



# Society for HEALTH PSYCHOLOGY

## GRADUATE STUDENT NEWSLETTER

Volume 3, Issue 1: Fall 2017

Editors: Allison Carroll, M.S. & Valeria Martinez-Kaigi, M.S.

### SOCIETY FOR HEALTH PSYCHOLOGY

#### From the Editors Desk:

Welcome to the Fall issue of our newsletter! In this issue we wanted you to hear from leaders in our society that discuss issues of diversity relevant to our field, research, and practice. Some highlights from Drs. Justin Nash and Kayloni Olson include their visions for how we address diversity in our professional community. We also feature a compelling piece from Dr. James García about Deferred Action for Childhood Arrivals (DACA). Finally, don't miss our updated list of resources, awards, and funding opportunities for SfHP students in the back of the newsletter.

- Val and Allison

#### CALL FOR NOMINATIONS:

##### Exemplary Graduate Students and Mentors in Health Psychology

Nominate yourself, a friend, or a mentor! We will select 1-2 outstanding health psychology graduate student(s) and/or mentors to highlight in each newsletter.

Please send nominations to [div38studentreps@gmail.com](mailto:div38studentreps@gmail.com).

### PREVIEW: FROM THE SfHP PRESIDENT: JUSTIN NASH, PhD

#### A little bit about me:

First, let me introduce myself. I began my term as President of the Society for Health Psychology in August 2017. I am currently Professor and Department Head for the Department of Allied Health Sciences at the University of Connecticut. I transitioned to UConn in January of 2017 after 25 years at Brown University, where I coordinated health psychology/behavioral medicine training. My position at UConn gives me a chance to lead a multidisciplinary department that includes a cohort of health psychologists.

**As with most aspects of life, we need to keep our eye on where the puck is going to be. You, as current students of the Society, are the future of the organization, and it is you who will be handling and directing the puck...** (full article continued on page 4).

#### Inside this issue

- 2017 APA Convention Recap
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- Student Resources





## RECAP: APA Convention, August 3-6, 2017, Washington D.C.

From the Editors Desk: Valeria Martinez-Kaigi, M.S.

This year's APA Health Psychology Programming reflected the breadth and depth of our field's commitment to the research and practice of treatment and prevention of disease, health maintenance and promotion, and professional and educational development. Experts led symposiums ranging from topics on treating underserved populations in primary care settings to strategies for securing grant funding as an early career psychologist. We also heard from our leaders. First, Past President, Dawn K. Wilson, PhD, who gave her presidential address entitled, "Elevating the Impact of Behavioral Interventions through Dissemination and Implementation Science." Our current President, Justin M. Nash, PhD, highlighted Dr. Wilson's invaluable leadership for the society and then discussed his commitment, appreciation, and excitement for his 2017-2018 tenure in continuing the societies excellent leadership track record (see pg. 4 of this newsletter for his vision on diversity). The society also recognized many of its distinguished members during the award ceremony, including the very familiar name Barbara Keaton (SfHP Administrative Officer).



Current President, Justin Nash (left), and Past President, Dawn Wilson.



Barbara Keaton (right) received the **Distinguished Service Award** for her contributions to SfHP for the past 20 years.

Whether you were attending a social hour to network with training directors about potential internship or postdoc sites, or at one of the many health psychology scientific symposia—this year's Convention was another one for the books! It is not too early to start planning for next year. The deadline to submit a scientific poster is **December 1, 2017**. New for 2018 is the *Grand Research Competition*, where one student member/affiliate from each APA division will be awarded \$2000 for the best poster. Check out the details for this award and convention proposals [here](#). We hope to see you next summer in San Francisco!

# 2018 Call For Convention Proposals

San Francisco, California  August 9-12, 2018



## A MESSAGE FROM YOUR STUDENT COUNCIL CHAIR

**A little bit about me:** I was born in Central Pennsylvania just down the road from Hershey (yes, it does actually smell like chocolate in the streets.) I completed my undergraduate education at the University of Pittsburgh and continue to be an avid Pitt (go Panthers!) and Pittsburgh (go Steelers!) sports fan. I attended The Ohio State University in Columbus, Ohio for graduate school before relocating to Providence, Rhode Island to complete my clinical internship at Brown University.

By day, I am a postdoctoral researcher at the Weight Control and Diabetes Research Center with a focus on risk factors for poor treatment outcome in behavioral weight management treatments. Off hours, I enjoy reading, drawing (although I'm very bad at it, I've been on Chapter 1 of *Basics of Drawing* for far too long), finding local live music, and exploring the beautiful outdoors and history that the Northeast has to offer.

**During my time as chair:** I have the privilege of working with a great team of students on the Student Advisory Council and together we will aim to advance the scope and reach of the SAC in supporting our student members. This year we will be spending a lot of time better understanding how we can continue to support our student members, both during training and as you transition into early career positions. We will continue to focus on providing resources for securing a clinical internship, including the annual Meet & Greet with internship directors at the APA convention. We are planning to expand the scope of professional development resources. In addition to utilizing the student listserv more effectively to communicate information to you, we are also aiming to better understand what training resources we can provide our student members but are not currently delivering.

