



CCAPS Newsletter

January 2016

Bonne année, CCAPS!



Nous sommes impatient pour la convention d'ACPA 2016. A bientôt à
Montreal!

(Happy New Year CCAPS. We're looking forward to the 2016 ACPA convention. We'll see you in Montreal!)

This time of year, many of you will be thinking about your plans to attend the upcoming 2016 ACPA convention, which is only a couple months away. We want to help your planning by providing you some good information to highlight what will be coming up in Montreal. As you will see in this newsletter there are over 25 CE approved programs! This edition also contains news from our CCAPS Election Committee and Liaisons.

We hope your new year and new semester is off to a great start,

- Your Newsletter Committee (Marilia, Sara, Woody, and Eric)





Letter from the Chair

Dear CCAPS Colleagues and Friends,

Happy New Year! I hope each of you had a restful break. This Fall, many of us saw increases in demand for services compared to last year. This reoccurring pattern has many staff wondering if this is the new normal for college student mental health settings. As we are faced with these challenges, we continue to be resilient and find creative solutions in order to support our students and each other.

At this time, I am also reflecting on recent national and international issues that have impacted the experience of Black student populations and Muslim student populations. I have personally seen this in my counseling center work, and I am impressed with our students as they attend to social justice issues and work hard to create a campus climate that affirms all students regardless of race, class, religion, sexual orientation, etc. Supporting these students and attending to social justice issues is one of the highlights of my position in college mental health. These issues and related work also impact us as individuals both professionally and personally. I believe our fellowship in CCAPS can be a resource for support as we face these challenges. We will have the opportunity to engage in conversations about the challenges of our work as well as celebrate our successes at this year's ACPA convention.

Updates on the 2016 Convention

This year's convention will be in Montreal, Canada (Sunday, March 6th through Wednesday, March 9th) so mark your calendars and check out the convention website (<http://convention.myacpa.org/montreal2016/>) for the exciting things taking place this year. Montreal is a beautiful city with a European feel to it. Conference attendees will enjoy the mix of professional and personal development, along with the chance to catch up with the many members of ACPA and CCAPS in a city that begs to be explored. Given the many charms of Montreal, ACPA is strongly encouraging conference attendees to explore the city. Check out the ACPA convention information page for [local Montreal attractions](http://www.tourismemontreal.org/) (<http://www.tourismemontreal.org/>)

At the 2016 Convention, you can expect a full slate of informative programs and fun events. We will continue our CCAPS and ACPA traditions and educational opportunities, and initiate new programs such as the Theory to Practice poster sessions. We will have continuing education (CE) credit eligible programs for psychologists and counselors. Through these

programs, you will be able to acquire your required annual ethics CEs. Our ethics presentation this year will focus on Ethical Considerations When Working with Trans* and Gender Fluid Students. CCAPS will also honor our 2016 award winners at the convention (this includes CCAPS Director Member Eric Klingensmith who is being recognized by ACPA with the Distinguished Commission Directorate Member Award).

And, of course, you will have various opportunities for fellowship with colleagues and friends at our CCAPS reunion event, networking luncheon, and awards social. Please follow CCAPS on Twitter, Facebook, and other social media for updates about the upcoming convention. If you're not able to join us in Montreal, you can purchase a digital pass for a nominal fee. Visit the ACPA website for more information on the 2016 Convention (<http://convention.myacpa.org/montreal2016>) and City of Montreal Travel Resources (<http://convention.myacpa.org/montreal2016/travel-resources>).

Other CCAPS Updates

CCAPS will be officially unveiling our new college mental health research resource in March and later will offer a more-detailed webinar in the spring. Be on the lookout for more details in the upcoming months! Over the past few months, CCAPS has raised money for the commission from mental health professional associations and corporate sponsors. Our webmaster, Dr. David Gilles-Thomas, is busy updating the CCAPS website with new information and links for our members.

