



INBALANCE

AMERICAN PSYCHOLOGICAL ASSOCIATION
SOCIETY OF CLINICAL CHILD & ADOLESCENT PSYCHOLOGY NEWSLETTER

Volume 33, Issue 3
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PRESIDENT'S MESSAGE



SCCAP ACHIEVEMENTS AND TRANSITIONS

I hope you will indulge me in offering profound thanks to Dick Abidin for his passion, his extraordinary commitment, and his watershed contributions to the field that we all enjoy due in part to his efforts.

This newsletter message is bittersweet. On one hand, I have the opportunity to report a few of our Society's fantastic achievements that will improve the work of clinical child and adolescent psychologists as well as the lives of the youth and families we serve. On the other hand, this newsletter marks our official farewell to a titan in the field whose retirement means that our Society has lost one of our most dedicated officers.

Achievements

SCCAP has continued its hard work on behalf of clinical child and adolescent psychology. Most notably, our convention program, expertly organized by Anna van Meter and Adam Miller, offered APA attendees a chance to hear from keynote scholars, UCLA Drs. Adriana Galvan and Bruce Chorpita, and from those who will shape the world in which we will conduct our research and offer practice, including NIMH Director Josh Gordon, M.D., and congressional staffer, Paul Edattel. Combined with a fantastic array of invited addresses, paper and poster presentations, and terrific discussions, our convention demonstrated that the future of clinical child and adolescent psychology is bright. We have many exciting new directions for our scholarship and our expertise as investigators, practitioners, teachers, and consultants is needed more than ever. It is an exciting time to be in the field.

The SCCAP board continues to work diligently to help increase resources available to professionals and the public. We launched a new public-facing version of the website, www.effectivechildtherapy.org, which continues to receive approximately 10,000 visitors a month. Thanks to the leadership of our new webmaster, Stephon Proctor, and the hard work of Mandy Jensen-Doss, Lynn Canty, and so many others, this revised site now offers a clear description of evidence-based treatment options for specific disorders as well as links to our free member directory, so the public can readily learn more about services that have the best hope to improve children's lives.

Transitions

The last few months also included the retirement of our long-standing treasurer and financial genius, Dick Abidin. If you know Dick as a scholar who did cutting-edge work in parenting stress, as a pioneer in clinical child training,

as a leading force in the establishment of our Society, and as a master negotiator and financial manager that has helped not only SCCAP, but several other societies and divisions also achieve financial solvency, then you only know half of the story of Dick's remarkable contributions to our field. I hope you will read his biography within this newsletter, but before you do, on a personal note, I hope you will indulge me in offering profound thanks to Dick for his passion, his extraordinary commitment, and his watershed contributions to the field that we all enjoy due in part to his efforts. We are excited that Dick will have well-deserved fun and rest in his retirement, and indebted for his service to SCCAP.

Luckily, Dick will be succeeded by David Langer as SCCAP treasurer. After years serving under Dick's mentorship, David is well positioned to take the reins and continue to offer amazing guidance in our financial operations. David's appointment as treasurer also offered a second win for SCCAP. As David vacates his post as *InBalance* newsletter editor, we are fortunate to gain the expertise of Jennifer Hughes, former SCCAP program chair, who will now serve as editor, and Tony Puliafico, who will now serve as associate editor, and offer even more talent to our board.

Overall, it has been an exciting few months during a busy, chaotic, and news-heavy period in our country. I have never been more convinced of the value of the work that we do, nor more excited to work on behalf of clinical child and adolescent psychology.



Mitchell Prinstein, Ph.D., ABPP
SCCAP President

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Newsletter Submissions

Articles for the next newsletter are due by January 1, 2018.

Please send your submission to newsletter editor Jennifer Hughes at Jennifer.Hughes@UTSouthwestern.edu.

ABIDIN EARLY-CAREER AWARD



LANGER WINS ABIDIN AWARD, GRANT

By Leigh Spivey, M.A., Student Representative

SCCAP awarded David Langer, Ph.D., the 2017 Richard “Dick” Abidin Early Career Award and Grant in Clinical Child and Adolescent Psychology at the APA Annual Convention in Washington, D.C. The Award and Grant is intended to recognize an early-career psychologist who has established a program of empirical research that has had a major impact on the field’s understanding of psychopathology, prevention, assessment, treatment, or public policy relative to child and adolescent development or mental health.

Langer is a research associate professor in the Department of Psychological and Brain Sciences at Boston University. He is the director of the CHOICES Program and serves as the clinical director and co-director of research at the Center for Anxiety and Related Disorders.

Langer completed his graduate training at UCLA and his pre-doctoral internship at the

UCLA Semel Institute and Resnick Neuropsychiatric Hospital. His current research interests focus on personalizing psychosocial treatments for children and adolescents through shared decision-making in treatment planning.

In his award address, Langer presented his program of research that aims to develop and incorporate shared decision making into the therapeutic process with children and adolescents. Shared decision making is the interactive process by which psychologists, youth clients, and families collaboratively determine the course of psychological treatment. Langer described how this process can promote greater client autonomy, fully-informed consent, and client engagement in therapy.



Pictured L to R: Mitchell Prinstein, David Langer, Richard Abidin

He presented initial data from his three-phase study—which includes protocol development, a case series, and a pilot RCT—that suggest incorporating shared decision making promotes high client self-efficacy, satisfaction, and outcome expectations.

Langer plans to use the \$20,000 Abidin Early Career Grant to conduct two studies to explore how treatments are currently planned in non-research treatment settings, as well as how clinician perspectives on treatment planning can either enhance or hinder the dissemination and implementation of evidence-based treatments.

SCCAP DISTINGUISHED CAREER AWARD



ABIDIN HONORED WITH DISTINGUISHED CAREER AWARD

By Mian-Li Ong, Ph.D., Student Representative

At APA’s Annual Convention in Washington, D.C., SCCAP honored Richard Abidin, Ed.D., ABPP, with the Distinguished Career Award for his outstanding lifetime achievements and contributions to the field of clinical child and adolescent psychology. Abidin is currently professor emeritus, lecturer, and consultant to University of Virginia’s Curry Programs in Clinical and School Psychology. He served as president of the Clinical Child Psychology section of the Clinical Psychology Division (Division 12), and played a vital role in SCCAP’s formation as its own division of APA. As SCCAP treasurer for many years, his impeccable financial management has helped to fund countless SCCAP initiatives.