Lastly, we will be working in tandem with our SfHP president (Justin Nash, PhD) to focus on diversity. Diversity within SfHP is a strength of our community, and we hope to elevate voices within our membership who can provide new and unique perspectives to our professional organization. Additionally, we know that our American society has created systemic barriers to accessing, utilizing, and/or fully benefiting from health care resources, and that these barriers disproportionately impact individuals of minority status. As students, we are uniquely positioned to address these issues in a proactive, prospective manner. We hope you will join us in this concerted effort to address the intersection between health and diversity and the implications for the ways we develop and deliver healthcare as psychologists.



**KAYLONI OLSON, PhD**

*Postdoctoral  
Research Fellow,  
Alpert Medical  
School of Brown  
University*



## A MESSAGE FROM THE SfHP PRESIDENT

*(continued from page 1)*

In my years in SfHP leadership, I have noticed the energy that our students and early career psychologists bring to the organization. As with most aspects of life, we need to keep our eye on where the puck is going to be. You, as current students of the Society, are the future of the organization, and it is you who will be handling and directing the puck. We are reassured when we have student leaders today such as the Student Council's current president, KayLoni Olson, and past president, Jennifer Warnick, along with the other council members.

When I look to our future, health disparities and the needs of the Medicaid population will continue to be one of our biggest challenges.

**"Our ability to address health disparities is strengthened when our leadership reflects those we are seeking to serve."**

As an inclusive home that recognizes strength in diversity, we are well positioned to take another step in this important direction. Many of our members have experience and expertise in working with socioculturally diverse and under-resourced individuals. A number of our members also come from underrepresented backgrounds.

In my meetings with the leaders of SfHP Councils and Committees, I am encouraged to see how many in the leadership structure have an interest in health disparities. I am also encouraged to see consistent support for our organization to speak more actively to the needs of the underserved. Our Diversity Council, under the leadership of Amit Shahane, is energetically working on issues in minority health and health disparities. We will grow stronger as an organization when all of our Councils and Committees have the same conversations and initiatives as the Diversity Council.

There is room in our organization to invest in and develop future leaders who are from underrepresented backgrounds whose voices can help us better understand the challenges we face. I have noticed that the path to leadership for many on our Councils and Committees began with being mentored or advised by those who were connected to the organization. There are students and early career professionals from underrepresented backgrounds who would bring much richness to our organization but are not 'connected.'

**"As an organization, we have to look outside the box to identify the leaders of tomorrow, welcome them into SfHP, and help develop their leadership potential."**

In my conversations with our Council and Committee leaders, we have talked about ways to bring more diversity to our leadership. I would also like to hear from you about how we can bring greater diversity and inclusiveness to our organization, and how we can better address the health disparities that are a costly burden to individuals, families, communities, and society.



**JUSTIN M. NASH, PhD**

*SfHP President,  
2017-2018*



## DEFERRED ACTION FOR CHILDHOOD ARRIVALS (DACA)

### **What is DACA?**

Deferred Action for Childhood Arrivals (DACA) is a program that was established in 2012 to protect undocumented people from deportation and allow these individuals to receive work permits. Over 580,000 undocumented people are currently enrolled in DACA. Eligibility requirements for this program included: arrival in the United States prior to age 16, being under the age of 31 at the time of application, continuous residence in the U.S between June 2007 and July 2012, having a high school diploma, no criminal record, and not posing a threat to national security or public safety (1). This program was ended by the Trump administration earlier this year, which will result in the deportation of DACA recipients starting March 2018.

### **Why is DACA important?**

DACA was an alternative to a legal path to citizenship for children of undocumented parents. These undocumented parents have typically resided in the U.S. for most of their lives, often fleeing from civil wars, corruption, and violence in their home country to afford their children better life chances and social mobility. Since the inception of the program, many DACA recipients have had the opportunity to pursue graduate studies, including admission to medical school and psychology programs around the country.

### **Why should the field of Clinical Health Psychology care about DACA?**

Often, we are taught by our culture, institutional policies, and other systems that our political, personal, and professional worlds should not collide. Keeping the professional, personal and political separate is easy to do when we are in positions of power and privilege; however, separating these identities is not easy or always an option for those who come from marginalized communities. As Clinical Health Psychologists (and those in training), it is important to keep in mind that the decision to end the DACA program influences people we know and work with: psychology students matriculating through programs, medical students completing their residency, and patients in medical settings who might be DACA recipients. The common thread here is that the career, life aspirations, and quality of life of DACA recipients are now uncertain and filled with persistent anxiety and stress due to the current administration's decision to end the DACA program. As proposed by our specialty competencies as Clinical Health Psychologists (2), we aspire to gain familiarity with the view of our patients as cultural beings that exist and interact in a social and cultural context. To this end, the **lived** experiences of DACA recipients **are** the social, cultural, personal and political contexts that we as Clinical Health Psychologists (and those in training) need to consider in our work with or alongside DACA recipients. Thus, the field of Clinical Health Psychology has a responsibility to get involved socially and politically by advocating for DACA recipients, as the decision to end DACA directly impacts the life chances and quality of life of DACA recipients.



