

April 3, 2020

Dear TPA Community,

First and foremost, I hope that you are all healthy and doing as well as possible. Today I find myself reflecting not only on what TPA has accomplished but also the struggles we are facing. The news gets more difficult and heart-wrenching each day. I know this is taking a toll on me, my loved ones, and my clients. I assume it does on each of you as well. And so, I'd like to start this week's letter with a bit of self-care. What feels good to each of us is different but for me humor and laughter are what help to sustain me. Yesterday, I ran across this video (<https://youtu.be/4joCnDCBNd8>) that just made me so incredibly happy. It is of Dr. Tony Adkins, a physician at Children's Hospital of Orange County, who uses dance to help cheer up his patients and keep them moving. I hope this brings a bit of joy to your day too and gives a bit of inspiration to do something for yourself to keep moving, dancing, and laughing even during these trying times.

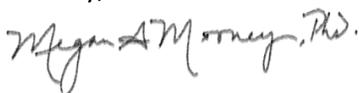
In the meantime, know that the leadership of TPA is continuing to work every day to try to address the concerns of our members and the communities that we serve. Here are some of our efforts from the past week:

- Participated in [media interviews](#) regarding our TPA Pro Bono Project
- [Called on Governor Abbott](#) to clarify TDI's emergency rulemaking regarding psychological and neuropsychological testing
- Added new content developed by TPA members to our COVID-19 Resource page
 - [Call of the Wild: Why We are Craving Nature During the COVID-19 Pandemic](#), by Dr. Amanda Wetegrove-Romine
 - [A Psychologist's Guide to Social Distancing](#), by Dr. Kari Leavell
- Scheduled a webinar for Tuesday, April 7 titled "Providing Care During Chaos " with Dr. Sarah Skelton. Current TPA members can register [here](#).
- Developed a [FAQ sheet](#)
- Coordinated with APA regarding concerns related to the failure of SSA to provide DDS evaluations via telehealth
- Joined 3,000 other associations in requesting Congress provide aid to (c)(6) associations, like TPA, who will be impacted by revenue loss as a result of COVID-19
- Continued to coordinate with TSBEP regarding members' concerns

Importantly, TPA is developing a survey to assess how COVID-19 has impacted your practice. This Information will be used to identify issues in the delivery of services and the overall impact to mental health COVID-19 has to both the media as well as the legislature. Please be on the lookout next week! We will continue to provide updates via email and social media. Next week we will also provide an extensive list of small business resources and grants.

I hope that knowing the ways TPA is continuing to advocate on behalf of each of you and the people you serve is helpful. If there are additional ways we can help provide support during this outbreak, please do not hesitate to reach out. Also, we would absolutely like to know if you are interested in sharing research, a blog, ideas for parents, etc. We want to take this time to share more of the great work and creativity that exists in our amazing membership. Please contact me at meganmooney@sbcglobal.net or our Executive Director, Mrs. Jessica Magee at jessica@texaspsyc.org.

Sincerely,



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President, Texas Psychological Association
She/Her/Hers