During Abidin’s Distinguished Career Award address, he reflected on his illustrious research career, which has primarily focused on the study of parenting and its influence on child behavior. According to Abidin, carefully ob-

serving the construct of parenting helps us to understand child behavior and predict and prevent negative child outcomes.

Abidin illustrated the importance of measuring parenting by citing research that parenting has been found to be equally important to intelligence in predicting a child’s future job performance and other outcomes. He outlined his recognized Parenting Stress Model (PSM) and presented a compelling case of how parental characteristics, child characteristics, parenting stress, and the environment interact with one another to greatly influence both parent and child. As he relayed in his address, parents’ parenting stress scores predicted the quality of parenting interaction with their children and were positively correlated with child abuse. He also described a number of studies describing how parenting stress was associated with impaired executive functioning in both parents and their children and with child cortisol levels.



Eric Youngstrom congratulates Richard Abidin (at left).

In his conclusion, Abidin emphasized that the field must continue research efforts to better understand parenting stress, including recognizing the heterogeneity within parenting stress and the investigation of bidirectional linkages between parenting stress and negative youth outcomes. Abidin’s decades of commitment to the study of clinical child psychology and to SCCAP make him most deserving of this award.

Good luck, Dr. Abidin! We will miss you!

THANK YOU FOR YOUR AMAZING SERVICE!

By Eric Youngstrom, Ph.D., SCCAP Past President

Richard “Dick” Abidin (Ed.D. Rutgers 1964, ABPP 1976) is a clinical child and school psychologist. He began his career in an era before licensure of psychologists. In 1963-64, he completed an internship in the Passaic, New Jersey, public schools, and subsequently completed an internship in clinical psychology at Wilford Hall USAF Hospital in San Antonio, Texas. It was there that he began a focus on seeing need and creating solutions.

In 1965, Abidin created a Developmental Pediatrics residency option for pediatric residents; he also initiated and helped found the Bexar County Psychological Association. In 1967, he founded the combined clinical child and school psychology program at the University of Virginia, where he now serves as emeritus professor.

Abidin helped found the Virginia Association of School Psychologists and the Virginia Academy of Clinical Psychology. During his presidency of the Virginia Psychological Association (VPA), he helped merge these associations into the VPA. In 1967, he also helped found Oakland School, a residential day school for learning disabled and emotionally disturbed children.

In 1973, Abidin started a parenting clinic in a large group pediatric practice in Charlottesville, Virginia. From his work at this clinic came

the Parenting Stress Index. In 1988, he founded and served as inaugural editor of the journal, *Early Education and Development*. Throughout his career, Abidin’s research and writing focused on parenting behavior and parenting stress, as well as pediatric and school consultation. His parent training program, Parenting Skills, initially published in 1976, is still in press (Psychological Assessment Resources). In 1989, Abidin initiated the creation of the Society for the Study of School Psychology, most widely known for its School Psychology Research and Collaboration Conference, which was Abidin’s presidential initiative.

Abidin is the author of five published psychological measures, and over 50 published articles, chapters, and books. He has served as editor, consulting editor or reviewer for 16 different journals, and as president of three APA divisions/associations.

As chair of the Virginia Board of Psychology, he initiated a lawsuit to establish that Psychology was an independent profession; the success of that suit enabled the landmark Federal Blue-Cross/Blue Shield antitrust suit that opened the door for direct insurance payments to psychologists.

Abidin was instrumental in SCCAP’s formation and served for many years as its treasurer. His current professional interests include finding ways to support early-career psychologists and graduate students.

ABCCAP CERTIFICATION



By Jarrod M. Leffler, Ph.D., ABPP
President, ABCCAP

The following psychologists have been recently recognized as meeting Specialty Board Certification with the American Board of Clinical Child and Adolescent Psychology:

Katheryn Belmont Boger	Anna Marie Hickey Alexis Johns	Jonathan Perle Kimberlee Roy	Susan White Amy Williams
Emily Gale	David Langer	David Stewart	
Katherine Gibson	Bonnie Ohye	Lawrence Vitulano	



SCCAP CELEBRATES THE 2017 STUDENT ACHIEVEMENT AWARD WINNERS

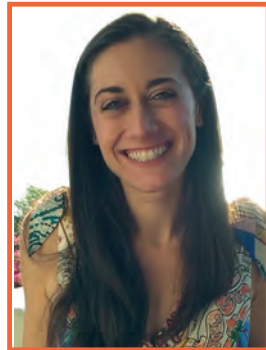


Alayna Park

Alayna Park is currently a rising fourth-year graduate student in the Clinical Psychology doctoral program at the University of California, Los Angeles (UCLA) working under the mentorship of Dr. Bruce Chorpita.

Her emerging program of research focuses on improving the quality of community mental health services for diverse youth and families through innovations in clinical decision-making. She recently completed a study that examined the delivery of evidence-based treatments (EBTs) within the context of a county-wide EBT reform initiative. Data were gathered from 60 youth and their 21 community-based providers, who were instructed to deliver therapy practices as they normally would under the EBT reform initiative.

Results showed limited applicability of the county-supported EBTs, and that the majority of youth received improvised care (i.e., an EBT that was designed to treat a different presenting problem or age group, or treatment that was not informed by the evidence base). Findings suggest that policies promoting EBT dissemination do not necessarily equate to EBT use and highlight the importance of considering the service sample and provider workforce when making policy decisions about mental health treatments.



Amy Rapp

Amy Rapp is a fifth year doctoral candidate in the Clinical Psychology program at the University of California, Los Angeles (UCLA).

Her research broadly focuses on the interaction of culture and brain-behavior associations that contribute to anxiety-related disparities in underserved youth populations.

Currently, she is conducting her dissertation research, supported by a Ruth L. Kirschstein National Research Service Award Individual Predoctoral Fellowship funded by the National Institute of Mental Health. The project aims to examine how cultural factors relevant to Latino youth and families are related to neural correlates thought to be associated with clinical dimensions of social anxiety.

