

Women's Psych-E

E-newsletter of the APA Women's Programs Office: May 2006

IN THIS ISSUE

- NEWS
 - May Is Mental Health Month
 - E-STATS: Women and Mental Health
 - APA Partners With Older Women's League To Highlight Mental Health and Aging
 - Behavioral Therapy May Offer Benefits in Treating Eating Disorders
- OTHER NEWS
 - National Women's Health Week
- POLICY UPDATE
- CWP UPDATE
- OPPORTUNITIES FOR PSYCHOLOGISTS
- MARK YOUR CALENDARS

NEWS

May Is Mental Health Month

Mental Health Month is dedicated to increasing consumer knowledge and understanding about the warning signs, causes, and effective treatments for mental illnesses. Approximately one in four Americans suffer from a diagnosable mental disorder per year, however, 44% report know little or almost nothing about mental illness. Mental illnesses affect women and men differently. Some disorders are more common in women, and symptoms can differ.

E-STATS: Women and Mental Health

- Major depressive disorder is more prevalent in women than men; nearly twice as many women as men are effected by a depressive disorder each year.
- Females are more than likely than males to develop eating disorders; as many as 10 million females and 1 million males suffer from an eating disorder such as anorexia or bulimia.
- Women attempt suicide two to three times more than men, although men are four times more likely to die.

Source: American Psychiatric Association, National Eating Disorders Association, National Institutes of Mental Health

Additional Resources:

American Psychological Association, <http://www.apa.org>

American Psychiatric Association, <http://www.psych.org/>

National Institutes of Mental Health, <http://www.nimh.nih.gov>

National Eating Disorders Association, <http://www.nationaleatingdisorders.org>

APA Partners With Older Women's League To Highlight Mental Health and Aging

From May 21-27, APA will partner with the Older Women's League (OWL) and a coalition of mental health and aging organizations to sponsor the 3rd Annual Older Americans' Mental Health Week to raise awareness about mental health and aging issues. Mistaken assumptions that mental disorders are a

normal part of the aging process have serious implications, especially for midlife and older women. OWL, APA, and partners will hold a press conference, visit with policymakers, and distribute public education materials regarding mental health and aging. For more information on Older Adult Mental Health Week please visit the PPO website at www.apa.org/ppo.

Behavioral Therapy May Offer Benefits In Treating Eating Disorders

According to a new report released by the Agency for Healthcare Research and Quality (AHRQ), RTI International-University of North Carolina at Chapel Hill Evidence-based Practice Center (RTI-UNC EPC) reviewed (a) the efficacy of treatment for anorexia nervosa, (b) bulimia nervosa, and binge eating disorder, (c) harms associated with treatments, (d) factors associated with the treatment efficacy, outcomes of these conditions, and (e) whether treatment and outcomes for these conditions differ by sociodemographic characteristics. Researchers found that CBT was beneficial when treating bulimia and binge eating disorder and offered limited benefits when treating anorexia nervosa in adult patients whose weight had returned to normal. The report concludes that there is a gap in knowledge regarding how to treat patients who do not respond to CBT or medication and calls for more research on these disorders. For more information please visit <http://www.ahrq.gov/clinic/tp/eatdistp.htm>

OTHER NEWS

National Women's Health Week (May 14-20)

National Women's Health Week will run from May 14-20, 2006. The goal of this week is to encourage women to take simple steps for a longer, healthier, and happier life. The week will kick off with **National Women's Check-Up Day on May 15**, to encourage women to schedule an appointment with their doctor or other health care provider for an annual check-up and health screenings. For more information visit <http://www.womenshealth.gov/whw/>.

POLICY UPDATE: Proposed Budget Cuts for Women and Families

Over the last several months, the APA Public Policy Office has been working with other health and welfare organizations to protect funding for federal programs of importance to women and their families. Among the programs at risk for flat funding or budget cuts are Medicaid, Temporary Assistance for Needy Families, the Child Care and Development Block Grant, and the Violence Against Women Act. For an overview of the FY2007 funding forecast, please see the April 2006 Monitor column at <http://www.apa.org/monitor/apr06/ppup.html> and for ongoing budget updates visit www.apa.org/ppo.

Committee on Women in Psychology (CWP): UPDATE

CWP continues to monitor activities and across APA, with the goal of ensuring women's issues are equitably represented. At their April 2006 meeting, CWP provided comments on a wide range of issues, including a proposal for a workforce analysis program, follow-up to the Report of the Presidential Task Force on Psychological Ethics and National Security, recommendations from the Accreditation Summit, Report of the Task Force on the Impact of Elementary and Secondary School Zero Tolerance Policies, and Report of the Working Group in Psychotropic Medications for Children and Adolescents, to name a few. Major committee priorities include strategies to improve and increase the teaching of

multiculturalism in graduate psychology, a status report on women in the profession in the form of a follow-up report on the "52 Resolutions" presented to APA more than 30 years ago, and increasing the proportion of APA journal editors who are women.

OPPORTUNITIES FOR PSYCHOLOGISTS

National Multicultural Conference and Summit 2007 (Submission Deadline May 31)

The 2007 National Multicultural Conference and Summit (NMCS), Psychology of Multiple Identities: Finding Empowerment in the Face of Oppression, Seattle, Washington, Sheraton Hotel, Seattle, WA will convene on January 24-26, 2007. The deadline for the submission of programs is Wednesday, May 31, 2006. For more information, please visit <http://www.multiculturalsummit.org>.

CEMRRAT Grants 2006

The APA's Public Interest Directorate has been allocated \$100,000 in 2006 to continue implementation of the CEMRRAT Plan as recommended by the APA Commission on Ethnic Minority Recruitment, Retention and Training in Psychology (CEMRRAT). These small-grants "seed funds" energize, empower, and support interested individuals, organizations, and educational institutions committed to enhancing ethnic minority recruitment, retention, and training in psychology. See http://www.apa.org/pi/oema/programs/cemrrat2_grant_fund_announcement.pdf for more information.

MARK YOUR CALENDARS

The Society for the Advancement of Women's 2006 Conference and Exhibition, The Evolution of Women, Atlanta, GA, June 3-4, 2006. <http://www.advancementofwomen.org>

The 14th Annual Congress on Women's Health, Hilton Head Island, SC, Hilton Head Marriott Beach & Golf Resort, June 3-6, 2006. <http://www.bioconferences.com/conferences/WomensHealth/index.aspx>

2006 American Psychological Association Annual Convention, New Orleans, LA, August 10 – 13, 2006. <http://www.apa.org/convention06/>

2006 National Rural Women's Health Conference, San Antonio, TX, November 16-18, 2006. <http://www.hmc.psu.edu/ce/rwh2006>

Women's Mental Health Associates and Pennsylvania Society for Clinical Social Work, Updates on Women's Health and Mental Health: Translating Research to Practice, <http://www.women'smentalhealthassociates.com>

NEXT MONTH...

2006 CONVENTION PROGRAMMING

Contributions, comments, and subscription requests may be submitted for consideration to Tanya L. Burrwell, Editor, at tburrwell@apa.org. Check the Women's Programs Office website at <http://www.apa.org/pi/wpo>.