

1000-word Statement

**Mary Ann McCabe, Ph.D., ABPP**

Serving as President of APA would be a continuation of my life's work, which has been **promoting psychology and breaking down silos**. As a first-generation student from a working-class neighborhood, I learned very young that a community becomes stronger when people come together. While in continuous practice as a clinical psychologist, I have held leadership and advocacy roles in science, practice, education, public policy, and communications. Throughout my career, I have been recognized for skills to **work at a systemic level while building strong relationships with individuals**, and I believe that I am the only candidate who has led *collaborations* across psychology subfields, other disciplines and professions, organizations, and countries. This has included work with Congress, federal and state policymakers, federal funders and private foundations, insurers, business, and advocacy groups. I am poised to promote both APA and the field of psychology effectively, and **to continue and expand both national and international collaborations** as APA President.

I have learned that in every crisis there really *is* opportunity, and we have several before us. The pandemic year has focused our attention on many urgent problems that are *not new*, yet are impelling action: rising rates of mental health conditions, substance use disorders, suicide, and domestic violence, with inadequate and inequitable access to care; health, mental health, and educational inequalities; systemic and structural oppression and intergenerational trauma; discrimination against BIPOC, AAPI, LGBTQ+, disabled, and older people; unequal economic fallout and access to career advancement, with women and minoritized people especially impacted; universities and research threatened, alongside a student debt crisis; employers and employees trying to adapt to new ways of working; climate change and extreme weather events that displace communities; mistrust of science and political divides; and immigration chaos and global refugee crises. ***Never in our lifetimes has psychology been poised to make such significant contributions to public wellbeing.*** I am both hopeful and certain that we are primed to make lasting progress, within and outside APA, to address these challenges.

**Psychology and mental health need to be part of the public health safety net.** Across my priority areas, my emphasis is to start early and **set long-term goals** for sustainable change. If I am elected, my leading initiative will be to advance ***evidence-based and culturally-responsive prevention across the lifespan***. Based on our science, we know that what happens early in life – both positive and negative - affects lifetime health, families, communities, and equity. If, together, we leverage psychological science, we will enable a new generation where racism and bias are mitigated in early childhood, and early education disrupts inequalities. Mental health, relational health, and health behaviors will be laid down early, and individual resilience will be

built while systemic barriers are addressed. Climate change will be slowed by behavior changes, and psychology will be recognized as *essential* for the wellbeing of all people and organizations. ***It is within our reach to enable a new generation to live healthier lives in a safer world.***

We **must address several things at the same time**. We need to showcase psychological science and practice that contributes to public wellbeing. APA has begun the hard work of **dismantling racism** within the association, the discipline, and the profession. I pledge to continue to lead this work; it will be a marathon. I commit to leading psychology, and bringing psychology to bear, in **combatting all forms of discrimination** based on race, country of origin, sexual orientation, gender and gender identity, ability status, religion, and age. We need to integrate psychology in police and criminal justice reforms, and frame public safety as part of public health.

We need to advocate for enforcement of parity, continued reimbursement for telehealth, interjurisdictional practice, and **equitable access to mental health care**. We need to reinforce collaboration with SPTAs and continue to grow the network of advocacy needed for psychologists across our states and territories. We need to set the standard for training that centers **cultural humility** and trauma-informed practice.

We need to promote **psychology as a STEM field** in PreK-12 education, support all teachers of psychology as ambassadors, and expose students early to the full range of subfields and careers in psychology. We need to elevate psychological science as a **hub discipline** and need to collaborate across disciplines to promote science literacy. We need to continue advocacy for funding basic and applied psychological science and innovation.

We must seize public interest in, and need for, science and practice related to the **future of work** and employee wellbeing. Both workers and employers alike are seeking assistance with virtual and hybrid work, flexibility needed for caregiving, and equitable access to leadership pipelines. I will promote psychology's role in the transition to a "new normal." As we move increasingly to emerging technologies and artificial intelligence, psychological science and practice need to be at the forefront.

I am committed to **cultivating a more diverse psychology workforce** and leadership pipeline and measuring our progress. I am steadfast in promoting the representation of **early career psychologists** in governance. I appreciate the obstacles faced by economically and educationally disadvantaged students and am committed to advancing multiple entry points into our discipline and profession. I am dedicated to working across disciplines with policymakers in addressing **student debt**.

The role of the President of APA is to be of service to the members and the organization. I will support APA in continuing to become nimbler and inclusive, **engaging members** to meet the current sense of urgency and applicability of our work, sustaining our recent progress and taking a longer view. All the subfields of psychology will be addressing the issues facing us, and I firmly believe we will be *“Better Together.”* My uniquely broad leadership experience fits this moment for APA, and my passion for equity and health promotion fits this moment in history. I have earned a reputation as someone who is collaborative, hard-working, strategic, and who demonstrates integrity and respect for others. If I am elected, I am **prepared to lead, eager to listen, and ready to work** on behalf of all of psychology. To learn more about my work, vision, and endorsements, please visit [www.maryann4apa.com](http://www.maryann4apa.com).