



## Division 6: Clinical & Community Psychology

### IAAP Division 6 Newsletter, Fall 2019

#### *From the President....*

Community and clinical psychologists, we need you! Our world is rapidly changing technologically, politically, environmentally, and socially. While some changes lead to improvements in our daily lives, others may have negative consequences.

Psychologists can promote positive outcomes and help address the negative consequences of these changes through our research and practice. In this column, I want to talk about some global trends and I want to invite members to respond. Sharing ideas and information with each other is a critical step toward making a difference in our communities and our world. I'll describe how you can contribute below.

#### **Mental Health and the Global Burden of Disease**

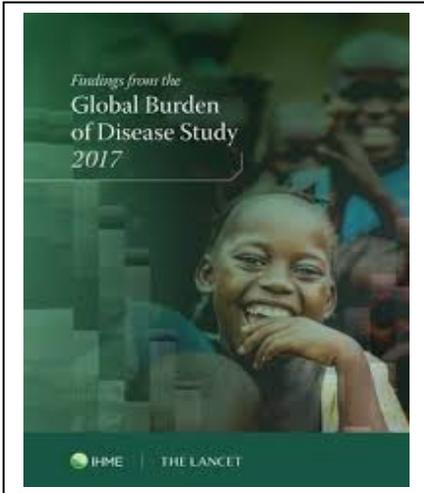
I was recently reviewing the *Findings from the Global Burden of Disease Study 2017*, which was released by the World Health Organization and the Institute for Health Metrics and Evaluation in December 2018. For those of you who have not reviewed the report, I think you will find it interesting and informative.

One of the most striking things about the report's findings is the significant impact mental disorders have across the planet. In 2017, approximately 13% of the world's population suffered from a mental or substance abuse disorder. That equals about 970 million people! Here are some other highlights

- Depressive disorders were the third leading cause of disability worldwide.
- Anxiety disorders and depressive disorders each affect over 250 million people worldwide.



*Greetings, Fellow IAAP Members! I am delighted to serve as the new President of IAAP's Division 6. For those who don't know me, I am Daniel Dodgen, Ph.D., a Clinical Psychologist working in public policy. My activities encompass children's health, emergency preparedness, disaster response, terrorism, mass violence, climate change and opioid addiction. I previously worked at the American Psychological Association following a Congressional Fellowship with the U.S. House of Representatives. I serve on the IAAP Board of Directors and the Task Force on Psychology and Terrorism. I am a licensed clinical psychologist in Washington, DC.*



- Other disorders, ranging from schizophrenia to anorexia each affect millions of people worldwide.
- Mental health and substance abuse disorders constitute about 5% of the health burden of the entire globe. “Disease burden” incorporates both mortality and years lived with a health condition. That burden reaches as high as 10% in countries ranging from Australia to Iran.
- The number of deaths caused by mental disorders is hard to know, but self-inflicted deaths often have an underlying mental health or substance abuse cause.

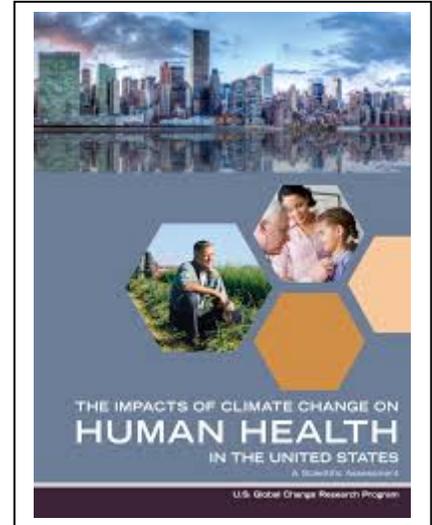
The link to the report summary is below. From that summary, you can link to a tool that will allow you to learn more about your nation’s health status. You will find the information educational but sobering.

