

Ontario Psychological Association

Annual Report of the President And The Chief Executive Officer

Delivered at the Special General

Held on October 27, 2015



**ONTARIO
PSYCHOLOGICAL
ASSOCIATION**

Report of the President, Dr. Jane Storrie

And the Chief Executive Officer Executive Officer, Ms. M. Janet Kasperski

Changing the Landscape by 2017 – 70 years After the Founding of the OPA

Introduction

What an honour it is to serve the members of the Ontario Psychological Association (OPA). As part of our orientation to our respective roles, we reviewed the OPA's Objects of Incorporation. Those Objects were developed more than 60 years ago. The legacy that our founders left for us has been relied upon to guide the work that the Board and its Committees have accomplished in the last two years.

The title of the Objects has been changed to Articles of Incorporation in our newly amended By-Laws but each article provided us with clear directions, in keeping with the mission and purpose of the OPA. They directed us to be always mindful that the OPA's main purpose was to enhance the health of Ontarians by advancing psychology as a profession. The way to enhance the profession in order to impact on the health of Ontarians was documented in the Articles of Incorporation. The Articles directed us to focus on research and its practical applications that would positively impact on the quality of psychological services provided by psychologists and psychological associates. The Articles emphasized the role of the OPA in supporting university faculty to deliver high quality education and the OPA's key role in continuing education for our members. The Articles also instructed us to establish collaborative relationships between members of the psychology profession, other healthcare providers and other organizations and with government.

When Dr. Storrie and I were in our first few months in our respective roles as President-Elect and Chief Executive Officer, we uncovered irregularities in our accounts that have challenged us throughout the ensuing two years. With excellent legal advice, we are confident that the outcomes will be positive for the OPA. In the meantime, we are doing everything possible to recover as much of our funds as we can – and we have not allowed legal and financial challenges to deter us from the activities that were demanded of us by the Articles of Incorporation.

The first measure of success can be found in job postings throughout the province - in private practices, in primary care settings, in hospitals, longterm care facilities, police services and other first responder service provider, in academic settings and within government ministries. The public and organizational demands for psychological services are growing steadily, as demonstrated by the number of job postings, and we are gaining a high level of respect shown for psychologists as clinicians, consultants and scholars. The second measure of success is the high level of interactions with government Ministers, their staff and senior public servant, the leaders of other associations and organizations and the faculty of our academic departments of psychology and other teaching and research institutes. With each passing month, the OPA is invited to more events and



included in more committees, task forces and think tanks. Those in power and in the media want to hear what we have to say, and appreciate our points of view. The third measure of success is the high degree of engagement of our members in the activities of the OPA, the interactions of our members with the leadership of the OPA and the supports afforded to one another through the OPA's communication tools. We are especially proud of that there has been a significant increase in number of outstanding undergraduate and graduate students who have joined the OPA. Our future is in their good hands.

The Accomplishments of the Board and Its Committees

Being a values-based and nimble Board has been the key to our success. The Board established six committees and they are as follows:

- The Planning and Policy Development Committee
- The Governance Committee
- The Audit and Finance Committee
- The Communications and Member Relations Committee
- The Continuing Education and Research Committee
- The Executive Committee.

The Directors of the Board made a conscious decision to remain actively involved in the major activities of the OPA. As a result, the Board has functioned as the Planning and Policy Development Committee, the Governance Committee and the Audit and Finance Committee. Rather than having an Executive Committee that basically replaced the Board, any decisions required between Board meetings are conducted through emergency teleconferences and/or electronic voting on key issues. The Communications and Member Relations Committee and the Continuing Education and Research Committee have accomplished an impressive body of work, thanks to the engagement of our academic and clinical members and our outstanding student members.

