



FEBRUARY 2008 is PSYCHOLOGY MONTH



"Psychology is for Everyone"

Psychology Month, the annual national campaign to raise Canadians' awareness of psychology, has become a great success story in Ontario. Thanks to the volunteer efforts of psychological representatives in schools and school boards, hospitals, health care facilities – to name a few – more Ontarians have an awareness of the role psychology plays in their lives and in their communities than ever before!

Building on last year's success, OPA is appealing to all members to connect with your communities and show the public the value and benefits of your work and the work of the profession of psychology. Please consider taking an active role this year.

ONTARIO'S SUCCESSES IN 2007

There were close to 100 events held across Canada in February 2007. In Ontario:

- ψ **The Psychological Services Departments at 8 different school boards across Ontario:** sent "tip sheets" via email to the entire system; set up information booths and poster displays in foyers, lobbies, and staff lounges; distributed information for school administrators on coping with stress in teachers and students; conducted forums for principals and teachers on recognizing the signs and symptoms of mental illness in students and responding appropriately to them; offered video presentations on various topics; wrote an article for school newspapers published during February; provided presentations to parents about advocacy for children with disabilities; held a Psychology Symposium for teachers, parents and students covering four different topics; had a poster contest to create a poster for the Psychology Department.
- ψ **Seven hospitals, rehab centres and treatment centres from Kingston, Toronto, Ottawa, Sault Ste. Marie and London:** created displays and distributed materials; sent presentations to all staff on specific topics such as stress management and tips for improving your memory; invited local psychologists to an electronic resource training session; gave lunch hour talks and presentations; published an article in the hospital publication about psychology month and profiled the psychology staff.
- ψ **Autism Ontario,** in response to our campaign, included information in their e-newsletter about the role of a registered psychologist.
- ψ **OPA Convention:** Psychology Month was predominantly featured at the Public Education display table and on 2 massive canvas posters in the main convention meeting room.

Psychology Month encourages everyone in the psychology community to make time during February to share with their workplace and general public what it is they do and how it contributes to the overall well-being of the community.

PREPARE NOW FOR 2008 CAMPAIGN

Now is the time to begin planning events for Psychology Month 2008 – and begin organizing resources and activities for your workplaces and communities. To assist you, the Public Education Committee has created a resource library including movies, brochures and flyers. You can borrow these by contacting the OPA office.

The OPA office will once again make available a *colour* version of the Psychology Month flyer which is reproduced on the opposite side of this information sheet.

A good collection of information and resources is available from the Council of Provincial Associations of Psychologists at: www.cpa.ca/psychologymonth. This website has links to a Psychology Month toolkit, including posters & 'Psychology Works' brochures, event work plans, sample letters to send politicians, and much more.

For more information about what OPA has planned for Psychology Month 2008, available materials, and ideas on what you can do, visit the OPA website at www.psych.on.ca and follow the links to Psychology Month. To find out more about Psychology Month across Canada, visit www.cpa.ca/psychologymonth.