APA Advocacy for Underserved Populations

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Council of Clinical Health Psychology Training Programs Mid-Winter Meeting

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1) How psychology intersects with federal policymaking and the important role that psychologists play in educating and influencing policymakers.

2) How to engage with APA in advocacy efforts to advance population health, particularly for underserved populations.
Traditional + Modern Advocacy Strategies
– Tactics and Tools to Advance and Shape Policy Priorities –

- Legislative Advocacy – state/federal legislative processes for change
- Judicial Advocacy – amicus briefs
- Regulatory Advocacy – filing of public comments/sharing data/evidence
- Industry Advocacy – experts/recognized surrogates: CEOs, scientists, psychologists
- Citizen Advocacy – building long-term relationships to champion priorities
- Media Advocacy – strategic use of all forms of media
- Diplomatic Advocacy – building of networks of allies around issues
- Political Action Advocacy – supporting champions

Must Combine Multiple Advocacy Strategies to Succeed!!
Historically Siloed Approach to Advocacy

Practice

Science

Public Interest

Education
Advocacy Coordinating Committee

ACC Members

- Chair: Sharon Berry, PhD, ABPP (2021-2023)
- Chair-elect: Eugene Borgida (2021-2023)
- Ayli Carrero Pinedo, PhD (2020-2022)
- Amanda Dettmer, PhD (2021-2023)
- Stephanie L. Fitzpatrick, PhD (2021-2022)
- Chuck Hollister, PhD (2020-22)
- Laura Knudtson, PhD (2022-2024)
- Debra Major, PhD (2021-2023)
- Jonathan M. Metzler, PhD, CMPC (2022-2024)
- Nadika Paranamana, MA (2021-23)
- Jessica H. Smedley, PsyD (2022-2024)
- William Stoops, PhD (2020-2022)
- Erica H. Wise, PhD (2022-2024)

Board of Directors Liaison

- Jennifer F. Kelly, PhD, ABPP – APA Past President
The American Psychological Association’s strategic priorities are rooted in equity, diversity, and inclusion. In keeping with these strategic priorities, the association’s advocacy priorities, grounded in psychological science, encompass the guiding principles of non-discrimination, health equity for underserved and vulnerable populations, and health promotion across the lifespan and settings. **We will continue to focus on evidence-based strategies to eradicate racism, advance health equity and access, reduce the stress and harm of income inequality, and apply population health approaches to expand access to psychological and telehealth services and the psychological workforce, especially given the long-term impacts of the COVID-19 pandemic.** Keeping these guiding principles at the forefront of advocacy for psychology, while promoting the development and broader utilization of psychological science, ensures the greatest impact on society.

https://www.apaservices.org/advocacy/actions/advocacy-priorities
## 2022 APA Advocacy Priorities

### Priorities Unique to APA
- Access to health services, including mental and behavioral health services
- Funding for basic and applied psychological research
- General applied psychology promotion

### APA Makes a Significant Contribution
- Application of psychological science to Pre-K, K-12, and higher education
- Criminal justice
- The future of work
- Health equity for underserved and vulnerable populations

### In Collaboration With Partners
- Climate change
- Discrimination
- Psychology education and training financing
- Psychology workforce development
- Reimbursement and scope of practice
- Health promotion and prevention throughout lifespan and settings
- Science infrastructure and regulatory environment
- Substance use disorders and opioid and other drug epidemics
- Violence and suicide prevention
- Immigration
- Protect and strengthen safety net programs

**In Collaboration With**

**Partners**

**APA Makes a Significant Contribution**

**Priorities Unique to APA**

**2022 APA Advocacy Priorities**
Practice of Psychology and Psychology Workforce
- Reimbursement and scope of practice
- Psychology education and training financing
- Psychology workforce development
- General applied psychology promotion

Psychological Research Funding and Infrastructure
- Funding for basic and applied psychological research
- Science infrastructure and regulatory environment
- Future of work

Health Equity & Racial Justice
- Health equity for underserved and vulnerable populations
- Criminal justice
- Immigration
- Discrimination
- Protect and strengthen safety net programs

Public Health & Education
- Access to health services, including mental and behavioral health services
- Substance use disorders and opioid and other drug epidemics
- Climate change
- Violence and suicide prevention
- Health promotion and prevention throughout the lifespan
- Application of psychological science to Pre-K, K-12, and Higher Education
The Foundation Hasn’t Changed

- Direct Lobbying
- Grassroots Advocacy
- Political Giving
Federal, State and Local Advocacy

Multipronged approaches – not separate buckets
Population Health Approach

Goal
Effective & Efficient Clinical Care
Mitigate Risk & Early Intervention
Keeping People Healthy

People
Diagnosed
At Risk
Healthy
Advocacy with a Population Health Lens
Shifting Perspectives

• Broaden focus from hospital-based disease management model to include improving the health of communities where people are born, live, learn, work, play, work, and age.

• Consider policy changes that address income inequality, income stability, family leave policies, community violence, access to child care, education, transportation, food, and affordable housing.

• What investments have the most impact on these factors?
Example: Children’s Mental Health

• Access to evidence-based treatment for children with behavioral disorders, investments in psychology training programs to diversify the psychology workforce, investments in behavioral research, reimbursement for psychologists’ services in public and private insurance systems.

• Support for evidence-based prevention, early detection, and early intervention programs, such as comprehensive mental health in schools, home visiting programs for low-income families, and access to after-school programs for at-risk communities.

• Access to health care, affordable housing, transportation, quality nutrition programs, high quality child care and universal Pre-K, investments in social and emotional learning programs for all children, & paid family leave policies.
Visit the **APA Services website** to:
- See our current action alerts.
- Learn about issues we are working on.
- Read our priorities for this Congress.
- Sign up for the Psychology Advocacy Network and Washington Update.
- Learn about and apply for APA Executive Fellowships and Congressional Fellowships.

Keep an eye out for:
- Emails from your division leadership flagging opportunities with APA Advocacy.
- Action alert emails.
- APA calls to action on social media.

Reach out to **APA Advocacy to request**:
- Help if you want to directly connect with federal elected officials.
- Guidance on engaging with federal departments and agencies.
- Help on state-level issues.
# Advocacy Steps You Can Take

## Build Bridges & Share Expertise
*by reaching out and following up often.*
- Schedule introductory meetings with your elected officials (30 minutes – 1 hour).
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- Write an email directly to your elected officials, sharing your insights / expertise on an issue (15-30 minutes).
- Attend a town hall or fundraiser (1-2 hours).
- Participate in an Advocacy Summit (1 day).
- **Goal:** Form a connection / show you are a member of your audience’s tribe.

## Elevate Voices
*by coordinating with other stakeholders*
- Organize a group stakeholder meeting or group sign-on letter.
- Organize a call-in or office drop-in campaign with a group of stakeholders.
- Organize a Hill Day delegation (including through coalitions).
- Organize a stakeholder town hall (virtual or in-person).
- Train other advocates (e.g. “train the trainer”).
- **Goal:** Show that despite differences in focus, priorities, etc., we agree X needs to be done.

## Chime In
*with one-touch actions*
- Call your elected officials’ offices (5 minutes).
- Post on social media, including sharing posts, and tag your elected officials (2 minutes).
- Send a letter to the editor (10-30 minutes).
- Mail a post card to elected officials (5-15 minutes).
- Engage with an action alert (2 minutes).
- **Goal:** Keep it short and simple - make your point in 50 words or less.
Additional Resources:

https://www.apaservices.org/advocacy

Additional Questions, please contact:

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