This research endeavor represents a starting point in a trajectory of research aimed at contributing to the relatively nascent field of cultural clinical neuroscience, with a focus on development. Amy intends to pursue a career as an academic research scientist that would allow her to translate neurobiological findings into scalable yet tailored prevention and intervention efforts aimed at mitigating mental health inequities for ethnic minority youth.



Davielle Lakind

Davielle Lakind is a doctoral candidate in the Clinical Psychology program at the University of Illinois at Chicago (UIC), currently completing her internship in UIC's Department of Psychiatry.

Her work broadly focuses on the development and implementation of community-based supports for children and families in communities of poverty, with particular interest in supporting teachers, paraprofessional service providers, and other naturally occurring workforces in everyday settings. This project is the first examination of a prevention/early intervention service model developed through a collaboration between university researchers and community social service agencies to support students showing early signs of emotional, behavioral, or academic risk, and to facilitate the dissemination of parenting strategies and engage parents in their children's learning.

The service model was designed to engage traditionally "hard-to-reach" low-income ethnic minority parents by providing multiple concurrent formal and informal formats for services and supports, utilizing paraprofessional community members as service providers, embedding services in elementary schools, and offering services over the entire school year.



Kendal Reeder

Kendal Reeder is a senior at the University of California, Los Angeles (UCLA) majoring in psychobiology. Currently, she serves as a research assistant for the Child FIRST clinical psychology lab at UCLA under the mentorship of Dr. Bruce Chorpita.

Reeder is also the program administrator for Dr. Alissa Ellis's thinkSMART Program, a research-based educational intervention program for adolescents with executive dysfunction.

Her research interests focus on improving the efficacy of mental health treatments and systems. Recently, she completed an independent research project that explored the prevalence of caregiver engagement challenges in school mental health settings using data collected from clinicians employed by the Los Angeles Unified School District.

Her findings showed that slightly more than half of clinicians reported an engagement challenge relating to caregivers (e.g., difficulties scheduling sessions when caregivers could attend), highlighting a common barrier in school-based mental health settings.

In the future, Reeder hopes to pursue a Ph.D. in clinical psychology.

APPLY FOR THE ABIDIN EARLY CAREER AWARD AND GRANT

The Abidin Early Career Award and Grant is intended to recognize an early-career psychologist who has established a program of empirical research that has had a major impact on the field's understanding of psychopathology, prevention, assessment, treatment, or public policy relative to child and adolescent development or mental health. The grant is provided to enhance the awardee's research program and/or to enable the awardee to initiate a new effort that extends his or her work.

Eligibility

The awardee shall be no more than 10 years post-doctoral degree at the time of nomination. Self-nominations will be accepted.

Application Requirements

1. A 3-5 page, double-spaced research statement highlighting the contribution and impact of the applicant's work in the field to date and the potential of the applicant's ongoing research. Impact of work must be evidenced by documentable significant changes to practice or policy or conceptualization of youth mental health/illness. Numbers of publications, grants and other awards given to the applicant will not be considered evidence of impact. The successful awardee should address the question "What about the field of clinical child and adolescent mental health is improved as a result of my research to date?" and "If awarded, how will the awardee extend his or her work in a new or expanded research project?"
2. Two letters of recommendation, one from a research colleague familiar with the applicant's work and the other from an independent senior researcher in the applicant's area of work. Letters of recommendation may be no longer than two single-spaced pages.
3. A recent copy of the applicant's CV.
4. A one-page budget statement of how the applicant would use the grant funds.
5. Applicant must be an SCCAP member at the time of application.

Please email, as one PDF document, to apadiv53@gmail.com using the applicant's name and award name in the subject line (e.g., Bob Smith Abidin Early Career Award and Grant). Failure to conform to any application requirements (over page limit, not double-spaced, not submitted as a single PDF) will result in automatic disqualification of the application.

Submission Deadline

Applications are due Jan. 31, 2018 (by 11:59 p.m. EST). No late applications will be accepted. Award announcement will be in March.

The awardee will receive a \$20,000 grant to continue his or her research efforts. The award will be announced in the SCCAP newsletter, listserv and website, the *APA Monitor*, and an announcement will be sent to the awardee's university or affiliated workplace. The awardee will be expected to present a talk on his or her work at the APA annual convention in the year of the award. Travel expenses to attend the APA Convention will be provided by SCCAP. Abidin Award winners will be expected to contribute to the review of future Abidin Award applications.

ROUTH RESEARCH AND DISSERTATION GRANT

The Routh Research and Dissertation grant provides support for student research that shows promise to add significantly to the research literature in the area of clinical child and adolescent psychology.

Eligibility

The student must have a dissertation project that has been approved by their advisor and their program faculty at the time of submission of the application.

Application Requirements

1. A cover letter with the dissertation title, the student and dissertation advisor's name along with all contact information. The cover letter should also state that the dissertation project has been approved by the student's advisor and program faculty at the time of submission of the application, and provide the status of IRB review.
2. A brief proposal (5-page maximum, double-spaced, 1 inch margins, 12 pt Times New Roman font, references are not included in the page limit), describing the project's purpose, procedures, and proposed data analytic strategy.
3. A copy of the student's CV.
4. One recommendation letter from a supervising faculty member/mentor documenting his/her support for the student's research, the student's potential, and any existing resources available for the student's research. The recommendation letter may be included in the single PDF file, or may be e-mailed separately to sccapdiv53@gmail.com.
5. A one page budget describing how the funds will be used. The funds are unrestricted provided that they support the execution of the dissertation project.
6. The applicant must be a student member of SCCAP and enrolled in an APA-approved program of study at the time of application.

Please email, as one PDF document, to sccapdiv53@gmail.com with the applicant's name and the award name in the title subject heading (e.g., Jane Doe Routh Research and Dissertation Grant).

Submission Deadline

The deadline for submission is March 1, 2018 (by 11:59pm EST). The grant announcement will be made in June.

Based on the quality of the applications, up to four \$2,500 grants will be awarded annually. The grants will be announced in the SCCAP newsletter, listserv and website, and at APA's Annual Convention. Successful applicants will be encouraged to submit a poster based on their completed dissertation to the Society for the APA annual convention.

