



2013

HAPPY NEW YEAR CCAPS MEMBERS!

The newsletter committee hopes that you are having a great start to your New Year and new semesters as you are reading this. We are excited to share with you news and exciting details about the upcoming ACPA Convention in Las Vegas, NV March 4-7, 2013. Inside the newsletter you will find information that will help you plan your time at the convention and with your CCAPS friends and colleagues, as well as our typical updates and news.

We hope to see you in Las Vegas!

Marie, Melissa, Marilia, Sarah, Meggen, and Eric

Letter From the Chair



Dear CCAPS Colleagues & Friends,

Happy New Year! It has been an eventful year, with an ever-increasing focus on the work that we do in college mental health. It is unfortunate that this focus has occurred as a result of recent national tragedies. Given these events, it becomes even more important that we have a voice in the national discussion around college mental health, as well as find opportunities for our own self-care. I am certain that this year's ACPA Convention will offer us a place to engage in this national conversation with our colleagues and to find opportunities for mutual support.

Every year I attend convention anticipating the mix of professional and personal development that convention offers, and most importantly anticipating the special connection with others who do the same work as I, and who understand my daily challenges and joys. CCAPS is my professional 'home' and I have found respite and reward in working and having fun with you. I encourage each of you to seriously consider attending this year's ACPA Convention in Las Vegas to connect to others and to also spend time relaxing and restoring.

Looking ahead---we will have a full slate of wonderful programs, events and activities at the [ACPA convention, March 4-7, 2013, in Las Vegas, NV](#). Please note that our usual schedule has changed since

Convention does not start until Monday evening! We can anticipate an exciting program, with about 30 continuing education (CE) credit eligible programs for psychologists and counselors, reviewed by our CCAPS CE team. As part of these convention programs, you will be able to acquire your required annual CE's, including 3 ethics CEs. Our ethics speaker will be [Dr. Ted Bonar](#) from the [Center for Deployment Psychology](#). He will present on Monday morning, March 4th on ethical issues and working with students who are veterans. We also will have outstanding CCAPS' individual and the Dallum Research Award winners who will be honored at the 2013 ACPA convention. And there will be multiple opportunities for fellowship and relaxation!

Since last convention CCAPS members have been busy preparing for the upcoming meeting as well as engaging in other professional development opportunities. CCAPS has sponsored 2 webinars with the [Center for Collegiate Mental Health](#), both of which were well received and attended. CCAPS also collaborated with the [National Research Consortium of Counseling Centers in Higher Education](#) to provide a Hot Topics call on stress and suicide, which drew participants from multiple disciplines. Finally, CCAPS revised and updated a Handbook on conducting Hot Topics Conference Calls and distributed it to other ACPA entities for their use.

Over the past few months, CCAPS also has raised \$1,400 for the commission from mental health professional associations and corporate sponsors so far this year, and we are waiting to hear from other possible donors. Our website has been updated regularly by our webmaster, Dr. David Gilles-Thomas, and continues to offer links to useful resources for our members.

I would be remiss if I did not offer a special "thank you" to our Directorate who dedicate 3 years of hard work and talent to providing CCAPS leadership. Dwaine Campbell, our new Chair Elect, will participate in the leadership of the Directorate starting at Convention. I am excited to have him on board, given his experience and expertise, and know that he will serve our Commission well. CCAPS also will have three new Directorate members joining: Jennie Bingham, Jill Fay and Noelle Savatta. Please join me in welcoming them to the Directorate. And finally, we will be losing some extremely dedicated and hard-working Directorate members, who cycle off after the 2013 convention: Nancy Badger, Sylvia Chen, Sarah Mebane, Sarah Porter, Seth Christman and Dustin Shepler. Thanks to you all!

I want you to know how much I have appreciated all the work done by all of you in the Commission and on the Directorate. It is an honor to work with so many dedicated volunteers who give of their time to make all this happen. I look forward to seeing you soon in Las Vegas, NV. Safe travels!