The Planning and Policy Development Committee

The Board, supported by your President and CEO, in overseeing the activities assigned by the Terms of Reference to the **Planning and Policy Development Committee**, has engaged in the following activities:

- Oversaw the development of our Strategic Plan (Changing the Landscape by 2017);
- Engaged in intensive media and government relations campaigns, including the development of a list of members that the media is able to call upon as experts in various fields of psychology and patient conditions and various system issues, as well as developing working relationships with the Premier's office, various Ministers, MPPs from all three parties and the public servants in 18 different Ministries;
- Developed a number of proposals to increase access to psychological interventions for people of all ages, including an emphasis on prescribing for psychologists, ability to issue psychiatric forms, Wraparound Care for Children and Youth, Mental Health and the Health Links, Psychology Aid Ontario and a program to test telepsychology in the care of employees on disability with depression or PTSD;
- Established positive working relationships and/or partnerships with various provincial, national and international organizations representing psychologists and psychological associates, with the Ontario Bar Association, Legal Aid Ontario, the Ontario Medical Association, the Ontario Hospital Association and several individual hospitals such as the Centre for Addictions and Mental Health and Sick Children's to name just two, the Office of the Ontario Child Advocate, the Office of the Child Lawyer, Workplace Safety and Insurance Board, the Public Services Health and Safety Agency, the Office of the Ontario Ombudsman, Partners for Mental Health and various organizations representing the military/veterans, police, firefighter, paramedic, correctional officers and 911 dispatchers – to name just a few;



- Supported the Auto Insurance Subcommittee that has done a stellar job on behalf of psychologists and psychological associates who engage in insurance examinations and the delivery of psychological interventions to victims of motor collisions. The subcommittee members have worked tirelessly to protect the level of care that victims of auto collisions require during this very trying period as the Ministry of Finance and the Financial Services Commission of Ontario work with the auto insurers to decrease premiums by 15%;
- Supported the Section of Psychologists in Education to work with the Ministry of Education to develop recommendations for the implementation of a standardized approach to the assessment of young people with learning disabilities and to prepare for the next step in the process of better aligning the assessment of exceptionality in children within school boards and with community-based psychological providers; and,
- Supported increased activities amongst the Section of Independent Practice and discussions of establishing the Section as an Interest Group to reduce pressures on the current SIP Executive.

The Governance Committee

In keeping with the Terms of Reference, the **Governance Committee**, chaired by your President has undertaken the following activities:

- Reviewed and amended the By-laws (see attached amended By-laws);
- Created a Rules and Regulations manual to support the work of the Board; including “job descriptions for the Board’s officers (see attached Rules and Regulations Manual);
- Reviewed the roles assigned to each voting Director and the size of the Board (see Governance Report);
- Oversaw the nomination process for new Board member in for 2014, 2015 and 2016;
- Provided a personal orientation to the Board for each new Board Director; and,
- Supported the CEO in overseeing activities and processes related to the management of our human resources.

The Audit and Finance Committee

The Board members, in their role as members of the **Audit and Finance Committee**, chaired by Dr. Niki Fitzgerald, have engaged in the following activities:

- Oversaw all activities related to the legal cases, including the establishment of funds dedicated to cover our legal and governance relations;
- Oversaw the development of annual budgets and annual financial audits;
- Oversaw the implementation of a new accounting system and upgrades on the membership approval and membership renewal payment system;
- Oversaw the consolidation of our funds with TD Canada Trust; and,
- Developed a Financial Management Manual.

The Communications and Members Relations Committee

The **Communications and Members Relations Committee**, under the leadership of Drs. Jonathan Douglas and Sylvain Roy, has undertaken the following activities:

- Established a new logo to “brand” the OPA appropriately as a professional organization of psychologists and psychological associates;
- Established a new website with the capacity to present a professional face to the public, including our Member Directory and Psychological Aid Ontario; to support our membership processes; to function as a communication system amongst our various members and member groups; to assist us to develop Resource Centre for our members and their patient; to host key research and policy papers and to act



as “Market Place’ for advertising psychology and supervisory positions, office space, available tests and member benefits ;

- Supported and engaged members to become active on Facebook, Twitter and LinkedIn – organized an “army of tweeters” on the last “Bell Let’s Talk” day who began tweeting at midnight in Newfoundland to midnight in British Columbia. The conversations amongst the public changed from the need for access to mental health services to access to psychological services as the conversations swept the across the country;
- Supported increased communications with our members through topical NewsBriefs, interactions on the Listserv and emails detailing important information;
- Began the process of establishing Interest Groups beginning with a Primary Care Interest Group, a Student Interest Group and the ECP Interest Group;
- Developed a Member Benefit program starting with Professional Liability Insurance, Home and Auto Insurance and Health Benefits and have identify several other opportunities to better support our members personally and professionally.