APA COUNCIL UPDATE

REPORT TO SCCAP

By Mary Fristad, Ph.D., ABPP and Gerry Koocher, Ph.D., ABPP
SCCAP Representatives to APA Council

The Council of Representatives had a lively meeting in August—for details on all the resolutions and reports, please refer to the APA website at www.apa.org/about/governance/council/index.aspx.

Highlights

- We have a new SCCAP fellow, Robert Friedberg, Ph.D., ABPP.
- Tony Puente, Ph.D., APA president, reviewed the many activities in which APA has been involved during our 125th anniversary year—these include many public responses to the Trump administration (e.g., hiring freezes that affect Veteran’s Affairs settings) and working to revise CPT codes in conjunction with other national organizations.
- Arthur C. Evans, Ph.D., the new APA CEO, conveyed his desire to increase the visibility of psychology, build advocacy, and engage members, amongst other goals.
- Jean Carter, APA Finance Chair, presented the APA budget, which is stabilizing.
- *The Monitor*, APA’s newsletter, will move from a print to an online communication.
- MaryAnn McCabe, representing the Society for Child and Family Policy and Practice (Division 37) and Mary Fristad, representing SCCAP, submitted a request for Council to direct the Committee on Children, Youth and Families to coordinate revision of the expired 2003 policy on Children’s Mental Health. We anticipate this will move forward in 2018.
- The Resolution on Pregnant and Postpartum Adolescent Girls and Women with Substance-Related Disorders was accepted. This resolution emphasizes treatment instead of incarceration; no mandatory drug testing except for epidemiologic and treatment determination purposes; and encourages funding for treatment and research.
- The Council Diversity Work Group Report was accepted. There was considerable discussion during and after the meeting regarding the importance of attending to the need of diverse voices within Council and APA as a whole. Ongoing review to determine the best implementation measures is underway.
- Discussion was held regarding master’s level training and practice in psychology. Agreement was reached that APA needs to address this complex issue in a comprehensive, thoughtful and timely manner.

- Multicultural Guidelines as well as Guidelines for Consulting and Industrial/Organizational Psychology were adopted.

- The report of the Working Group on Stress and Health Disparities was received.

- The Resolution on Palliative Care and End-of-Life Issues was adopted as APA policy. Relatedly, the resolution on Assisted Dying (previously referred to as Assisted Suicide) was revised.

- It was agreed that minutes and summaries of Board of Directors and Council of Representative meetings will be posted in a more timely manner.

- The Civility Workgroup’s recommendations were accepted. Each board, committee, Council Leadership Team and Council listserv will have a Civility Ambassador—this is being done to promote comfort for all members to speak.

- A by-laws vote will come to members that includes changes in details regarding dues.

Subsequent to Council’s August meeting

- Discussion has ensued about the “Goldwater Rule,” which states that psychiatrists should not comment on possible diagnoses of public figures if they have not personally examined the individual and obtained consent to discuss findings in a public setting. The APA Ethics Committee will discuss this further in their fall meeting.

- The lawsuit by five psychologists against the APA, David Hoffman, and his law firm was dismissed in Ohio for lack of jurisdiction, and it has been refiled in the District of Columbia.

- After the Charlottesville protests, relevant resources were circulated. These include:

- 1) Dual Pathways to a Better America Report: www.apa.org/pubs/info/reports/promoting-diversity.aspx.



Mary A. Fristad, Ph.D., ABPP



Gerry Koocher, Ph.D., ABPP

- 2) RESilience: Uplifting Families through Healthy Communication about Race, an initiative designed to provide resources to parents to assist them in promoting strength, health and well-being among Youth of Color. Working with a network of racial and ethnic socialization (RES) researchers and practitioners, APA is developing a virtual center offering a range of products aimed at increasing knowledge about the importance of RES and skills for effectively managing children’s and their parents’ race-related experiences. Current products include a Parent Tip Tool, Infographic, Twitter Chat, and Blog series. More information can be found at: www.apa.org/pi/res/default.aspx.

- 3) Talking about race with children: <https://psychologybenefits.org/2017/07/26/but-daddy-why-was-he-shot-how-to-talk-to-children-about-race-today>.

- 4) Twitter chat with kids: <https://storify.com/TchKim-Possible/kidstalkrace-twitter-chat-7-28-17>.

- 5) The APA Office of Ethnic Minority Affairs Video Series on Race and Ethnicity: This video series discusses the consequences that race-related stress can have for People of Color. The video, Chronic Stress, Race Related Stress, and Academic Achievement Outcomes Among adolescents is currently available at www.apa.org/pi/oema/resources/ethnicity-health/event-videos.aspx.

A second video documenting the impact of race-related stress is in final production. Five additional video modules are planned.

Consider running for SCCAP office: President Elect, Secretary, Member-at-Large for Membership and Public Interest, and Representative to APA Council.

APPLY FOR SCCAP BOARD OF DIRECTORS

SCCAP seeks candidates for four positions on the SCCAP Board of Directors. All positions assume responsibility on January 1, 2019. The terms run for three years (2019-2021) and include participation in monthly conference calls and attendance at one or two Board of Directors meetings each year. All candidates must be a member of the Society of Clinical Child and Adolescent Psychology (Division 53). Self-nominations are accepted. E-mail your vita and personal statement about your interest in the position and SCCAP to SCCAPDiv53@gmail.com.

1. President-Elect (2019)

The President-Elect has a term of three (3) years sequentially serving as President-Elect (2019), President (2020) and Past President(2021). The President-Elect shall be a member of the Board of Directors, shall appoint a Program Co-Chair and Student Representative, and performs duties traditionally assigned to a Vice-President to assist with steering the society. Unlike some of the other positions, the President-Elect must be a member of both SCCAP and APA.

2. Member-at-Large Membership and Public Interest (term 2019-2021)

This Member-at-Large chairs the Membership and Public Interest Committee and shall appoint all Committee members. The Committee encourages, facilitates, and oversees membership recruitment efforts; it also monitors public interest issues related to clinical child and adolescent psychology. The MAL must be a member of SCCAP.

3. Secretary (term 2019-2021)

The Secretary has a term of three (3) years. During the term, the Secretary is a member and the Secretary of the Board of Directors, keeping the minutes of the meetings of SCCAP and of the Board of Directors, and perform all other duties of a Secretary as required.