*Carolyn Bershada, Ph.D.
Chair, Commission for Counseling & Psychological Services*

2013 CCAPS Convention Events

by: *Melissa A. Bartsch, Ph.D.*

Sunday, March 3: (a.k.a “the old Saturday”)

- CCAPS Reunion Dinner (no-host) 7-9 pm

The Reunion dinner will be held at Lombardi’s Romagna Mia Las Vegas in the Miracle Mile Shops Mall adjacent to Planet Hollywood. The website is www.lombardifamilyconcepts.com and there is a menu on line. The date will be Sunday, March 3rd at 7:30 pm. They are willing to provide individual checks, but cash is preferred as it will expedite the payment process. In order to insure that they are adequately staffed for our group, they will need a final count by late February. Please RSVP for this event to [Melissa Bartsch](#) by February 23, 2013.

Monday, March 4: (a.k.a. “the old Sunday”)

- CCAPS Open Session: Counseling Student Veterans, 8:30 am-11: 30 am
- CCAPS Networking lunch: 12 noon-1 pm

The Networking Luncheon will be on Monday, March 4th right after our morning ethics program (12 noon) and will be held at Ocean One Bar & Grille. The website is <http://www.miraclemileshops.com/dine.php?id=12&row=11> and it is located in the Miracle Mile Shops Mall adjacent to Planet Hollywood.

They are willing to provide individual checks, but cash is preferred as it will expedite the



payment process.

In order to insure that they are adequately staffed

for our group, they

will need a final count by late February. Please RSVP for this event to [Sarah Mebane](#) by February 23, 2013.

- CCAPS Directorate Meeting: 1 pm-2:45 pm
- CCAPS Open Meeting: 2:45-3:30 pm

Tuesday, March 5: (a.k.a. “the old Monday”)

- CCAPS Committee Chairs meeting: 11 am-12 noon
- CCAPS Directorate meeting: 4:15-5:45 pm

Wednesday, March 6: (a.k.a. “the old Tuesday”)

- CCAPS Open Meeting: 1:15 pm -2:45 pm
- CCAPS Social: 6:30 pm-8:30 pm

The CCAPS Social will be held on Wednesday, March 6th at 6:30 pm, at Cheeseburgerland (sometimes called Aloha Las Vegas), located in the ----wait for it---- Miracle Mile Shops Mall adjacent to Planet Hollywood. Their website is http://www.cheeseburgerland.com/Cheeseburgerland/Las_Vegas.html

Committee Chair Reports

Continuing Education Committee

An important CCAPS tradition at the ACPA Annual Convention is the provision of continuing education credits for psychologists. Fulfilling our commitment to support and positively contribute to mental health professionals in higher education settings, sponsored programs provide the opportunity for professional development while earning continuing education credits. For over 15 years, CCAPS has sponsored programs that have helped professionals remain current with the information and skills necessary to practice in the unique clinical setting found in higher education.



This year, CCAPS successfully applied for and received Five Year Approval from the American Psychological Association to sponsor continuing education for psychologists. During this year's conference in Las Vegas, CCAPS will be sponsoring 30 programs for continuing education credits for psychologists. Of particular is a special three hour ethics continuing education program for psychologists and counselors entitled: *Ethical Considerations for Working with Military Members and Veterans*. Provided by [Ted C. Bonar, Psy.D.](#) of the [Center for Deployment Psychology](#), this program will cover timely topics including, common ethical challenges for civilians who work with military members and veterans. He will also review the decision making process and some models. Dr. Bonar plans to use vignettes and facilitate discussion in what promises to be an informative program.

Participants who wish to receive continuing education units for counselors through NBCC may also get those credits by attending all CCAPS sponsored programs. Please contact the ACPA main office for more information on how to obtain NBCC credits.

We look forward to seeing everyone at these wonderful programs.

Marilia Marien, Ph.D.