The Continuing Education and Research Committee

Chaired by Drs. Paulo Pires and Kelly Horner, the **Continuing Education and Research Committee** has overseen the following:

- Increased engagement with faculty members in the University Departments of Psychology and the Departments of Psychiatry at the medical universities;
- Developed and distributed to our members practice guidelines (for a complete list of guidelines developed to date see www.psych.on.ca/resources/resources/publications);
- Developed a new format for the Annual Conference in 2105 that focused on research and practice excellence, as well as entertaining sessions to send participants home with smile on their faces;
- Moved the Annual Conference to the fall based on a member evaluation of 2015 Annual Conference;
- Oversaw the development of the Summit on Innovations in Psychology to support our members to remain current regarding the latest research findings, practical practice tools and system changes that impact on the role of psychologists and psychological associates;
- Oversaw a wide variety of workshops aimed at providing in-depth continuing education and professional development.

While the President and Chief Executive Officer have been and integral part of all of the initiatives, we would never have been able to accomplish anything without the full support of our Board and staff members.

We are extremely grateful to Dr. Jonathan Douglas who, as President-Elect, has shown the drive and leadership qualities that we ensure that he will make a superb President. We look forward to working with Dr. Douglas and he will have the pleasure of working closely with our incoming President-elect, Dr. Sylvain Roy. Dr. Roy has shown an incredible level of compassion for the most vulnerable amongst us, especially the homeless population and such “political smarts” that we expect that the President’s role at the OPA will simply be a stepping-stone to the Minister of Health’s office as the first step in his political career. We expect to be calling him Premier or Prime Minister in the not too distant future. Dr. Niki Fitzgerald has been so strong in the role of Secretary-Treasurer that we begged her to stay on the Board and in that role and the Chair of the Audit and Finance Committee for a third term of office.

Words cannot describe how grateful we are to Drs. Paulo Pires and Kelly Horner who will remain on the Board to complete their terms of office and especially to the Directors who have completed their term of office and are retiring from the Board. We will miss Drs. Patricia McGarry-Roberts, Natasha Browne and Noah Lazar and Erin Romanchuch. These four Directors have made major individual and collective contributions to the work accomplished during the past two years. Dr. McGarry-Roberts has been our rock – ensuring that the Board is



mindful of the needs of needs of our Members and our ethical responsibilities as an Association representing regulated healthcare professionals. Dr. Natasha Browne reminded us that people of diverse backgrounds have special needs that are often not addressed effectively in the current systems of care. Dr. Lazar has performed with great competence as the Director of Early Career Psychologists. Both Dr. Lazar and Erin Romanchuch, our Director of Student Affairs, reminded us the future of the professional of psychology will be in good hands.

Lastly, we are greatly indebted to all our staff – those that have moved on to other positions and especially to our current staff members, Ms. Jill Thompson and Lara Pocock. They not only keep us on track (they have complained that it is like herding cats) but they inform us and inspire us with their personal dedication to the OPA and its members. We look forward to working with the new Board of Directors, its new President, Dr. Jonathan Douglas, our new President-elect, Dr. Sylvain Roy, our Secretary-Treasurer, Dr. Niki Fitzgerald, Drs. Pires and Horner and especially our soon to be acclaimed new Directors.