4. Representative to APA Council (term 2019-2021)

Representatives to APA Council must be Members or Fellows of SCCAP and members of APA. They are elected for three (3) year terms. The Representative to APA Council shall perform those duties required of Representatives to APA Council as specified in the Bylaws of APA. They shall be responsible for advising the Board of Directors about significant matters of business scheduled to come before APA Council. They shall also be responsible for informing the Board of Directors of significant actions taken by APA Council.

Nominations are due to SCCAP by January 15, 2018.

JOURNAL UPDATE

UPCOMING FUTURE DIRECTIONS AND EVIDENCE BASE UPDATE ARTICLES IN *JCCAP*

By Andres De Los Reyes, Ph.D., Editor, *JCCAP*

At the *Journal of Clinical Child and Adolescent Psychology (JCCAP)*, we have several Future Directions and Evidence Base Update articles in the pipeline for 2018. Learn from Camelia E. Hostinar, Robin Nusslock, and Gregory E. Miller about the future of research on links among early life stress and physical and emotional health (www.tandfonline.com/doi/full/10.1080/15374416.2016.1266647). Matthew Carper, Heather Makover, and Philip Kendall provide a look into the future of research on mediating factors in treatments for youth mental health (www.tandfonline.com/doi/full/10.1080/15374416.2017.1359786). And for our first Evidence Base Update for 2018, Kimberly Becker, Maya Boustani, Resham Gellatly, and Bruce Chorpita update the field on the evidence supporting techniques for increasing engagement in youth treatments.

Learn more about the Future Directions (http://explore.tandfonline.com/page/beh/future_directions) and Evi-

dence Based Update (<http://explore.tandfonline.com/page/beh/hcap-evidence>) series on our publisher's website. Also, the Future Directions article series serves as the foundation for our Future Directions Forum (June 15-16, 2018; Washington, D.C.).

This annual meeting focuses on providing early-career scientists with professional development resources, and identifying the future leaders of the field through our Future Directions Launch Award. Learn more about activities and speakers planned for 2018, as well as our call for abstracts: www.jccapfuturedirectionsforum.com.

Please submit your best work for publication in *JCCAP*, your scholarly home for research on child and adolescent mental health!



Andres De Los Reyes, Ph.D.

JCCAP 2018 FUTURE DIRECTIONS FORUM—CALL FOR ABSTRACTS

By Andres De Los Reyes, Ph.D., Editor, *JCCAP*

The annual *JCCAP* Future Directions Forum showcases interdisciplinary work in child and adolescent mental health, provides professional development training to early-career scientists in the field, and raises public awareness of the “best and brightest” of these scientists-in-training (www.jccapfuturedirectionsforum.com).

The Forum will be held June 15-16, 2018, on the top floor of the American Psychological Association's home office in Washington, D.C. (<http://spireeventsdc.com>). We recently launched our call for abstracts, and we will accept abstract submissions until 11:59 p.m. on Feb. 28, 2018, at the submission portal: <http://bit.ly/JCCAPForumAbstractPortal>.

At the Forum, we render our poster presentations in an all-digital format. Poster sessions occur during the Poster Session Social: a catered, social event held on the Forum's first afternoon. If your abstract is accepted for presentation, we will prompt you via email to upload your presentation into our digital system, saving you both time and money! To get a sense of what these presentations will look like, visit: <http://bit.ly/JCCAPForumPoster>.

Our presentations are the backbone of our early-career award program. Each year, *JCCAP* Editor Dr. Andres De Los Reyes,

convenes a committee of internationally recognized scientists. This committee selects several promising early-career scientists who are presenting their research at the Forum to receive the Future Directions Launch

Award. The award recognizes early-career scientists conducting research in the areas highlighted during the Forum that year.

For 2018, the Future Directions Launch Award will recognize early-career scientists who submit abstracts with content that fits within the areas of: 1) assessment, 2) sleep, 3) stigma, and 4) treatment. On the first day of the Forum, awardees give TED Talk-style presentations about their work. We stream these presentations live, store them on our website, and link them to YouTube. The Future Directions Launch Award serves as a capstone to the academic training of its recipients—a signal to the field and larger public that they are ready to enter academia and begin independent research careers. To learn more about our 2017 award winners, visit: <http://bit.ly/JCCAPFDFAward>.



EMERGING ADULTS IN THE CLINIC? SYSTEMIC AND CLINICAL CONSIDERATIONS

By Amanda Zayde, Psy.D.
EA SIG Membership Member-at-Large

Sandra S. Pimentel, Ph.D.
Chief of Child and Adolescent Psychology at Montefiore Medical Center

Emerging adulthood (EA) is an area of increased attention in both research and practice, given the onset and prevalence of mental illness in EA and the underutilization of services by this population (Tanner, 2016). Mental health agencies likely contend with multiple clinical and systems-level issues as they try to address the unique needs of EA. As such, we present preliminary systemic and clinical recommendations for consideration when developing EA programs.

It is critical for EA programs to identify and address systemic challenges as adolescents move from child to adult systems of care, often with little awareness of the support they need to successfully navigate this transition. It is recommended that all systems of care conduct a comprehensive self-assessment including “top down” (i.e., adult to child clinics/services) and “bottom up” (child to adult clinics/services) across clinical settings. This will serve to identify systemic issues such as unspoken expectations, limited communication, and barriers facing transitioning youth and their families as they move from child to adult systems of care. It will also help establish guidelines for all transition providers.

In addition, as mentioned in the *InBalance* Summer newsletter (Garland & Hamlett, 2017), developing a protocol for transition of care, including a “warm hand-off” and plan for transfer of information among treatment providers, has been shown to enhance engagement and continuity of care (Singh et al., 2010).

Furthermore, it is critically important for those developing and providing EA programs to acknowledge the unique challenges and health disparities of this population by incorporating a developmental view. It is recommended that EA programs explicitly target and create transition plans to guide movement from adolescence to adulthood. These transition plans should include how best to incorporate parents (or not!) in scaffolding various transition tasks, taking into account clinical need, patient versus family goals, and changes to confidentiality, consent, and health-care decision-making associated with reaching age of legal adulthood.

