

April 10, 2020

Dear TPA Colleagues,

I hope that my letter today finds you healthy and doing well. This is a week during which many are celebrating important religious and spiritual holidays that have special meanings. To celebrate in the time of a pandemic may feel strange to some but I would encourage us all to find reasons to attend to some happiness. Holidays are typically filled with rituals and traditions, connections with loved ones, reflections on important beliefs and values, and a hopeful spirit. In times of crisis these are the very things that we should make sure to pay attention to and ensure are continued. There is research that shows us that these are some of the components of resilience and well-being that help mitigate the impacts of trauma and stress. And so, I urge you all to find a moment (or hopefully many) this weekend to notice the good, to celebrate your connections to others, and to focus on something that brings you hope and joy.

To that end, I am going to be shifting the focus of these weekly newsletters to be a little less about what TPA is doing with regards to advocacy and focusing more on ways we can support you and your communities. I intend to share resources, self-care ideas, uplifting stories from our members, or maybe even humorous stories and memes. We will continue to work every day to try to address the concerns of our members and the communities that we serve and will share highlights. This past week, we continued with interviews about our pro bono project, hosted a webinar by Dr. Sarah Skelton, and continued to advocate that insurance plans cover telehealth for the array of service psychologists provide. We look forward to sharing information about successes in the future and highlighting the good work that psychologists are doing in the face of the COVID-19 pandemic.

To close today, I want to share that something I am grateful for as a by-product of this situation is my increased contact with members whom I have never met. I am glad that people are reading these letters and reaching out to me with questions, concerns, and comments. I wish that these were not the circumstances of getting to know you all better but I am nonetheless excited and interested to be learning more about all the ways that our members serve their communities and ways that TPA can support them. Hearing about the incredible generosity of our members who continue to provide services even when they fear they will not be paid what they are owed is humbling and makes me so proud to represent you in my leadership role.

I encourage more of you to contact me at meganmooney@sbcglobal.net and let me know about your good works, your struggles, your self-care strategies, and certainly how I can help serve you. Our Executive Director, Mrs. Jessica Magee, is also at your disposal and can be reached at jessica@texaspsyc.org.

All my best to you and yours,

Megan