In closing, none of the above has inspired us more than our Members. We have been on a roller-coaster ride during the past two years with many highs and some lows. You have given made us so very proud of the profession and given us so much to brag about in our meetings with government officials and various stakeholders. You have given us wise advice; chastised us in the gentlest of ways when we were off-base and provided positive feedback when our chins were on the ground. Thank you for all that you do.

Motion

To accept the report of the President (2013-2015) and the Chief Executive Officer

Made by:
Seconded By:

5.0 Governance Report

Amendments to the By-Laws by the Board

The Board has continued to review the Association’s By-Laws to align them with the 2010 Not-for-Profit Act. The Board passed a motion to amend certain sections in the OPA’s By-Laws to reflect changes in the governance structure of the Board and to be more in line with the Not-For-Profit. Amendments to the 2014 By-Laws included the authority of the Board to make changes to the By-Laws with the following provisos:

1. The Board does not have the authority to alter the membership categories or the way in which members vote that are not present at a meeting of the members.
2. Amendments of the By-Laws shall be presented to the Members at the next Annual or Special Meeting.

The Board has not amended the membership categories or the method that members who are not present at a meeting of the members will use to vote.

The Board would like to inform our members that the order of items in the By-Laws has been altered to reflect the format suggested by the 2010 Not-for-Profit Act. The amendments made by the Board are highlighted in red in the attached copy of the 2015 By-Laws (See attachment). The Board would like to draw your attention to two amendments in particular:



1. Section 2.4 (d). This amendment permits the appointment of a Director who has served two consecutive terms of office to a third term of office, under certain circumstances, such as the appointment to an Officer's position or another position deemed important by the Board.
2. Section 2.7 (c) The 2014 By-Laws included designated positions for each Board member. The new By-Laws provide the Board with the ability to appoint Directors to serve in roles that best meet the needs of the Board and the individual Director's knowledge, skills and interests.

Nominations to the Board of Directors

On behalf of the Board of the Ontario Psychological Association (OPA), and as Chair of the Governance Committee, Dr. Jane Storrie sent notices to our Members that nominations were open for 2 Directors at Large, 1 Director of Early Career Psychologist (ECP) Affairs and 1 Director of Student Affairs. Notice was provided to the Members regarding the following:

1. The Directors at Large were to be nominated from amongst the general membership of the OPA.
2. The Early Career Psychologist Director was to be nominated from amongst the ECPs.
3. A Director of Graduate Student Affairs to be nominated from amongst the graduate student members.

The Board members who oversee the functions of the Governance Committee were very pleased to see that that four incredible members in good standing were nominated for the two Director at Large positions, in addition to nominees for the positions of Director of Early Career Psychologist Affairs and Director of Student Affairs.

The Board was very pleased to see the high level of interest in the Board amongst our members and the knowledge and skills that the nominees would bring to the Board. The Directors reviewed its current board complement and the workload for our Board members and decided to dispense with an election amongst the four nominees for the Directors position. The Board supported the nomination all four members to the Board of Directors. In addition, the Board received two nominations for the Director of Early Career Psychologist Affairs. The Board reviewed the workload for the ECP Director. With the emphasis in the upcoming year on supervised practice (see the Pre-conference workshop on Best Practices in Supervision www.psych.on.ca/Summit), it was decided to include a Director of Supervised Practice Affairs as member of the board. The members will be asked to elect by acclamation the nominees for these two positions and the Director of Student Affairs at the Special General Meeting. These additional positions will increase the number of Board members from 10 to 13 and represents a reasonably small Board and one that provides a variety of knowledge, skills and perspectives.

The members appointed to the Board and ratified by the participants at the Special General Meeting are as follows:

Directors of the Board:

1. Dr. Lisa Couperthwaite, Ph.D., C.Psych.
2. Dr. Lori Gray, Ph.D., C.Psych.
3. Dr. Jason Ramsay, Ph.D., C.Psych.
4. Dr. Diana Velikonja, Ph.D., C.Psych.

Director of Early Career Psychologist Affairs: Dr. Jennifer Boyd, Ph.D., C.Psych.