EMERGING ADULT UPDATE



Amanda Zayde, Psy.D.

At the patient level, comprehensive assessment should guide intervention and transition planning. In addition to traditional diagnostic and symptom-level assessments, evaluation of EA patients should include assessment of developmental functioning.

For example, Albano's Launching Emerging Adults Functioning Scale (Albano, in development) inquires about functioning across developmental domains, such as independent living skills, self-care, academic, vocational, and financial tasks. Such assessment can provide useful information for treatment and transition targets.

Another related consideration for EA programs includes developing a decision algorithm for care that extends beyond birthdate cutoffs. For example, is the youth still in high school? Is the youth living at home?

We hope this preliminary framework will be helpful for systems of care who are creating EA programs to support the various needs of this unique population.



Sandra S. Pimentel, Ph.D.

In addition to traditional diagnostic and symptom-level assessments, evaluation of EA patients should include assessment of developmental functioning.

Submit your best work for publication in *JCCAP* and plan to attend the 2018 Future Directions Forum in Washington, D.C. June 15-16, 2018!

MEMBER-AT-LARGE/COMMITTEE UPDATES

UPDATES AND A REQUEST FOR INPUT AND INVOLVEMENT

By Adam B. Lewin, Ph.D., ABPP
Member-at-Large for Education and Standards

Thanks to Anna Van Meter and Adam Miller for a terrific APA Conference in Washington, D.C. Beyond fantastic programming at APA and other SCCAP-sponsored conferences, I'm pleased to announce preliminary plans to pilot SCCAP webinars early next year. I am hopeful this will provide interactive access to experts in a variety of topics: clinical, research, professional development and emerging areas in our field. The aim is to provide continuing education credit as well as archival access for participants. I anticipate this will bring to fruition a mechanism for SCCAP members to request to conduct webinars in their respective areas of expertise.

Moreover, member input into desired content (or seminar leaders) will be strongly encouraged. The strength of SCCAP is in our member's broad expertise, and I believe this initiative will provide a useful and up-to-date mechanism for updating knowledge and, more practically, for continuing education credits.

My excitement about this launch stems from a discussion that dominated our 2017 Summer Board Meeting: how much focus should SCCAP dedicate to member-focused programs (e.g., educational activities such as webinars, student awards, membership director) vs. programming that does not provide direct member benefits (e.g., our recent marketing endeavor). It was articulated in this

meeting that members should provide input regarding the direction of SCCAP's future programming and focus. Voting in SCCAP elections is one clear mechanism for this input. There are additional ways for SCCAP members to guide the direction of our initiatives, including contacting voting board members regarding desired priorities for SCCAP, asking to serve on committees, and joining us at SCCAP sponsored conferences, APA, or open meetings.

Consider running for SCCAP office: practicing clinicians are the majority of (non-student) SCCAP members but are grossly underrepresented on our executive committee. Notably, a pending proposed bylaws change should expand the number of SCCAP members who can vote and run for SCCAP office (if approved). Thanks to the SCCAP leadership over the decades, especially outgoing Treasurer Dr. Richard Abidin, SCCAP is in a strong financial position.

I hope to hear from our diverse membership regarding educational and other programming priorities. Even better, consider grabbing a seat at the table and join the board through elected office or volunteer committee service.



Adam B. Lewin, Ph.D., ABPP

IMPROVING OUR COMMUNICATIONS NETWORKS: LISTSERVS, WEBSITES, AND WEBINARS

By Brian Chu, Ph.D.
Communication Committee Chair

How do we bring more direct benefits to SCCAP members? This issue was a key focus at the SCCAP board meeting at APA's annual conference. Improving communication is at the heart of many of the initiatives to better connect and benefit members.

The three priorities we set for ourselves center on the initiatives that members identified as their top interests from our spring survey: improved website, improved listserv, and low-cost online webinars. Stephon Proctor, our website editor, is overseeing an overhaul of the member-oriented website to ensure that it is accessible and functional for members. Expect improved job listing/searching functions, therapist finders, and member services.

Our survey also suggested that we might have to consider a two-pronged approach to our listserv. While some members prefer/cherish the traditional method of sending/receiving single emails to one's email inbox, others are asking for updated forms of communication that enable threaded topics, searchable archives, and greater interactivity. For example, some platforms would allow for "voting up/down" certain messages within a threaded system, allowing for the most informative and useful messages to come to the top. Others would allow members to comment on specific messages and request "alerts," allowing

readers to follow specific topics. We are looking into identifying ways to meet these two sets of preferences—retaining the simplicity of traditional listservs and also modernizing how we communicate. Updates to follow.

Finally, members asked for increased frequency of webinars and continuing education opportunities. We are working with other committees, such as the Education and Standards committee, to bring you current and interactive webinars. In addition, the Communication Committee is particularly interested in suggestions to build ongoing learning extensions that go along with these webinars. For example, we are investigating platforms, like Google Groups and Facebook Live, to create ongoing learning collaboratives that follow after fixed webinars. In this way, we can use online webinars as initial starting points for conversation to be continued amongst smaller groups of interested members.

Stay tuned for more information and possible pilot groups to test out different approaches to extending how we network!



Brian Chu, Ph.D.

SCCAP's strength is our members' broad expertise. SCCAP webinars will provide interactive access to experts in a variety of topics.

We set three priorities as identified in our spring survey: 1) improve the website, 2) improve the listserv, and 3) provide low-cost online webinars.

FELLOWS COMMITTEE UPDATE

By Steven Meyers, Ph.D., ABPP
Fellows Committee Chair

The Fellows Committee announces the election of Robert D. Friedberg, Ph.D., ABPP as a Fellow of Division 53. Friedberg is a professor at Palo Alto University, Pacific Graduate School of Psychology and the director the Center for the Study and Treatment of Anxious Youth.

His scholarship focuses on making CBT accessible for children, families, and the clinicians who serve them. Friedberg has authored eight books, 25 invited book chapters, 45 peer-reviewed publications, and 25 invited

articles. His clinical expertise and teaching spans work in multiple settings. We congratulate him on this achievement and distinction through SCCAP.

