

PSYCHOLOGISTS IN SCHOOLS ASSOCIATION

# PISA NEWSLETTER

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## *President's Message*



I would like to begin by thanking each of the outgoing PISA Executive for their time and service. Dan Stephenson (past-president) has been involved with PISA since its inception; his knowledge, experience, and guidance has been greatly appreciated. Margie Nelson (vice-president) could not have done a better job leading and organizing the October conference. Nadine Mahon (secretary) efficiently kept a record of everything that was discussed at meetings. Carol Arthurs (webmaster/newsletter editor) was a great gatekeeper of the flow of information to the PISA members. Marc-Robert d'Entremont (president) added a freshness and enthusiasm to the executive. And I, Matthew MacLeod (treasurer) am retiring from the positions of registrar and treasurer after four years of keeping the financials in order, and moving into the new position of president.

I would like to welcome the newly elected PISA executive to their positions, and pre-thank them for all the work they will be doing over the next two years: Marc-Robert d'Entremont (past-president), Ashley Monk (vice-president), Carlye Smith-MacKenzie (secretary), Alison Lewis (webmaster / newsletter editor), and Katherine Terauds (treasurer). The executive meetings have a youthful energy and I am excited to be working with everyone. In addition to having new members on the executive, we would be more than happy to have people to sit on the conference committee to help generate ideas for possible topics and to plan the logistics of the conference day.

This year, PISA had another very successful October conference. We were very fortunate to have Dr. Peg Dawson come to speak about executive functioning skills. It was great to see so many of you at the conference and have a chance to reconnect with friends/colleagues from across the province. Planning for the 2012 October conference is in full swing. The conference will again take place at Mount Saint Vincent University, and we are very pleased to announce that we booked Dr. Melanie Vanier to present on the topic of anxiety, with a focus on Selective Mutism.

PISA would like to send a thank you to all the regional representatives in the province. Your work in communicating between us and the members in your area is extremely important. Please continue to voice the ideas and concerns in your area. We are always looking for feedback on topics for professional development that are relevant and useful to our work.

An initiative that PISA started last year, and will continue this year, was to provide two \$500 bursaries to students enrolled in the School Psychology program at Mount Saint Vincent University. Another past initiative that will be continued is to provide \$500 professional development grants to members of PISA. The PISA PD grants have been increased this year from two to four. The deadline for applying to these was March 16<sup>th</sup>; PISA thanks all participants, and sends congratulations to our four successful grant applicants! Additionally, PISA will continue to provide two \$500 donations to community organizations. Last year, PISA donated to Autism Nova Scotia. Considerations are still being made for this year, if you have any suggestions please email Matthew MacLeod at [mvmacleod@nstu.ca](mailto:mvmacleod@nstu.ca).

To close, PISA would like to thank all our members and we hope to continue to hear from you about how we can continue to provide quality professional development.

Respectfully,  
Matthew MacLeod

PISA NEWS

### **New PISA Website**

Be sure to check out  
the new  
PISA website at  
<http://pisa.nstu.ca/>  
and "Like" us  
on Facebook!

## **Professional Development Draw**

PISA is excited to announce the winners of four Professional Development grants, at a maximum of \$500 each. Four winners were chosen by random draw, from 13 applicants. The winners were: Joan MacIntyre, Lisa Craig, Stephanie Lundrigan, and Michael McWatters. Thank you to all who participated, and congratulations to the winners!

A reminder to all grant recipients that Professional Development expenses up to a maximum of \$500 will be reimbursed with receipts. All receipts must be submitted before July 1, 2012 in order to be reimbursed.

