

## Diversity Subcommittee Updates

Next month, the new Diversity Subcommittee representative will be Steven Miller from FMRI. Welcome Steven! We look forward to your service and contributions.

## Community Updates

Indigenous People's Day (IPD) was celebrated this month. It's typically celebrated the 2<sup>nd</sup> Monday of every October and represents an active choice to forgo and a protest against Columbus Day (Delkic, 2021). It brings attention to current discrimination and issues that disproportionately effect indigenous communities like climate change, health inequities and gender violence. While Columbus Day was originally in response to past anti-Italian sentiment in the United States, because Columbus was Italian, NYC schools label the day both IPD and Italian Heritage Day as a compromise (Delkic, 2021).

Delkic, M. (2021). **Indigenous Peoples' Day, Explained.** *The New York Times*. Retrieved from <https://www.nytimes.com/2021/10/11/us/indigenous-peoples-day.html>

Día de los Muertos will be celebrated next month. Per Mexican tradition, this holiday takes place on November 1<sup>st</sup> and 2<sup>nd</sup>. It represents a celebration and honoring of the lives of the deceased with celebration. On this day the dead are thought to awaken from their eternal sleep to become a part of the community. The most well-known symbol of this holiday are the calacas (skeletons or skulls).

(n.d.) (n.d.). **Día de los Muertos.** *National Geographic Society*. Retrieved from <https://www.nationalgeographic.org/media/dia-de-los-muertos/>.

From Washington, the APA released a formal apology on October 29<sup>th</sup>, 2021 titled, **"APA Apologizes for Longstanding Contributions to Systemic Racism"**. This letter was written by the APA Task Force on Strategies to Eradicate Racism, Discrimination, and Hate. In summary, it acknowledged a failure in leadership and accountability as APA has historically perpetuated racial inequities. It pledges to track where such perpetuation has occurred and a commitment to the role of dismantling systemic racism and advancing health equities. It also cited 2 documents listed in the subsequent Recommended Reads section of this newsletter.

IPA is calling all equity-minded psychologists or clinicians in training! IPA needs interested members who would like to serve on IPA's brand-new **Diversity, Equity and Inclusion (DEI) Task Force**. Interested members should contact IPA President, Susan Martin, PsyD or Anne Stegenga, PsyD via email for an invite to the first meeting scheduled in November.

DEI Task Force members will help bridge resources and knowledge to create and implement a broad scope of initiatives intended for promoting diversity, equity, and inclusion within Idaho's psychology workforce. The DEI Task Force will be responsible for leading cultural efforts that ensure that DEI aims are embedded in all aspects of IPA and for examining any systemic barriers that exist in IPA policy, leading to a more varied and representative association culture.

Duties may involve: monthly meetings, task identification, program development, preparing presentations, training dissemination, tracking and communicating deliverables to the larger association, drafting public statements, along with outreach and coordination among IPA members, leaders, sectors, and committees to

achieve any goals surrounding social and cultural issues that could arise.

### **Training Opportunities**

The APA 2021 Virtual On-Demand library has the following diversity related topics available until November 15<sup>th</sup>, 2021:

- Deconstructing and reconstructing Psychology: How Do We Understand Structural Racism?
- Microaggressions that Impact the Treatment of Black Boys and Ways for Therapists to Improve Outcomes
- How Do We Turn This Ship Around? Combating Racism and White Supremacy Culture in Institutions
- Oppression, Body Image, and Disordered Eating in Marginalized Populations

Access to registration can be found at: <https://convention.apa.org/blog/15-popular-division-sessions>

The IPA Annual Convention 2022 topic has been officially announced. It will take place on April 22<sup>nd</sup> and the 23<sup>rd</sup> of 2022 and will be in-person at the Riverside Hotel-Boise. The overall focus will be on **Working with Older Adults: Normal Aging, Mental Health, and the Role of Psychologists.**

More information related to registration will be released in the near future.

### **Recommended Reads**

(2021). **APA resolution on harnessing psychology to combat racism: Adopting a uniform definition and understanding.** *American Psychological Association* webpage. Retrieved from:

<https://www.apa.org/about/policy/resolution-combat-racism.pdf>

(n.d.). **Historical chronology: Examining psychology's contributions to the belief in racial hierarchy and perpetuation of inequality for people of color in the U.S.** *American Psychological Association* webpage. Retrieved from:

<https://www.apa.org/about/apa/addressing-racism/historical-chronology>

### **Community Resources**

The **Association for Research in Otolaryngology** (ARO) is a peer mentorship network who works to foster more inclusive and equitable environments for individuals with disabilities related to hearing loss. For information related to what this organization offers as a resource go to:

[https://www.frontiersin.org/articles/10.3389/feduc.2021.755457/full?fbclid=IwAR0ID1aZwFtB539T8bG14xB2a8\\_7jarqD3zOzne38PvvlwW02jtIsRgvROA](https://www.frontiersin.org/articles/10.3389/feduc.2021.755457/full?fbclid=IwAR0ID1aZwFtB539T8bG14xB2a8_7jarqD3zOzne38PvvlwW02jtIsRgvROA)