Call for 2018 Fellow Nominations
The SCCAP Fellows Committee invites nominations for Fellow Status in our upcoming cycle. Self-nominations are welcome. Election requires evidence of outstanding contributions or performance in the field of psychology, specifically in the area of clinical child and adolescent psychology. Fel-

low status requires that a person's work has had a national impact on the field.

Minimum qualifications include APA and Division 53 membership for at least one year and 10 years of post-doctoral professional experience. The full list of divisional criteria as well as information on the



Steven Meyers, Ph.D., ABPP

application process can be found at: www.clinicalchildpsychology.org/DivisionFellows. The application and submission process differs for Initial (new) APA Fellows and Current APA Fellows who were previously elected through another division.

Instructions for Initial Fellow Applications: Initial Fellows will complete their application electronically through APA's Fellows Application Platform, which can be accessed at: www.apa.org/membership/fellows/index.aspx. Application materials

should include: a self-statement, CV with highlighted contributions to clinical child and adolescent psychology, and three endorsement letters from current SCCAP Fellows.

Instructions for Fellows Elected Through Another Division: Current Fellows will email their application materials as one PDF attachment to the SCCAP Director of Operations at sccapdiv53@gmail.com. Application materials should include a self-statement and CV with highlighted contributions to clinical child and

adolescent psychology. Endorsement letters are not required.

The deadline for receipt of completed applications is December 1, 2017.

Please contact me, Steven Meyers, chair of the SCCAP Fellows Committee, with any questions at smeyers@roosevelt.edu.

CONGRATULATIONS TO SCCAP MEMBERS RECEIVING THEIR DOCTORATE IN 2017!

The Society of Clinical Child and Adolescent Psychology is proud to announce the names of Society student members having recently received their doctoral degree.

Kiah Bizal, Psy.D.
Minnesota School of Professional Psychology at Argosy University
Advisor: Raja David, Psy.D.
The Relationship Between Family Functioning And Relationships And Worry In Children With Chronic Illness

Rosanna Breaux, Ph.D.
University of Massachusetts Amherst
Advisor: Elizabeth Harvey, Ph.D.
Examining the Relation Between Family Functioning and Child Hyperactivity: Simultaneously Testing Four Proposed Mechanisms

Julia Martin Burch, Ph.D.
Fairleigh Dickinson University
Advisor: Julie Ryan, Ph.D.
The Role of Emotion Regulation in the Cognitive Behavioral Treatment of Youth Anxiety and Depression

Aubrey Carpenter, Ph.D.
Boston University
Advisors: Donna Pincus, Ph.D. and Jonathan Comer, Ph.D.
Internet-Delivered Cognitive Behavioral Therapy For Anxious Youth: A Multiple Baseline Evaluation

Casey A. Cragin, Psy.D.
Antioch University New England
Advisor: Martha B. Straus, Ph.D.
Early Psychosis and Trauma-Related Disorders: Clinical Practice Guidelines and Future Directions

Courtney DeAngelis, Psy.D.
LaSalle University
Advisor: Dahra Williams, Ph.D.
The Feasibility of a Psychoeducational Group Workshop for High School Student Athletes: A Pilot Study

Shea K. Fedigan, Ph.D.
Boston College
Advisor: James R. Mahalik, Ph.D.
High-Maintenance Friendship and Adjustment in Late Adolescents and Young Adults in a College Setting: A Mixed Methods Analysis

M. Sima Finy, PhD
University of Illinois at Urbana-Champaign
Advisor: Wendy Heller, Ph.D.
Genome-wide Polygenic Scores, Executive Function, and Attention-Deficit/Hyperactivity Disorder in Youth

Will Frye, Ph.D.
Auburn University
Advisor: Steve Shapiro, Ph.D.
Role of Executive Functioning on the Intention-Behavior Relationship of Health Behaviors: A Temporal Self-Regulatory Perspective

Whitney Gealy, Ph.D.
University of Houston
Advisor: Brad Smith, Ph.D.
Student Satisfaction with Training in Clinical, Counseling, and School Psychology Ph.D. Programs: Factors Predicting Student Outcomes

April C. Genovese, Psy.D.
Azusa Pacific University
Advisors: Jeness Chang, Ph.D. and Holli Eaton, Psy.D.
The 16-PF and Finding Strengths in Adversity: Treating Adolescents with PTSD and Building Resiliency

Sarah Ashley Helseth, Ph.D.
Florida International University
Advisor: Stacy Frazier, Ph.D.
Peer-Assisted Social Learning in Urban After-School Programs

Olga Jablonka, Ph.D.
St. John's University
Advisor: Tamara Del Vecchio, Ph.D.
Emotions and discipline behavior: The mediating role of distress tolerance

Justin Anthony Moore, Ph.D.
Western Michigan University
Faculty advisor: Scott T. Gaynor, Ph.D.
Examination of the Effects of Computer Assisted Mindfulness Strategies with Adolescents in an Alternative High School Setting

Kaitlin Baker Proctor, Ph.D.
Auburn University
Advisor: Elizabeth Brestan Knight, Ph.D.
Assessing Parental Readiness to Change: A Psychometric Evaluation of the READI-SF in a Community Sample

Alayna Pauline Tackett, Ph.D.
Oklahoma State University
Advisors: Larry L. Mullins, Ph.D. and Theodore L. Wagener, Ph.D.
Preliminary Examination of the Biological Effects of Secondhand Smoke Exposure in Youth with Sickle Cell Disease

Ashley Tirado-Martinez, Psy.D.
Florida School of Professional Psychology at Argosy University
Advisor: Lisa Costas, Ph.D.
Role of Parental Perceptions within IEP Transition Programming for Youth with Autism Spectrum Disorders

Dominika A. Winiarski, Ph.D.
Emory University
Advisor: Patricia A. Brennan, Ph.D.
Biological Correlates of Early Life Stress and Aggression in School Aged Children

Monica S. Wu, Ph.D.
University of South Florida
Advisors: Eric Storch, Ph.D. and Vicky Phares, Ph.D.
Quality of Life and Burden in Caregivers of Youth with Severe Obsessive-Compulsive Disorder

Receiving your Ph.D. or Psy.D. in 2018? The list for 2018 graduates will be published in the Fall 2018 issue of *InBalance*. Faculty advisors and student SCCAP members should submit name, institution, advisor, and dissertation title to newsletter editor, Jennifer Hughes at Jennifer.Hughes@UTSouthwestern.edu. Submissions are due in advance of the September 15, 2018 deadline.