# Messages from the Regional Representatives

## Annapolis Valley Regional School Board

Another very busy year is half over – hard to believe how fast time passes. Things here in the Valley have been moving along as usual. We celebrated Krista Doucette-Ryan’s good news in November - she is now a Registered Psychologist in Nova Scotia! Katherine Terauds is also getting started on that journey – she was accepted to the Candidate Register in August and is currently doing supervision and, of course, studying for EPPP. Most people know that Robin McGee has been off work due to illness for the past couple of years. We have missed her expertise and her energy, although, she was never more than a phone call away. Now we are thrilled to say that she is back part-time and looking forward to being back full-time later in the spring. Until then, Stephanie Johnson is taking on some of her responsibilities and we have welcomed Natasha Buchanan to take over some school based responsibilities for Steph. Natasha is a recent graduate from the MSVU School Psychology program and also on the Candidate Register heading towards NSBEP registration. She is a great addition to our team and is fitting in as if she was born to be in the AVRSB. Beth Robinson is teaching at Acadia again this year and enjoying that experience. As for the rest of us – Natasha Corbin, Birdie Bezanson and I - we have been keeping up with our regular responsibilities, along with giving

and taking PD, and supervising NSBEP candidates along the way. We are all getting our NSBEP Continuing Competency plans organized. We are such a diverse group, it’s hard to keep up with everyone’s interests and direction for PD, but we take advantage of every opportunity. We are very fortunate here in AVRSB – our interests and efforts at PD are really well supported, as is time for peer consultation and shared learning opportunities. Our LD Specialists are busy planning the annual LD Conference. This year they have invited Dawn Reithaug to speak on supporting adolescent readers and practical behaviour support strategies. Not new topics, but, still relevant, for sure. Hopefully the conference will go well – the camp it funds is a very important and meaningful event for our AVRSB students with LD. As spring comes our way, like everyone else, we here in the Valley are waiting to see what the next school year will bring. Here’s hoping the end of the 2011-2012 year goes smoothly and that we are all back on track – healthy and rested for September.

—Margie Nelson

## Conseil Scolaire Acadien Provincial

Hello everyone! It is hard to believe we are already halfway through the school year.

One of the things that makes my job different is that the Acadian School Board (CSAP), has only two psychologists. I, Constance L’Ecuyer,

work in 8 schools in the central region (Halifax-Dartmouth, Greenwood, South Shore and Truro). We just recently opened a new school in Porter’s Lake, “École des Beaux-Marais”. My colleague Elizabeth Harvey works in 9 schools in South West Nova Scotia (Clare, Wedgeport, Belleville, Pubnico-Ouest).

Elizabeth returned to work (50%) in September 2011 after the birth of her second child Justine, who was born November 15, 2010. I am pleased with her return because it is easy as a francophone psychologist to feel isolated. Despite the geographical distance that separates us, we try hard to keep in regular contact to discuss difficult cases, new resources or materials, articles, and upcoming events in the province. We also work hard keeping in contact with our francophone colleagues in Quebec and in New Brunswick. We also participate in professional development in Quebec with the “Association quebecoise des psychologues scolaires” and with “L’ordre des psychologues du Quebec”. We also appreciate any opportunity and invitations to participate in PD offered in English in Nova Scotia, through the other school boards, so please feel free to call us.

One of the challenges we face as a school board is in finding qualified francophone psychologists. Unfortunately, the North East Region of the province (north of Truro, including Cape Breton) has been without a Francophone school psychologist for the last few years. If you know any bilingual psychologists looking for such a position please feel free to contact us.

I am hoping that we have an opportunity to meet in the near future,

—Constance L’Ecuyer

## Halifax Regional School Board

Hello everyone! My name is Donna Hughes and I’m a School Psychologist with the Halifax Regional School Board (HRSB). I am filling in for my colleague, Stacey Young Bragg (School Psychologist) as the PISA representative for HRSB while she is on maternity leave. We wish Stacey and her family all the best and look forward to hearing when baby Young-Bragg soon arrives. As well, we want to extend congratulations to another colleague of ours, Terra Sawlor (School Psychologist) soon to be on maternity leave. We look forward to hearing about baby Sawlor’s arrival too :) All the best to Terra and her family.

The following information is regarding some of the upcoming professional development opportunities in the HRM and surrounding areas:

Excalibur ADHD Association presents “Meet the Expert”, with Dr. Sam Goldstein, PhD, via Skype video. Dr. Goldstein has areas of specialization in school psychology, child development and neuropsychology. He is certified as a developmental disabilities evaluator in the state of Utah. He is also nationally certified

as a School Psychologist by the National Association of School Psychologists. Dr. Goldstein is also an Assistant Clinical Instructor in the Department of Psychiatry, University of Utah School of Medicine and Affiliate Research Professor of Psychology at George Mason University. This presentation is hosted at Saint Mary's University (SMU) in Halifax on Thursday, March 22<sup>nd</sup>, 2012 in the Sobeys Building at SMU (6:30 pm). Space is limited; therefore, if you are interested in registering, please contact Maya at Excalibur ADHD Association in Dartmouth, NS, at 461-1761.