Continuing Education Committee Chairperson

- 1 Assessing the Wellness of Second-Year Initiatives: A Proposed Model
- 2 Assessing Well-Being in College Students: The Thriving Quotient
- 3 Beyond Bathrooms: Creating a Welcoming Environment for Transgender Students
- 4 Beyond Surviving: Christian Students in Same-sex Relationships
- 5 Caught in a Bad Romance: Alcohol, Drugs, and LGBTQ Students
- 6 College Men's Gender Identity Development: Theory to Practice
- 7 College women's eating and body-image problems: Developmental, educational, and counseling

approaches

- 8 Concrete Steps Towards a Mentally Healthy Campus
- 9 Continued Conversations: The Counselor's Role on Threat Assessment Teams
- 10 Creating an Interdisciplinary Eating Disorder Treatment Team on a College Campus
- 11 Cyber Grieving: Social Media In Addressing Grief and Loss and Inspiring Well-Being in Students.
- 12 Exploring the Intersections: How Multiple Identities Affect LGBTQ Student Outcomes
- 13 Gaining Ground on Mental Health Help-Seeking Behaviors: A BGSU Perspective
- 14 Implementing a DBT Program Into a University Counseling Center
- 15 In their Own Voices: Arab and Muslim Women Speak Out
- 16 Insights About Our New Students: Research on Teen Drinking Cultures
- 17 Keeping it Sexy: Positive Sexuality Initiatives for Healthier Student Relationships
- 18 LGBTQ Student-Athletes Institute: Current Experiences and Research (1 of 3)
- 19 LGBTQ Student-Athletes Institute: Sexuality, Gender, and Gender Expression (2 of 3)
- 20 Men of Color, Masculinity, Identity Challenges, and Outreach Programs
- 21 Pre-Convention Workshop: Positive Student Development Theory in Practice- The Thriving Campus
- 22 Promising Practice: Move Your Mood- A Group Exercise Intervention for Mitigating Symptoms of Depression in College Students
- 23 Psychological First Aid: A Best Practices Model
- 24 Racial Identity and Dissonance among White Women in Student Affairs
- 25 Rape as all-encompassing: The lived experience of sexual assault survival for women in college
- 26 Supporting the 'Nones': Best Practices for Engaging Religiously Unaffiliated Students
- 27 The Stress Problem: Stress, Problem-Solving, Involvement and the Student Leader
- 28 Using Career Construction Theory to Promote Career Development and Wellbeing
- 29 Women's Responses to Gender Dynamics: Stories from a Quarter-Century
- 30 Ethical Considerations for Working with Military Members and Veterans

Elections Committee:

It is with great pleasure that the Elections Committee announces that Dwaine Campbell of the University of Michigan is our incoming Chair-Elect. We also have three new additions to the CCAPS Directorate for the 2013-2016 term, beginning in March at the Convention in Las Vegas:

Jennie Bingham, University of Tennessee, Knoxville

Jill Fay, Adler School of Professional Psychology (Graduate Student Member)

Noelle Savatta, Portland State University

Each of these professionals brings an impressive breadth of experiences and perspectives, and we look forward to CCAPS and the Directorate benefiting greatly from their involvement. Please join us in welcoming them!

Programs Committee:

We sponsored or co-sponsored 5 programs, including co-sponsoring with the [Standing Committee for Men and Masculinity](#). There are several exciting programs on working with students who have eating disorders, including how to build an effective treatment team on a college campus. There is also a great program on using DBT skills with student clients. We're excited about having high quality programming at the convention this year. Please join us in Vegas!

Technology Committee:

The CCAPS Technology Committee consists of Jonathan Kandell (Chair), David Gilles-Thomas, Haley Pierson, and Kathleen Niegocki. A brand-new committee in CCAPS, the goal this year has been to formulate plans for expanding the role and use of technology in the operations and promotion of the Commission. The group has met several times and is in the process of implementing some initial projects. These endeavors (secret for now!) will be completed prior to, and debuted at the 2013 ACPA Convention. The Committee is looking for anyone interested in technology (skills not needed) to join the group and help consider ways in which the Commission can best utilize current technology and social media. If you are interested, please contact [Jonathan Kandell](#). Current Directorate members are strongly encouraged to join, as Jonathan is the only member currently on the Directorate.