2018
**MIAMI INTERNATIONAL
CHILD & ADOLESCENT**

MENTAL HEALTH CONFERENCE

February 21-23, 2018



Confirmed speakers include

- Steven Evans, Ph.D.**
School mental health
- Charlotte Johnston, Ph.D.**
ADHD & the family
- Connie Kasari, Ph.D.**
Treatment of autism-spectrum disorder
- Andres de los Reyes, Ph.D.**
Clinical assesment of children & families
- Donna Pincus, Ph.D.**
Treatment of adolescent panic disorder
- Tom Ollendick, Ph.D.**
Treating anxiety & phobias in children & adolescents
- Carolyn Becker Black, Ph.D.**
Combating body dissatisfaction
- Enrique Neblett, Ph.D.**
Racism, racial identity, & mental health in African American youth
- Thomas Power, Ph.D.**
Coordinating mental health with primary care/pediatrics
- George DuPaul, Ph.D.**
Classroom management of kids with behavior problems
- Mary Fristad**
Treating youth with mood and comorbid disorders



ANNUAL APA CONVENTION



2017 APA CONVENTION HIGHLIGHTS

By Anna Van Meter, Ph.D.
APA Convention Division 53 Program Chair

Adam Miller, Ph.D.
APA Convention Division 53 Program Co-Chair

The Annual APA Convention in Washington, D.C. was a great success for SCCAP. Our symposia and keynote addresses were attended by more than 1,300 people—a 30 percent increase over 2016!

Symposia attendees were treated to a broad range of presentations, highlighting the newest research findings in clinical child and adolescent psychology. The sessions on novel approaches to identifying suicide risk, advancements in research and practice with externalizing problems, and the evidence-based practice of psychology beyond empirically supported treatments were especially well attended. Our keynote addresses were also excellent and covered topics including NIMH research priorities, mental healthcare policy, adolescent brain development, and the dissemination of evidence-based treatments. It was great to see so many standing-room-only audiences!

We were delighted to present several awards at the Convention: Richard Abidin, Ph.D. accepted the SCCAP Distinguished Career Award and presented his work in an invited address titled, “Parenting.” Additionally, David Langer, Ph.D., winner of the Richard “Dick” Abidin Early Career Award, gave an address titled, “Approaching What Works for Whom: Using Shared Decision-Making to Personalize Youth Psychotherapy.” We were also happy to present awards to five students for their outstanding posters.

We are excited to highlight more of the outstanding work SCCAP members are doing on behalf of the science and practice of clinical child and adolescent psychology at the next APA Convention in San Francisco, August 9-12. Please consider submitting a proposal for a symposium or poster!



Anna Van Meter, Ph.D.



Adam Miller, Ph.D.

APA PROPOSALS DUE DEC 1



The time to submit proposals for the APA 2018 Convention. The Convention will take place in San Francisco, California, from August 9-12. We look forward to many great presentations and are pleased to announce a keynote lecture by Tom Insel, MD, former NIMH director, former member of Google’s life-sciences group, and recent founder of startup Mindstrong.

- Proposals are due Dec. 1 at 5 pm EST.
- SCCAP accepts only posters and symposia as programming. If you wish to submit an Individual Paper, Conversation Hour, and/or Skill Building Session, please consider another Division as your sponsor.
- Symposia may be 50 minutes or one hour and 50 minutes.
- When you submit through the online portal, indicate that you are submitting to Division 53 (SCCAP). Please also consider applying for consideration as a continuing education opportunity as this will boost your attendance.

Full details about how to submit and what to expect in the review process are available at: www.apa.org/convention/convention-proposals.pdf.

Submissions must be made online through the APA portal at:

<http://apps.apa.org/ConvCall/proposals>

SAVE THE DATE!

National Conference in Clinical Child and Adolescent Psychology

October 18–20, 2018

The Clinical Child Psychology Program at the University of Kansas is pleased to again host the National Conference in Clinical Child and Adolescent Psychology!

Mark your calendars to attend the conference on Oct. 18-20, 2018, at the Intercontinental Kansas City at the Plaza. The Country Club Plaza, a 15-block retail, dining, and entertainment destination in Kansas City, Missouri, is a short shuttle from Kansas City International Airport (code MCI), facilitating easy travel for conference attendees.

Although the venue has changed to accommodate conference needs, the conference will provide the same high

quality programming of interest to clinical practitioners and scholars that it has for 24 years. The goals of the conference are to provide up-to-date information on research and evidence-based practice in clinical child and adolescent psychology, and to provide specific learning experiences targeted to topics including externalizing disorders, internalizing disorders, therapy and interventions, and professional issues.

The conference draws students and professionals from across the country, and



offers a rich atmosphere for learning, networking, and socializing with others in the field.

Watch for updated speakers lists, calls for abstract submissions and student poster awards. More information will soon be available at:

<https://ccpp.ku.edu/conferences>

We look forward to seeing you in 2018!



JOIN SCCAP TODAY!

www.clinicalchildpsychology.org

AWARD BENEFITS INCLUDING ACCESS TO:

- **SCCAP WEBSITES** including *clinicalchildpsychology.org* and *effectivechildtherapy.com*
- **SCCAP JOURNALS**, *Journal of Clinical Child and Adolescent Psychology* and *Evidence-Based Practice in Child and Adolescent Mental Health*
- **FUNDING OPPORTUNITIES**, such as the Abidin Early Career Award and Grant, and the Routh Research and Dissertation Grant
- **INBALANCE NEWSLETTER** published three times a year

- **USEFUL LISTSERVS** including a members-only listserv and a student-only listserv
- **CONVENTION ACTIVITIES** including internships-on-parade, hospitality suite, and social hour
- **CONTINUING EDUCATION CREDITS** sponsored by SCCAP
- **TASK FORCES** investigating pertinent clinical child issues
- **MORE STUDENT BENEFITS** such as board representation and free membership
- **ADVOCACY** for children’s mental health at local and national levels

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