The Child and Adolescent Psychology Interest Group (CAP-I) continues to meet on Saturdays at Mount Saint Vincent University (MSVU) in Halifax between 10:30 and 12:30 pm. This group of psychology professionals meet throughout the academic year (four to five times) to share information on various topics of interest and provides a great opportunity for us to get together and get to know each other from a range of work settings (schools, private practise, hospitals, forensics, mental health, universities, etc). Welcomed are all psychologists who work with children and their families. Following the presentation, a shared potluck brunch takes place. The first CAP-I presentation of 2012 most recently took place on Saturday, January 28<sup>th</sup>, 2012. Presenters were Penny Corkum, PhD (Associate Professor, Psychology Department, Dalhousie

University), Crystal Lowe-Pearce, PhD (Clinical Neurosciences and Rehabilitation Care, IWK Health Center Adjunct Assistant Professor, Dept. Of Psychology, Dalhousie University), and Dan Stephenson, R.Psych (Student Services Consultant, Nova Family of Schools, Chignecto-Central Regional School Board) on the topic of Assessment and the Diagnosis of Learning Disabilities. It was a great turnout, where good discussions and collaboration took place.

The next CAP-I presentations are as follows:

When: Saturday, March 24<sup>th</sup>, 2012  
Where: MSVU (Seton 430)

10:30 – 12:30 pm  
Topic: Demand and Capacity: How Can We Match the Right Provider with the Right Treatment at the Right Time Within the Mental Health System?

Presenter: Sharon Clark, PhD, Clinical Leader, Mental Health and Addictions Strategic Plan Implementation Team, IWK Health Center

Brief description: This talk will focus on the implementation of the Choice and Partnership Approach (CAPA) from the UK to the IWK Mental Health and Addictions Program. CAPA brings together the active involvement of clients and their families, demand and capacity ideas, and a new approach to clinical skills and job planning. We will discuss our learning process at the IWK to deliver our mental health treatments in a more timely manner and the challenges of

transforming the access to and flow within our system.

When: Saturday, May 12<sup>th</sup>, 2012  
Where: MSVU (Seton 404, Faculty Lounge) 10:30-12:30 pm  
Topic: Threat Assessment  
Presenter: Robyn McGee

I hope this information is helpful and look forward to meeting up with you in the future.

Regards,  
Donna Hughes

## South Shore Regional School Board

Greetings from the South Shore!

It's been another busy and exciting few months for the four of us. This year we continue our pursuit of changing the way we view children with behaviour issues. Over the summer Janine Brennan and I had the opportunity to spend three wonderful days with Dr. Ross Greene in Toronto. While the record breaking heat wave made seeing the sights a little uncomfortable, the time spent learning about Collaborative Problem Solving was definitely worthwhile. The psychologists have also attended workshops on Restorative Practices and we continue to work on how to incorporate our new training into our current service delivery model. The Behavioural Lead Team, which consists of psychologists, guidance counsellors, teachers, and program coordinators, continues to be active and several schools have invited the psychologists to present on the Collaborative Problem Solving approach as well as Managing the Cycle of Acting Out Behaviour in the Classroom (adapted from Geoff Colvin and Val Llewellyn). On March 8<sup>th</sup>, the Behavioural Lead Team will facilitate a full day

workshop with two teachers from every school invited to discuss current challenges they are facing in their schools and what services/strategies are being used to help children with behavioural needs.

