



UPCOMING LECTURE

Weaving Yoga into Mental Health Treatment:

An embodied approach to mental, physical and spiritual wellbeing



Dr. Whitney Owens

Saturday, March 10

12 – 3pm

UNLV Bennet Professional Center 112

Our next lecture will take place on March 10 in Las Vegas, NV. We will be welcoming Dr. Whitney Owens, of Owens Psychological Services. Dr. Owens is a Licensed Psychologist, member of the Nevada Board of Psychological Examiners and a Registered Yoga Teacher. Dr. Owens is specially trained in Dialectical Behavior Therapy, Acceptance and Commitment Therapy and works in the area of Eating Disorders, Addictions and Relational Issues. In her private practice, Dr. Owens works with adults aged 18 and up as well as with couples, families and parents. Dr. Owens is an Eat Breathe Thrive facilitator, Certified Baptiste Yoga instructor, and Certified in Yin Yoga. She is passionate about bringing mindfulness and mindful movement into her work as a psychologist as a way for her clients to embody the skills that they learn in therapy.

At the completion of this session, participants will be able to identify:

1. Mindfulness and why it is used in mental health treatment.
2. How yoga and mindfulness can help with creating body and mind connection and how this can be useful in teaching impulse control, emotion regulation and interpersonal skills.
3. How embodiment of skills results in reinforcement of skill use versus conceptual understanding of skill use.

Participants outside Las Vegas will be able to view remotely. An email will be sent with a link. Register at www.nvasp.org/events

PRESIDENT'S REPORT

Katie Dockweiler, NVASP President

Hello dedicated members of NVASP. As we head into the spring months we are excited to share committee updates and information about events in the near future. First, there are two Lecture Series events left this school year. March 10th is on the topic of “Weaving yoga into mental health treatment: An embodied approach to mental, physical, and spiritual wellbeing” and April 28th is surrounding administration, interpretation, and reporting of the Woodcock-Johnson, 4th Edition. More information and registration details can be found at www.nvasp.org. Also coming up this spring are elections for the next NVASP Board of Directors. If you would like to provide service to the profession in a creative and meaningful way, please consider volunteering to run for a position. The positions of President-Elect, Secretary, Treasurer, Director at Large, and Communications Director will be open; keep an eye out for an email soliciting volunteers on April 9. Elections will be held in May with the new board assuming duties in August. Finally, our committees have been tireless in their efforts to promote the recommended NASP ratio of 1:500-700 statewide, amongst other state initiatives. Thank you for your continued support of NVASP!



COMMITTEE UPDATES

Government & Professional Relations Committee

The Government and Professional Relations Committee has been hard at work advocating for our profession and Nevada's students. Our primary initiatives have been working to expand social-emotional learning statewide, establishing a state definition and ratio for school psychologists, revising the Read by 3 law, and partnering with the Shortages Committee to improve ratios statewide. We have been meeting with a variety of stakeholder groups around the state, including elected officials, to spread awareness and build relationships. As a non-partisan organization, our goal is to keep the focus of our conversations student-centered and to align our efforts with best practices supported by NASP.

If you are interested in joining the Government & Professional Relations Committee, please email [Dr. Katie Dockweiler](mailto:Katie.Dockweiler@nvasp.org).

Awareness and Promotion Committee

We have continued to present at local school Career Fairs and to inquire about opportunities to present at college Career Fairs and psychology organizations. At the NASP conference, students currently in the UNLV School Psychology Program attended and helped to inform other professionals and students about the critical shortage of school psychologists in Clark County School District.

If you are interested in joining the Awareness and Promotion Committee, please email [Dr. Katherine Lee](mailto:Katherine.Lee@nvasp.org) or [Heather Thompson](mailto:Heather.Thompson@nvasp.org).

Shortages Committee

The shortages committee continues to advocate for school psychologists across the state of Nevada. A critical component to advocacy includes educating our stakeholders on several items. These include informing others of our roles in the educational setting, our unique qualifications to assist in addressing social, emotional, behavioral and academic needs of students, and the current shortage trends impacting school districts in the state of Nevada. Meetings, interviews, and presentations continue to assist the shortages committee in spreading the word to our stakeholders. We will continue to press forward and advocate on behalf of each and every school psychologist working in the state of Nevada.

