The student will also be invited to describe his/her work in the fall issue of the Rural and Northern Psychology Newsletter, *The View from Here: Perspectives on Northern and Rural Psychology*.

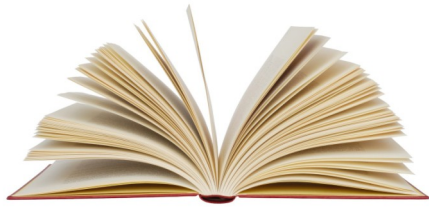
#### To be eligible for this award you must:

- Be first author of a presentation/poster that has been accepted into the Section Program at the annual CPA convention, and a student at the time you did the work described in the paper.
- Notify the Section Chair that you wish to be considered for this award.
- Be prepared to attend an award ceremony at the convention.
- Be a member of the Rural and Northern Psychology Section at the time of the submission.

Please contact Chair, Dr. Shelley Goodwin, **by e-mail ([slgoodwin@eastlink.ca](mailto:slgoodwin@eastlink.ca))** if you wish to be considered for this award or if you have any questions.



***“The winning submission will be recognized with a certificate and monetary award.”***



## New Newsletter Feature: What are you Reading?

The newsletter will be featuring a new “mini” column in each issue that will focus on the books that our members are reading. This will increase awareness of potential resources, stimulate conversations among colleagues and hopefully pique your general interest! Dr. Shelley Goodwin has submitted her “reading list” for your consideration:

EMDR therapy for First responders by Marilyn Lubber.

The Psychology of Retirement: Coping with the Transition from Workbook by Derek Milne

Travel as a Political Act by Rick Steves

What are **YOU** reading? We would love to know!

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### **Book Review: It’s Not About Us written by Todd Leader Review Submitted by Shelley Goodwin, Ph.D.**

To say that the Canadian mental health and addiction treatment system is in distress is an understatement. To say you have a secret about how to transform it into a healthier system is impressive yet may be cause for a raised eye brow or two. In “It’s not about us: The secret to transforming the mental health and addiction system in Canada”, Todd Leader boldly demonstrates how to make systemic changes without more money or more staff. His plain-speaking call to action brings us back to basics and states clearly, just as the title claims, it is not about us as clinicians or management, but about the client. It is about recognizing that there are many important things in health care but, if we are truly honest, at the most basic it is about the fellow human beings we serve. He clearly shows it is always about what clients need. He shows that when we make this paradigm shift we are able to eliminate time consuming meetings, the acceptance of 5-8 month long wait lists, staff who treat public practice as though it were a private practice, and managers who may be excellent clinicians but not have the necessary leadership skills.

He focuses on eliminating unnecessary barriers to service, making any door the right door, collaborative practice, and being open to creative and innovative solutions. He refers to, but does not bog the reader down in, technical jargon and research. He uses plain language to critically evaluate, encourage, promote, and clarify how to move public Canadian mental health and addiction services forward to a more effective, client centred system that addresses the needs of client, employee and tax payer. He provides examples of how these changes have been successfully implemented and the international awards that have been bestowed upon his team as a result of these positive changes.



## Editor's Comments

Submitted by Dr. Amanda Lints-Martindale, C. Psych.



Greetings! I hope that you have enjoyed this issue of *The View from Here*—our Rural and Northern Newsletter. I would like to extend my appreciation to our contributors to this issue of the newsletter, particularly to our outgoing chair Dr. Shelley Goodwin for her dedication to our section, and to rural and northern psychology in Canada.

If you would like to make a contribution to *The View From Here*, please contact me directly by email ([Amanda.Lints-Martindale@umanitoba.ca](mailto:Amanda.Lints-Martindale@umanitoba.ca)). Submissions can be made at any time, and can include:

- **an article for our regular feature “a week/day in the life of a rural and/or northern psychologist**
- research findings and summaries
- information on upcoming conferences and training opportunities
- articles on the experience, challenges, and benefits of practicing in rural and/or northern locations
- photos
- ethical dilemmas
- book review(s)
- any other topic related to rural and northern psychology in Canada!

The Newsletter is produced by the Rural and Northern Section of the Canadian Psychological Association (CPA) and is distributed to members of the Section. The purpose of the Rural and Northern Section is to support and enhance the practice of rural and northern psychology. The goals of the section are: 1) Establish a network of professionals interested in the areas of rural and northern psychology (this may include individuals currently practicing in rural/northern areas of those with an interest in this area), 2) Enhance professional connectedness by facilitating linkages between rural and northern practitioners, 3) Distribute information relevant to the practice of rural and northern psychology, 4) Provide a forum to discuss practice issues unique to this specialty, and 5) Introduce students and new or interested psychologists to rural and northern practice.

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