Director of Supervised Practice Affairs: Dr. Catherine Horvath, Ph.D., C.Psych.



Director of Student Affairs: Ms. Aranda Wingsiong, Ph.D. Candidate

In addition, the Board passed motions regarding the appointment of its Officers:

1. To confirm the appointment of **Dr. Jonathan Douglas** to the position of President
2. To appoint **Dr. Sylvain Roy** to the position of President-Elect (see below).
3. To confirm the appointment of **Dr. Jane Storrie** as Past-President.
4. To re-appoint **Dr. Niki Fitzgerald** to the position of Secretary-Treasurer.

Motion:

To appoint the following members to the Board of Directors for a three-year term of office by acclamation:

1. Dr. Jennifer Boyd
2. Lisa Couperthwaite
3. Dr. Jonathan Douglas
4. Dr. Niki Fitzgerald
5. Dr. Lori Gray
6. Dr. Catherine Horvath
7. Dr. Jason Ramsay
8. Dr. Diana Velikonja

Moved by:
Seconded by:

Motion

To appoint Ms. Aranda Wingsiong to the Board of Directors for a one-year term of office by acclamation

Moved by:
Seconded by:

Motion

To accept the report of the Governance Committee

Moved by:
Seconded by:

Introducing the President: Dr. Jonathan Douglas

Dr. Douglas has held the position of President-Elect for the past year. His contributions to the OPA in this role have been immeasurable and the Board is looking forward to him stepping into the role of President. Dr. Douglas acknowledges the big shoes that he is stepping into and is very pleased that he will be ably assisted in the role of President by Dr. Jane Storrie as Past-President, Dr. Sylvain Roy as President-Elect, Dr. Niki Fitzgerald as Secretary-Treasurer and an engaged and competent slate of Directors. Dr. Douglas is a clinical psychologist, in private practice in Barrie. His practice has evolved over the years to include a strong focus on trauma, particularly in veterans and first responders. His trauma practice also includes childhood trauma. He enjoys introducing innovative techniques in his practice but is always mindful of the need to conduct a comprehensive assessment leading to an accurate diagnosis and a care plan that guides the treatment of his patients with consistent measurements of outcomes to ensure treatment progress. He is a passionate advocate for access to psychological services. The frequency and the philosophical depth of his posts on the Listserv, Facebook and Twitter have become the stuff of OPA legend.

Introducing the President-Elect: Dr. Sylvain Roy

Dr. Roy is a bilingual rehabilitation neuropsychologist holding positions at the Centre for Addiction and Mental Health (CAMH) & Inner City Family Health Team in Toronto. He received his Ph.D. in neuropsychology from the



Université de Montréal and also holds degrees from York and McGill University. Dr. Roy completed his clinical training in various neuro-rehabilitation centers in the United States and Canada. In 2011, after spending a year writing his dissertation on facial expressions in sunny California, Dr. Roy decided to return to Toronto, where he accepted a neuropsychology post-doctoral fellowship at Community Head Injury Resource Services (CHIRS). Dr. Roy works exclusively with homeless men at the Inner City Family Health Team and at Seaton House. He acts as a neuropsychological consultant to a team of physicians, physician assistant, psychiatrists, nurses, nurse practitioners, health promoter, and social workers. Roles include the assessment of patients' neuropsychological functioning, provision of treatment recommendations, supervision of graduate and postgraduate students, participation in research, and conducting program evaluations. The Inner City Family Health Team recently received a \$1,000,000.00 from the Ministry of Community and Social Services to support this work. At CAMH, Dr. Roy is the lead clinician in a service that provides neuropsychological, psychological, and functional (OT) assessments and cognitive rehabilitation services to patients with complex mental illnesses such as schizophrenia. The service also provides advanced clinical training to neuropsychology interns and postdoctoral fellows wishing to develop expertise in the assessment and treatment of people with severe mental illness.

