

PSYCHOLOGY 2000: A Community Service Project of SDPA



By Ain Roost, Ph.D.



The story of Psychology 2000 began ten years ago, in November of 1999. The seed was an article I read in Rolling Stone about Bono (of the group U2) and his efforts as a primary spokesman for a project called the Jubilee 2000 Coalition. This project was designed to provide desperately needed debt relief to many of the poorest countries in the world staggering under an overwhelming debt that was hampering humanitarian efforts and preventing economic recovery. African nations were servicing their loans to the richest nations in the world to the tune of \$200 million a week while hundreds of thousands of children were dying of starvation and preventable diseases. Jubilee 2000 used the symbolism of the coming of a new millennium to advance the cause of third-world debt relief and was instrumental in reducing it by over \$50 billion.

Jubilee 2000 also inspired a small idea on a local level. Why couldn't SDPA also give something to mark the coming of the new millennium? Being a psychological association, what could we give? Hmmm...what could it be? After long deliberations, it was...psychological services (duh). There was, and unfortunately still is, a strong unmet need in our community for mental health services for people without health insurance. There are a huge number of people in San Diego who cannot afford to get psychological services when they are needed.

An exploratory meeting with the leadership of SDPA, Trish Rose, Hugh Pates and Denee Lougeay (the President, President Elect and Past President at the time) resulted in warm and enthusiastic support. A proposal was then made to the full SDPA board to create a project to provide pro bono services to people who didn't have health insurance and also couldn't afford to pay for psychological services, essentially the working poor. Instead of having to pay for these services people would be asked to give back one hour of volunteer service to the community for every hour of psychological services they received. The philosophy was that this would double the benefit to the community and that giving also further benefits the giver. The board supported the idea and authorized the formation of a task force to organize the community service project, which came to be known as Psychology 2000.

A diverse, talented, and dedicated group formed the original Psychology 2000 Task Force: Rosalie Easton, Vic Frazao, Jeff Jones, Matthew Holden, Trish Rose and Ain Roost. In addition Veronica Doyle, the office manager at the time and Jacqueline Landis, the incoming office manager were also part of the Task Force (also diverse, talented and dedicated). This group met weekly at 7:00 am for breakfast to create and administer the project during the course of the year 2000. We were very pleased that 59 of our members generously agreed to offer pro bono services to people in the community who qualified for the project.

Psychology 2000 was designed as a one-year community service project for the year 2000 and provided much-needed help to many people that year. However, when the year came to an end there was a general consensus that the project should continue. In order to be able to continue it was decided that we would have to relieve the administrative burden on the Task Force. The application process was streamlined and then PIRS (Psychology Information & Referral Service) stepped up to administer the screening and referral process, enabling the project to continue.

People in the community can access the services of Psychology 2000 by calling the PIRS number. If they meet the criteria and are willing to provide community service in exchange for psychological services they are referred to our Psychology 2000 volunteers who then make arrangements to schedule an appointment if they are appropriate for the program and their practice. Our Psychology 2000 psychologists then provide psychological services, advise the participants regarding arrangements for community service, track the community service hours and provide some information and feedback yearly to the program.

It's kind of ironic that ten years later we are still struggling as a country to do something about the large number of people who do not have health insurance. As this is being written we are in the midst of the sausage-making process. Hopefully we will have some meaningful reform. In the meantime, over the past decade, a large number of big-hearted SDPA members have tried to do what they could to help the problem on a local level. We have our PIRS members as well as our volunteers over the years to thank for the continuing success of this project that helps serve a pressing ongoing need in our community.

A total of 116 SDPA members have agreed to donate their time to this project over the years, many of them from the very beginning in 2000.

Kudos & many thanks to our 116 Psychology 2000 volunteers over the past decade:

Nina Akin	Jorge Espinoza	Mary Lou MacIlvaine
Kamala Allen	Antje Fechner	Patricia Mangini
Lindsey Alper	Adrienne Ferrell	John Mansdorfer
Frank Altobello	Pamela Foley	Judith Matson
Patricia Bale	Virginia Foster	Adrienne McFadd
Peggy Berlin	Vic Frazao	Tom McGee
Christine Bernet	Lori Futterman	Laura McGrady
Lilly Bhattacharya	Lois Gail	Hollis McMillan
Drue Bogdonoff	Nedra Glasser	Jean McPhee
David Boucher	Lorrie Greene	Antonia Meltzoff
Esther Brener	Nancy Haller	Carrie Morrison
Robert Brizendine	Cathy Hammond	Maureen Moss
Lorraine Camenzuli	Ida Houby	Marc Murphy
Christopher Carstens	Charlotte Houston	Jon Nachison
Sandra Ceren	Darlene Hoyt	Janice Nadler
Minoa Chang	Mary Alice Isenhardt	Joyce Nease
Mary McGinn Clark	Carrie Jaffe	Jacqueline Newcombe
Carol Clemenko	Janet Jaffe	Tracy Norris
Clark Clipson	Brenda Johnson	Shauna Oeth
Marjorie Coburn	Stacy Kim Johnston	N. Jennifer Oke
Ellen Colangelo	Jeff Jones	Christine Osterloh
Sharon Colgan	John Kachorek	Hugh Pates
Pam Culley-McCullough	Christine Kennedy	Val Pearson
Ana Marie de Soto	Beverly Kilman	Ginette Perrin
Evelyn de Villiers	Joel Lazar	Carol Randolph
Kay DiFrancesca	Lisa Lazar	Ain Roost
Susan Dillmann	Jeanne Le Blanc	Trish Rose
Joyce Dingwall	Eva Lee	Arline Rosen
Margaret Drew	Richard Levak	Barbara Sadak
Rosalie Easton	Devora Lockton	Mariela Shibley
	Cheryl MacDonald	Peter Sidlauskas

Robert Simmonds
Gerald Sperrazzo
Ellen Stein
Jeanne Stevenson
Shari Stillman-Corbitt
R. Brian Storrs
David Tansey
Luis Terrazas

Steve Tess
Christine Trigeiro
Sarah Turner
David Tweedy
Nadene Veitzer
Peg Vernon
Anna Walden
Tom Wegman

David Wexler
Gail White
Bary Worthington
Michael Wrobel
Ed Yager
Joseph Yedid
Leslie Zeigenhorn
Denise Zimmerman

...and the project continues. If you have not already volunteered for Psychology 2000 please join us and become a part of this very worthwhile community service project.