In case you missed it, check out these various interviews/articles from media outlets in the Las Vegas area:

[KTNV Channel 13 Interview](#)

[Channel 3 Interview: Clark County Schools may lack an important tool for identifying troubled kids](#)

[KTNV Channel 13: Clark County School District facing psychologist shortage](#)

[Las Vegas Review Journal Article: Clark County schools operating with shortage of psychologists](#)

[Las Vegas Review Journal video: Psychologist shortage](#)

If you or other school psychologists in your school district are engaging in various advocacy efforts to reduce shortages, please share your story with NVASP. We want to get the word out and congratulate those who are taking the lead in one of NASP's most critical initiatives.

Committee Updates continued on next page



COMMITTEE UPDATES

Communications Committee

The Communications Committee continues to work on relaying information to members regarding upcoming events and socials. Several spring events are now open for registration. We are happy to hold another bowling social in April. Registration will include two games and shoe rental (we will have a dedicated lane for kids in attendance). We are also excited to bring back the popular baseball social. Registration includes a ticket into the game, viewing from a private area on the club level along the first base line, and a \$5 voucher to the 51's Store. Friends and family of members can also enjoy the member rate for these events, so please bring along your crew!

On another note, NVASP is currently searching for a new website hosting service, which means our website will undergo a complete overhaul in the near future. Any members with experience creating or managing websites who are interested in helping with the change, please contribute by joining the Communications Committee. Bear with us through these changes, as we try to improve our website and membership options. We continue to encourage our members to join the NVASP Facebook page and to follow us on Twitter for the most up-to-date information on events and news coverage. Thank you to all members who continue to be actively engaged in NVASP!

If you are interested in joining the Communications Committee, please contact [Stephanie Patton](#).

ANDREA WALSH, NASP DELEGATE ELECT



I am a Nationally Certified School Psychologist in my twenty-first year with the Clark County School District. Originally from Boise, Idaho, I moved to Las Vegas after earning a Bachelor's Degree in Elementary Education at the University of Idaho. I planned to come to Las Vegas for one year, but I met my husband and never looked back. While teaching in Las Vegas, I enrolled in the School Psychologist program at the University of Nevada Las Vegas. I taught for four years while completing my graduate degree at night.

Over the past 16 years I have worked in large urban high schools, rural K-12 schools, and very large, diverse elementary school in Las Vegas. I have been lucky to work with dedicated colleagues and have been at my current schools for 13 years. Every day is a new adventure when I walk onto a campus and I know I am fortunate to work with such great people.

When I am not at work, there's a good chance I'm watching my sons play baseball or my daughter play tennis. My children, ages 15, 12 and 8 are my greatest joy. I was lucky to have all three of them attend elementary school where I work, and I am on the School Organizational Team at my son's high school and my daughter's middle school, just to remain involved.

I am very excited about being Nevada's next NASP Delegate, as well as part of the NVASP Board. As Delegate, I will represent and support school psychology through leadership to enhance the learning and mental health of all children.