### **Mental Health and Climate Change**

Applied psychologists use their professional training to address the real world problems of individuals, families and communities. When these real world problems seem too overwhelming, an assessment of the problem is a good place to start. Climate change is a particularly overwhelming and universal challenge. Fortunately, some work has been done to examine the mental health consequences of climate change. The *Climate Health Assessment*, released by the U.S. Global Change Research Program in 2016 contains an entire chapter on mental health and well-being. The findings are well grounded in science and provide an excellent overview of the issue. Here are some of the findings:

- Exposure to Weather-Related Disasters Results in Mental Health Consequences. Examples of these mental health consequences include post-traumatic stress disorder, depression, anxiety, grief/bereavement, increased substance use or misuse, and suicidal thoughts.
- Disaster-related stress and accompanying psychological impacts can continue over extended time periods - up to a year or more.
- Specific Groups of People are at Higher Risk.
  - Children are at risk for distress, anxiety, and other adverse mental health effects in the aftermath of an extreme event.

- Farmers, those with limited mobility, immigrants, those living in coastal areas, those from Indigenous communities or tribes, and military veterans are also expected to experience higher risk of poor mental health outcomes.
- People living in poverty and with fewer socioeconomic resources have less capacity to adapt to the challenges brought by extreme weather.
- Firefighters, emergency medical service providers, healthcare workers, those recovering human remains, and non-traditional first responders who may be involved with supporting the community after a natural disaster are all at increased risk for mental health consequence.



- Extreme Heat Increases Risks for People with Mental Illness. Increases in extreme heat will increase the risk of disease and death for people with mental illness, including elderly populations and those taking prescription medications that impair the body's ability to regulate temperature.

While the report focuses on the United States, you will find information relevant for any nation impacted by extreme weather (hurricanes, floods, tornadoes, typhoons, wildfires, etc.). This issue is not going away, and psychologists have unique expertise to help individuals and communities respond to this threat. For more information on climate change and mental health, see the link below.

### **What can Division 6 members do?**

Community and clinical psychologists are actively engaged in addressing the challenges that face our world. We are addressing the mental health and substance abuse issues that contribute to the global burden of disease. We are also addressing the consequences of extreme weather events related to climate change through disaster response work and humanitarian assistance.

Unfortunately, the work we do can be so demanding that we don't always have time to tell our peers about what we are learning. Division 6 has always sought to be a forum for sharing information and learning from one another. Every member has something to contribute, and I am asking for your ideas on how we can do so.

- Would you like to contribute an article to the newsletter about your research?
- Would you like to contribute an article to the newsletter about your clinical work?
- Would you like to contribute an article to the newsletter about unique aspects of community and clinical psychology in your country?
- Are you interested in serving as a leader in the Division? We welcome help producing the newsletter and developing an Executive Committee for the Division. There are many ways to contribute.

- If you are not ready to commit to one of the ideas above, we still want to hear from you. Let us know how the newsletter might be most useful to you.

Thank you to everyone for your commitment to IAAP, Division 6, and the people you serve in your communities. I appreciate you. You can reach me at [DrDanDodgen@gmail.com](mailto:DrDanDodgen@gmail.com).

*Daniel*

---

References:

Summary report, *Findings from the Global Burden of Disease Study 2017*:

[http://www.healthdata.org/sites/default/files/files/policy\\_report/2019/GBD\\_2017\\_Booklet.pdf](http://www.healthdata.org/sites/default/files/files/policy_report/2019/GBD_2017_Booklet.pdf)

*The Impacts of Climate Change on Human Health in the United States: A Scientific Assessment*:

<https://health2016.globalchange.gov/>

**DON'T FORGET!!!!!!!**

**100** | **CENTENNIAL  
CONGRESS**  
OF APPLIED PSYCHOLOGY



2020 / 13–17 DECEMBER | CANCÚN MÉXICO

Celebrating 100 years of Applying Psychological Science to “glocal” realities

[MORE INFO](#)

**CCAP!**

The Centennial Congress of Applied Psychology will be held in Cancun, Mexico, December 13-17, 2020. Presentation proposals are now being accepted. The organizers are particularly interested in applied research and work that involves evidence-based interventions. For more information or to submit an abstract, please go to [www.ccapcancun2020.com](http://www.ccapcancun2020.com).