Introducing the Nominees for Directors of the Board

Dr. Lisa Couperthwaite Ph.D., C.Psych. practiced as psychological associate prior to completing her Ph.D. in Clinical and Counselling Psychology as the Department of Applied Psychology and Human Development, University of Toronto, Ontario Institute for Studies in Education. Dr. Couperthwaite practices in the Model and Anxiety Division, Work, Stress and Health Program, Centre for Addiction and Mental Health. She is described as passionate about client care and professional issues and thinks deeply about complex and ethical issues. To quote Dr. Couperthwaite: "I am passionate about this profession and the OPA as an organization and I want to contribute in meaningful ways through various OPA initiatives such as improving access to services, the quality of supervision and partnering with other organizations to meet that needs of clients served by psychologists and psychological associates". With a province-wide interest in workplace mental health and psychological safety, Dr. Couperthwaite will be a major asset on the Board. Her experience as a psychological associate will ensure that the voice of psychological associates will be further strengthened at the Board table.

Dr. Lori Gray, Ph.D., C. Psych. is a clinical, forensic and rehabilitation psychologist who completed her Ph.D. at the University of Windsor. Since 2007, Dr. Gray has devoted her time and expertise to the supports required by paramedics in the province including providing psychological services for the Essex-Windsor EMS and the Toronto Paramedic Services. Dr. Gray is well-respected for the development of an overarching organizational mental health strategy that decreased WSIB claims by 45% in the first 9 months and has had a significant impact of the number of long term disability claims. She is a consultant to a number of emergency medical services and to the Ministry of the Attorney General. Dr. Gray conducts forensic risk assessments for crown attorneys and has been heavily involved in the Victim Support services arena. The OPA is heavily involved in the prevention of suicides amongst First Responders. Dr. Gray's practice experiences, combined with her committed to assisting the OPA to organize a "Disaster Psychological Response Team" to respond to crisis situations, will make her a valuable member of the Board.

Dr. Jason Ramsay, Ph.D., C. Psych. is an Adult Clinical and Counselling Psychologist who complete his Ph.D. at the University of Toronto, Ontario Institute for Studies in Education (Human Development and Applied Psychology) (Applied Cognitive Science and School and Child Clinical Programs). Dr. Ramsay practices in the Welland McMaster Family Health Team and is an Assistant Clinical Professor (adjunction) in the Psychiatry and Neurobehavioural Sciences Department, Faculty of Health Sciences, McMaster University. Dr. Ramsay's expertise in teaching and research will support the OPA to increase our interactions and levels of supports for psychologist in academic roles throughout the province, including those practicing in primary care settings – pioneers in their own right. Dr. Ramsay will join our incoming President-Elect, Dr. Sylvain Roy, in modeling the many important roles that psychologists play in primary care practices. Dr. Ramsey will be an important voice



with government and academia in supporting the further development of the clinical, teaching and research roles of psychologists in primary care.

Dr. Diana Velikonja, Ph.D., C. Psych. is a clinical neuropsychologist who completed her graduate studies in the Biological Psychology Program at the University of Waterloo and obtained clinical training in both paediatric and adult populations. Dr. Velikonja completed her internship training at Chedoke-McMaster Hospitals and has been providing clinical services and conducting research in the Acquired Brain Injury Program at the Hamilton Health Sciences since 1996 where she is the Acting Chief of Psychology. Her current research has focused on injury prevention, the efficacy of neuropharmacology approaches in cognitive recovery and the evaluation of affective subtypes and cognitive outcomes following brain injury sequelae and verbal and visual memory disorder in acquired brain injury. Dr. Velikonja is an assistant professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University and holds an adjunct appointment in the Department of Psychology. She is actively involved in the teaching program as a supervisor for thesis and practicum students and is head of the neuropsychology adult internship program at the Hamilton Health Sciences. Dr. Velikonja is co-owner of Storrie, Velikonja and Associates, a large clinical practice in Burlington. She is the Past-President of the Hospital Psychological Association, a member of the Board of the Hamilton Brain Injury Association and sits on the advisory board of the Ontario Neurotrauma Foundation. Dr. Velikonja has also been a member of the OPA Board, received extraordinary accolades from the members who nominated her that can be summed up by the statement that Dr. Velikonja will make an invaluable member of the Board. The Board members are welcoming her back to the Board with open arms.