DELEGATE'S CORNER

Emma Dickinson, NASP Delegate

As I come into the final stretch of my term as delegate and delegate representative with NASP, I find it is time to reflect on accomplishments, and more importantly the professional growth I've personally experienced in the past 8 years. NASP not only provides resources for school psychologists, moreover it inspires those willing to take on the challenge with the tools and experiences needed to become effective leaders in all they undertake. When I started my term as delegate, I was hesitant to fully engage as I was unsure of the procedures, policies and politics. As the years progressed, I observed more of what was needed in leadership capacities, became more familiar with the operations of NASP and then became assertive to fill the gaps. I learned how to partner with organizations, to effectively advocate on an issue and become active in state legislative issues. We here in the state effectively advocated for our own state evaluation tool, based on the NASP practice model. I learned that NASP is a powerhouse for advocacy efforts. NASP is an important source for resources for states, providing information on initiatives such as Every School Succeeds Act (ESSA), Medicaid funding, common sense on gun safety, social justice and tackling the ever-present shortage issue. Looking forward to the future, NASP will be a pioneer when Individuals with Disabilities Education Act (IDEA) is reauthorized. The work is there, clearly outlined and only needs to be done by groups of committed individuals!! NASP leadership went through a monumental transformation in the way it governs with the passage of the Government Enhancement Initiative (GEI) a few years back. NASP applied the methods by which it instructs school psychologists to its' own organization, that is, continuous improvement by problem identification, problem analysis, intervention implementation and evaluation. After this change, with the guidance of nationally-renown specialists in Board of Directors' functioning, leaders became more responsible and much more engaged in the overall mission of NASP. The goals have been clear and the work of NASP has never been more important in the face of societal pressures and current climate our children are now facing.



Emma receives a Presidential Award for my service to NASP at the 2018 Convention.

At the current Regional Leadership Meeting, held in the days before the 2018 Convention, the topic of shortages was featured. Given the heightened awareness and critical area of shortages, NASP provides excellent resources and state examples to follow for leadership in data collection. Check out the State Shortage Resource Guide, found on the NASP website. Other states such as North Carolina and Kansas are exemplars in this process.

As I transition into the role of the state president, I will use all of the tools available, including my own sense of leadership which mainly derives from setting clear goals, monitoring progress toward them, and continuous evaluation, to help NVASP grow and to promote the well being and sense of pride

Delegate's Corner continued on next page



Nevada Association of School Psychologists Newsletter

DELEGATE'S CORNER

in being a school psychologist in Nevada. This will be accomplished through honing our board procedures, policies and sustaining our advocacy efforts in the state legislature, by continuing the incredible work of our current president, Katie Dockweiler. I have seen NVASP through a boom and bust cycle – similar to that seen in the mining industry – and I hope to set a new trend of continuous prosperity through sustaining leadership to prevent further “bust” cycles. I respectfully suggest that we cannot do this alone and will need all interested to consider volunteering! Other goals that I have include planning conferences and jumpstarting the School Psychologist training program at UNR for all state residents to have better access to training. As always, if you have any input into what you would like to see accomplished in the next two years, do not hesitate to reach out to any of us on the Board and share your thoughts.



NVASP members attend NASP 2018 Convention

NASP Leadership in Action Spotlight Initiative

Are you helping to improve practice in your school/district? If so, NASP wants to learn more from you through the Leadership in Action Spotlight Initiative. The Spotlight initiative seeks to elicit and disseminate stories of school psychologists engaged in efforts to improve system and services to children and families. Whether at the building or district level, efforts to build capacity take leadership, and your efforts can help inspire and inform other school psychologists to help lead change as well. Learn more and submit your story to NASP [here](#).

HELP WANTED!

The NVASP board has lofty goals for Nevada’s school psychologists, and we cannot do it alone! Please consider joining a committee to assist.

The following committees are currently recruiting members:

- *Shortages Committee
- *Communications Committee
- *Government & Professional Relations Committee
- *Awareness & Promotion Committee
- *2018 Conference Committee
- *2019 Conference Committee

Much of the assistance needed for the above committees is research-based. You can help out from the comfort of your couch, as long as you’re willing to put in a little time and keep in close contact with committee chairs. As a committee member, you would not be required to attend NVASP open meeting,

UPCOMING EVENTS

March 10

NVASP Lecture: Whitney Owens
UNLV BPC 112, 12pm

April 9

Call for NVASP Board Candidates

April 11

NVASP Open Meeting
Town Square, 4pm

April 13

NVASP Bowling Social
Orleans Casino, 4:30pm

April 14

Voices in Leadership Summit
Public Education Foundation, 2:30pm

April 29

NVASP Lecture: Beth Varner
UNLV BPC 112

May 12

NVASP Baseball Social
Cashman Field, 7pm

May 2018

NVASP Board Elections
Details to follow