Liaison Reports

Association for University and College Counseling Center Outreach (AUCCCO):

Greetings from the Association for University and College Counseling Center Outreach! We are excited about our upcoming conference in Gainesville, Florida. The University of Florida will host the [6th annual conference](#) from June 5-7. We are in the process of accepting proposal submissions and the deadline is January 15th. For more information, please go to www.auccco.com.



Center for Collegiate Mental Health (CCMH):

Greeting from CCMH! 2012 has been an exciting year for us - here are a few updates:

- Please visit our website for more information on all of the following items:
 - <http://ccmh.psu.edu>
 - Contact us at ccmh@psu.edu
- CCMH is an organization by and for counseling centers. If your counseling center is interested in using the SDS/CCAPS, contributing data, and contributing your expertise to the field, please consider joining today: <http://ccmh.squarespace.com/benefits-of-ccmh/>
- 2011-2012 Data Set - 125 schools contributed data on nearly 90,000 students in counseling centers! The 2012 Annual Report is currently in production and will be released in January, 2013.
- Standardized Data Set Updates - the CCMH advisory board approved many changes to the SDS. The SDS is available online here: <http://ccmh.squarespace.com/standardized-materials/>
- CCAPS refinements - the 2012 Counseling Center Assessment of Psychological Symptoms (CCAPS-62 and CCAPS-34) received a new Distress Index measuring general distress, suicidal/homicidal ideation tracking at every administration, severity color-coding, and brand-new norms based on about 60,000 college students seeking treatment from our counseling centers.
- CCAPS Availability - the 2012 CCAPS is immediately available to Titanium 10 users via an software update.
 - Authorized CCAPS Distributors: [Point and Click](#) and [Pyramed](#) have been certified to distribute the CCAPS to their customers. [Medicat](#) is on the way. Please contact your vendor for details. If you use a different software vendor, please have them contact us at ccmh@psu.edu.



- Benchmarking with [CampusLabs](#): 2011-2012 CCMH data is currently be prepared for an upload to CampusLabs (with permission from each school) to allow our members to run national comparison's on clinical data.
- Are you interested in gathering mental health data from your general college student population? Consider the 2013 NASPA/CCMH Mental Health and Counseling Benchmark Study. Learn more here: http://ccmh.squarespace.com/storage/CCMH_NASPA_mentalhealth.pdf
- Need research about the counseling center field? Here are some of ours: <http://ccmh.squarespace.com/publications/>

National Association of Student Personnel Administrators (NASPA)



- The [NASPA national conference](#), “Bold Without Boundaries,” will be held March 16-20 in Orlando, FL.
- [The Placement Exchange \(TPE\) on-site job event](#) will occur in Orlando March 13-17, just prior to the national conference. TPE is dedicated to helping candidates find that perfect job, and helping institutions find that perfect hire. TPE was founded in 2006 and is a joint venture between NASPA, ACUHO-I, NACA, NODA, ASCA and AFA.
- In December 2012, Executive Director, Emeritus, Gwen Dungy traveled to Hong Kong for the NASPA International Student Services Institute. You can read the facilitators’ report here: <http://www.naspa.org/programs/nissi/blog.cfm>.
- NASPA is comprised of [seven regions](#), all of which had regional conferences in the fall of 2012. Each conference was visited by Kevin Kruger, NASPA President, and Levester Johnson, Chair of the Board of Directors.
- The [NASPA Mental Health Conference](#) and the [NASPA Alcohol & Other Drug Abuse Prevention & Intervention Conference](#) occurred January 17-19 in Fort Worth, TX.
- The [National Conference on Law and Higher Education](#) will occur February 14-20 in Orlando, FL.
- NASPA has eleven [Strategic Partners](#) in 2013: EBI-MAP-Works, ARAMARK, Chartwells, Life Advantages, Campus Labs, Sodexo, USA Today, EVER Fi, The Spelman & Johnson Group, Golden Key International Honour Society, and eCHECKUP TO GO. These companies are interested in partnering with NASPA above and beyond their participation at the annual conference, or at a particular event. They have agreed to partner with NASPA on a long-term basis.