Introducing the Director of Early Career Psychologists Affairs

Dr. Jennifer Boyd, Ph.D., C. Psych. is an early career psychologist who completed her Ph.D. in clinical psychology at the University of Waterloo in 2013 and is registered with the College of Psychologists of Ontario with competencies in clinical and rehabilitation psychology. She is currently practicing the Cambridge Psychology Center in Cambridge where she provides psychological interventions to adolescents, adults and couples. Dr. Boyd has a particular focus on rehabilitation following motor-vehicle collisions, return-to-work issues and short and long-term disability. She has been engaged in teaching at the University of Waterloo and research at the University of Toronto. Dr. Boyd is actively involved in organizing an Early Career Psychology group in the Kitchener/Waterloo/Cambridge/Guelph area and is eager to take the model developed in her region province-wide. Dr. Boyd is described as organized, committed and involved professionally in the psychology committee at large and most interested in opportunities to become involved with advocacy efforts for the psychology profession. The affairs of ECPs will be in good hands with Dr. Boyd on the Board.

Introducing the Director of Supervised Practice Affairs

Dr. Catherine Horvath, Ph.D., C.Psych. (Supervised Practice), is nearing the end of her supervised practice year. As a result, Dr. Horvath fully understands the pressing needs of our members in transition – transition from graduate school to supervised practice and the transition to the first year of independent practice. Dr. Horvath obtained her Doctorate degree at the University of Ottawa in 2014 and her Masters of Arts degree in Counselling Psychology from McGill University. Dr. Horvath is being supervised in two private practices in Ottawa, as well with the Psychological Services of the Children's Aid Society of Ottawa. With a dedication to the most vulnerable amongst us, especially children and adolescents, Dr. Horvath will be an effective advocate and a positive voice for psychology in Ontario and is able to model work/life balance. In addition to her clinical caseload and a busy family life, she is heavily engaged in the local Ottawa community; for example, she is President of the Board of Directors of a local not-for-profit daycare centre. Dr. Horvath is a skilled communicator in both French and English and will increase the Board's ability to serve our members in both languages. With the OPA's emphasis on best practices in supervision, Dr. Horvath is the perfect candidate to be the inaugural Board Director representing our psychologists and psychological associates in supervised practice.



Introducing the Director of Student Affairs

Ms. Aranda Wingsiong is a doctoral student in the clinical psychology program at the University of Windsor who received her bachelor's degree in specialized psychology at York University and her master's degree at the University of Windsor. Ms. Wingsiong has been actively involved with the Ontario Psychological Association for the past two years as an active and respected member of the Continuing Education and Research Committee. Since that time, she has worked collaboratively with the two previous Directors of Student Affairs to develop and oversee the highly regarded "Let's Talk About Matching" workshop for graduate students and to begin the development of two other workshops for students: "A Day in the Life of a Psychologist" (to introduce students to the many roles that psychologists play and the variety of patient populations and treatment modalities put into play in a variety of settings in Ontario) and the "Advocacy Workshop for Graduate Students". At the University of Windsor, she serves on two committees, representing graduate students on matters related to academic programming and clinical training. Ms. Wingsiong has been involved with various organizations advocating for mental health (Canadian Mental Health Association), as well as organizations supporting individuals with disabilities (Community Living). She is described as committed, well-organized and forward thinking. More seasoned committee members are impressed with her drive and her insights that have enriched all of the OPA workshops over the past year. She will be a valuable member of the Board and a strong support for our student members.

As Chair of the Governance Committee, I would like to thank, our CEO, Jan Kasperski for her hard work in revising the By-Laws, creating a Rules and Regulations Manual for the Board and ensuring that Board meetings are organized for maximum effectiveness and for her personal support for me and our Board and committee members.