**JAMES J. GARCÍA, PhD**

*Assistant Professor of Psychology,  
University of La Verne*

### **References:**

1. U.S. Citizenship and Immigration Services (2017). *Consideration of deferred action for childhood arrivals*. Retrieved [here](#).
2. Council of Clinical Health Psychology Training Programs (2016). *Clinical health psychology competencies rating form*. Retrieved [here](#).

*Want to become an advocate?* Check out resources available [here](#) and [here](#).



## RESOURCES FOR SFHP STUDENTS

### **SfHP resources for Health Psych Internship, Postdoc, and Jobs:**

**Internship:** Health psychology track or specialty: [Check it out here!](#)

*In a new initiative and collaboration between the Early Career Professionals Council, the Web Editing Group, and the Student Council, new postings to the DIV38 listserv about postdoc and job positions are being collected and combined (look [here](#)). Postings are updated weekly, so continue to check back!*

**Postdoc:** Postdoc postings are available in [this spreadsheet](#).

**Jobs:** Job postings are available in [this spreadsheet](#).

### **SfHP Awards:**

**Graduate Student Research Awards:** Sponsored annually by the Health Research Council, 3-5 student proposals are selected and awarded \$1,500 to conduct a student-led research project. Applications are due **January 15, 2018**. More information is available [here](#).

**Health and Behavior International Collaborative Award:** Through joint sponsorship by the International Relations Committee of the SfHP, 3 trainee or early career professional applicants will be awarded \$3,000 USD to foster an international research collaboration. Applications will be due in **March, 2018**. More information is available [here](#).

### **Ongoing funding opportunities:**

#### **Mental Health and Substance Abuse Services (MHSAS) Fellowship**

<http://www.apa.org/pi/mfp/psychology/mhsas-fellowship.aspx>

The purpose of this fellowship is to support the training of doctoral-level ethnic minority students and postdoctoral trainees who intend to focus on the behavioral health services needs of ethnic/racial minority communities.

Application Deadline: January 15, 2018

#### **F31 Ruth L. Kirschstein Predoctoral Individual National Research Service Award (NRSA)**

<https://researchtraining.nih.gov/programs/fellowships/F31>

The purpose of the F31 program is "to enable promising predoctoral students with potential to develop into a productive, independent research scientists, to obtain mentored research training while conducting dissertation research."

Application Deadlines: April, August, December

#### **National Institutes of Health — Graduate Partnerships Program**

<https://www.training.nih.gov/programs/gpp>

Do you like research? Have you ever wondered what it would be like to conduct research at the NIH campus? NIH gives doctoral students the opportunity to conduct their dissertation research directly on campus. Consider applying to the NIH-Graduate Partnerships Program (GPP).



## **FROM THE SfHP STUDENT COUNCIL DIVERSITY COMMITTEE**

*Tamara Strong-Chavez, John F. Kennedy University*

**A little bit about me:** I am a Chilkat Tlingit Alaskan Native woman with a diverse background, having been raised in California and Alaska. This upbringing gave me the opportunity to experience the diversity of culture. *Community involvement* is a value that I hold strongly, and I spend a majority of my “free” time giving back to my urban, Native community. I have been blessed with eight kids, a grandson, and another grandchild on the way! That being said, my life is always filled with a balance of chaos and joy.

**During my time as chair:** It is my first year as a diversity committee member and I serve as the chair working along side the council. The diverseness of our field in health psychology, Society for Health Psychology, and our student council is a reminder of the complexity of diversity and it is an honor to be part of a field that acknowledges the importance of inclusion. This year our committee will focus on diversity in our graduate programs, communities, and society by reaching out for more student involvement across the country. This will strengthen SfHP via membership involvement and leadership development while creating a supportive community with fellow colleagues across the nation. I look forward to the next two years serving as your chair!



### **Keep up with Society for Health Psychology on Social Media!**

Watch for SfHP’s social media challenges and use the hashtag:

**#ThisIsHealthPsych**

### **Student Advisory Council Members:**

*Council Chair:* KayLoni Olson, Alpert Medical School Brown University

*Past chair:* Jenny Warnick, University of Florida

*Chair-elect:* Aviva Ariel-Donges, University of Florida

#### *Membership Committee*

- ◆ Hannah Holmes, Wayne State University
- ◆ Jessica Naftaly, Rosalind-Franklin University

#### *Communication Committee*

- ◆ Allison Carroll, Medical University of South Carolina
- ◆ Valeria Martinez-Kaigi, VA Connecticut Healthcare System

#### *Diversity Committee*

- ◆ Tamara Chavez, John F. Kennedy University