

PI CHAPTER QUARTERLY



JOIN US FOR OUR VIRTUAL INDUCTION!!

The Delta Kappa Pi Chapter will be inducting over 40 new members during a virtual ceremony hosted in Zoom. All members are encouraged to join and celebrate as our chapter grows! On Monday, September 14th click the link below to join the Zoom meeting.

YOU'RE INVITED!

9.14.20

6:00PM CDT

**PI CHAPTER VIRTUAL
INDUCTION**

[CLICK HERE TO JOIN!](#)

QUARTERLY SERVICE PROJECT

During each residency the Pi Chapter of Delta Kappa identifies a local charity to support. Due to the virtual nature of this induction and the nationwide existence our members, we have selected a national organization this term, Mental Health America (MHA). MHA provides support, resources and services all over the country. Their mission is to promote mental health and prevent mental illness through advocacy, education, research and services. To learn more about MHA click [HERE!](#)

And to donate to this wonderful organization, visit our fundraising team page [HERE](#).

We need your help!

CALLING ALL MEMBERS!!

Are you looking for a way to get involved in Delta Kappa? Maybe you need some additional activities for your resume? Check out the info below on all of the committee opportunities available!

The **Networking Committee's** goal is to provide opportunities for Pi Chapter members to connect and support each other through their education at Capella and beyond. Committee members will be asked to arrange meetings for chapter members in their area and provide suggestions on additional ways the Networking committee can benefit chapter members. Amber Phipps, Membership Vice President of the Pi Chapter is the Networking committee chair and can be reached at amhipps2002@yahoo.com

The **Events Committee** works closely with the Networking Committee to plan and organize events to help Pi Chapter members grow as a Marriage and Family Therapists. These events include the quarterly inductions, networking events, and webinars. The committee is looking for regional representatives to help plan and coordinate local member events. If you're interested in helping the Events Committee, please reach out to Gabrielle Hannon, Program Vice President at ghannon@capellauniversity.edu

The **Newsletter Committee's** goal is to provide quarterly newsletters to the members of Delta Kappa that include interesting and relevant information about the MFT field. Committee members will help find and produce content for the newsletter that aligns with the Delta Kappa mission statement. Join Katey Wagner, Pi Chapter Secretary on **Wednesday September 16th at 6:30pm Central** for a Zoom meeting to learn more about the newsletter committee! [CLICK HERE TO JOIN THE ZOOM MEETING](#)

2ND ANNUAL BOARD RETREAT

On **September 12th from 1:00 to 2:00 PM CST**. The Board invites you to attend their annual retreat. We will talk about long term goals, be available to discuss opportunities for member involvement, answer questions and sign up members who are interested in being an active member in one of our committees. We look forward having you join us! [CLICK HERE TO JOIN THE ZOOM MEETING!](#)

GUIDELINES FOR RETURNING TO IN-PERSON CARE

Have you been using tele-therapy? Maybe you've tried walk-and-talk therapy outdoors? If you've closed your practice to in-person care but your state has begun to reopen it can be a challenge to know the best way to transition back to your usual practices. To check out AAMFT's resources for how and when to return to in-person care, [CLICK HERE](#)

MENTAL HEALTH IN THE NEWS

SOCIAL CONNECTION IS THE STRONGEST PROTECTIVE FACTOR FOR DEPRESSION

New research by Massachusetts General Hospital and published in *The American Journal of Psychiatry*, names social connection as the strongest protective factor for depression, and suggested that reducing sedentary activities such as TV watching and daytime napping could also help lower the risk of depression. Read more [HERE](#)

BREATHING & MINDFULNESS & YOGA... OH MY!

Yale University recently conducted research on the effectiveness of three campus wellness training programs. Students reported improvements in six areas of wellbeing including depression, stress, mental health, mindfulness, positive affect, and social connectedness. A brief overview of the research can be found [HERE](#). Or if you would like to read the entire study printed in *Frontiers in Psychiatry*, click [HERE](#).

OCTOBER 10TH IS WORLD MENTAL HEALTH DAY

If you've read the news lately, then you can see that COVID-19, political unrest, and calls for social justice are impacting the mental health of people all over the globe. The World Health Organization is calling for action in their effort to make mental health care a reality for everyone. Join the global community for events including a 24-hour virtual March for Mental Health on October 9th, and The WHO Big Event for Mental Health. The global advocacy event will be streamed live on October 10th and will feature world leaders, mental health experts and musical performances. For more information click [HERE](#) or follow the WHO on Facebook and Twitter. ,

**LAUNCHING
SOON!**

WWW.CAPELLADELTAKAPPA.ORG

WE CAN'T WAIT FOR YOU TO SEE WHAT WE'VE BEEN WORKING ON!

Last quarter we shared that we will be launching a new Pi Chapter website. We can't wait for you to see it! We are also excited to share that the new site will feature an online store where you can purchase Pi Chapter merchandise! All proceeds from these sales will go to the chapter scholarship fund and future service projects.



STAY IN TOUCH!

We want to hear from you. If you would like to get in touch with a member of the Pi Chapter board, please email us at **pichapterdk@gmail.com** Or post on the Pi Chapter [Facebook group!](#)