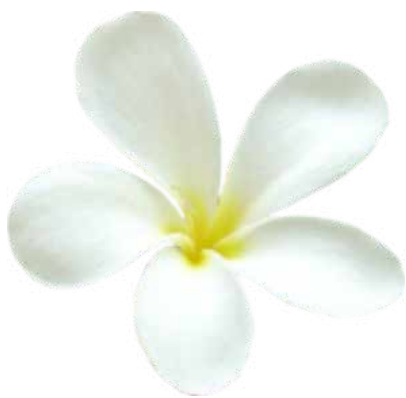
Last year we also set a goal of learning more about Executive Functions. After attending workshops provided by George McCloskey and Sara Ward, the speech-language pathologists and psychologists developed a PowerPoint presentation aimed at providing teachers with knowledge regarding this topic and practical strategies for helping students who struggle in this area. Not to brag, but the presentation is awesome and we will share it with anyone who would like it.

In the upcoming months, we will be attending a workshop on autism with Dr. Hanna Rue, Director of Evidence-Based Practice at the National Autism Centre and a conference titled "Assessment and Treatment for Children under 12 with Sexualized Behaviours" which is being provided by the Nova Scotia Association of Social Workers. We hope to see some of you there!

—Kelly Humphries

## Strait Regional School Board

Things continue to be busy at the Strait Regional School Board. This year brought some changes, both in our team and our service delivery model. We have welcomed 2 psychologists to our team – Derry MacKichan and Evelyn Stern. Both are recent graduates from MSVU. Stephanie Teasdale took a position with the GASHA Child, Youth & Family Program, continuing to support our students in a different role. Matthew MacLeod and his wife Karen added a new addition to their family – a baby boy, Taylor.



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## **Strait Regional School Board (cont'd)**

This year our Board has shifted the service delivery model to focus more on in-class support, building capacity with teachers, and increasing the focus on programming. We are enjoying this new model and find that we are servicing more students and are more involved in their programming.

In December, we had a PLC day with the psychologists from the CB-VRSB. This was a great day of collaboration and we hope to do it again soon! As for upcoming PD, Matthew MacLeod will be attending the Nova Scotia Summit on Gifted Education and Talent Development in May.

Hope everyone is enjoying our winter and driving carefully!

## **Tri-County Regional School Board**

Hello from Yarmouth! This year we welcomed Lynn Mackenzie to our team. Lynn is originally from Yarmouth County and is happy to be back home. Also, Marc d'Entremont and his wife welcomed their first child, Charlize, into the world in November. Everyone is doing well and adjusting to the lack of sleep. The year is flying by and we are all looking forward to March Break. We have offered a veritable smorgasbord of inservicing for our teachers this year and are all busy with assessments, behaviour and counselling cases.

—Carol Arthurs

# **2011 Conference Report**

Again this year we hosted our annual conference at MSVU and had a great turn out! This year's topic was Executive Functioning. We were pleased to have Dr. Peg Dawson join us from the Center for Learning and Attention Disorders at Seacoast Mental Health Center in Portsmouth, New Hampshire. Dr. Dawson provided an excellent overview of Executive Functioning and many classroom friendly interventions. Feedback from participants was very positive.

The planning of the October conference takes considerable commitment and planning. As the incoming Vice President and Conference Chair I would like to extend a sincere thank-you to last year's PISA members, Margie Nelson, Marc d'Entremont, Nadine Mahon, Carol Arthurs, Matthew MacLeod and Dan Stephenson, for all of their hard work in putting the conference together.

As the new PISA Vice President and Conference Chair I look forward to preparing for the 2012 October conference. From your feedback there were a number of people who informed us that they would like the 2012 conference to focus on Anxiety. As a result, we are pleased to welcome Dr. Melanie Vanier from the IWK to present on Anxiety and Selective Mutism. We hope you'll plan to attend!

—Ashley Monk  
*PISA VP/Conference Chairperson*



## **International School Psychology Association 34<sup>th</sup> Annual Conference, July 9<sup>th</sup> – 12<sup>th</sup>, 2012**

The International School Psychology Association (ISPA) is holding their annual conference in our own backyard this year. Hosted at McGill University, in the beautiful and energetic city of Montreal, School Psychologists from around the world will gather to celebrate our profession and share a valuable professional development opportunity.

The theme of the conference is Helping the World's Children Realize Their Dreams and will feature renowned Keynote Speakers, an attractive Scientific Programme and social events, with many highlights.

**Additional information and online registration is available at**  
**<http://www.ispaconference.info>**

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