I want to offer a special “thank you” to our Directorate members who have dedicated three or more years of hard work and talent to providing CCAPS leadership. All the work that CCAPS does—our newsletter, programs, activities, website, CEUs, elections, etc.—relies on the support and commitment of our members. We have a great new incoming class of five directorate members, who will start their term at the 2016 convention. We will also lose some extremely dedicated directorate members who cycle off this spring—Melissa Bartsch, Eric Klingensmith, Marilia Marien, Jennie Bingham, Jill Fey, and Noelle Savatta. It has been an honor working with all of you. The time and work you put into the commission and directorate are greatly appreciated. Thank you for your contributions and dedication that have made CCAPS the ideal professional home for so many college mental health professionals. I look forward seeing you soon in Montreal, Canada. Safe Travels!

Dwaine S. Campbell, Ph.D.

Chair, Commission for Counseling & Psychological Services

Schedule of CCAPS Business Meetings & Social Events at the 2016 ACPA Convention

Saturday (3/5)

4:00 PM - 6:30 PM: CCAPS Directorate Meetings: Orientation & Directorate Meeting (Closed Meeting)

7:00 PM - 9:00 PM: CCAPS Reunion Dinner

Sunday (3/6)

9:00 AM – 12:00 PM: CCAPS Ethics Presentation/Workshop

12:15 PM – 1:30 PM: CCAPS Networking Lunch

1:30 PM - 2:30 PM: CCAPS Directorate Meeting (Closed Meeting)

Monday (3/7)

11:30 AM – 12:30 PM: CCAPS Open Meeting

12:30 PM - 2:30 PM: CCAPS Committee Chairs Meeting (Closed Meeting)

Tuesday (3/8)

2:00 PM - 3:45 PM: CCAPS Directorate Meeting (Closed Meeting)

4:00 PM – 5:30 PM: CCAPS Open Meeting

7:00 PM – 9:00 PM: CCAPS Social & Awards Presentation



Committee Reports



Continuing Education Committee

- Jennie Bingham

Greetings from the Continuing Education Committee! We are happy to report that we've successfully reviewed 45 programs and would like to thank all committee and directorate members who participated in the process. In line with the CCAPS commitment to supporting the continued education of professionals practicing in higher education clinical settings, we are thrilled to share that 27 will be presented at the 2016 ACPA Annual Convention for continuing education credits. You will find the 2016 CE programs listed below. Information about the programs will be available on the CCAPS website as we get closer to packing our bags for Montreal!

In addition to coordinating continuing education credits for ACPA's annual convention the CE committee has been honored to cosponsor conferences for other professional organizations and look forward to doing so in this New Year. Moreover, our committee has begun coordinating continuing education units for an upcoming CCAPS-CCMH webinar presented by Dr. Ben Locke, which will most likely cover the New Report from the Center for Collegiate Mental Health (<http://ccmh.psu.edu/>). Please see the website for more details about earning continuing education credit (cost to be announced).

Lastly, for those who have any interest in the CE Committee, there will be plenty of opportunities to get involved with us while in Montreal. Just prior to the convention, the CE Committee will be seeking volunteers to attend a CE program in person and administer the CE process. This process is quick and easy, and it includes explaining the CE process to attendees, handing out sign-in sheets and certificates of attendance, and collecting evaluations. More information will be given if you volunteer, so please keep an eye out for an email with this opportunity!

2016 ACPA Annual Convention CE programs

(* = CCAPS Sponsored/Co-Sponsored Programs)

1. Pre-Convention CCAPS Program: An Overview of Collegiate Mental Health Today
3/5/16: 8:00 AM-11:30 AM - Palais des Congrès de Montréal - 512E
Jocelyn Buhain, Jennie Bingham, Jim Dolan, Eric Klingensmith, Marilia Marien, Megan Marks, Hannah Joy Roberts, Emily Russell Slife
2. Not Everyone Should Get an A: Student Leadership Competencies, Reputation and Career Choice
Nancy H Denney, Jermaine Davis

3. * Promoting and Personalizing Wellness through Integrated Care
Crystal Crystal LaPidus-Mann, Catherine Champagne
4. * Bounce Back: Connecting Students to Their Resiliency
Megan Marks
5. * Can I Google My Client? Ethical Issues in Counselor Training
Stephanie Preston, Jocelyn Buhain, Atiya Smith
6. Diary of a Mad Black Man: Emotional Awareness thru the Lenses of Masculinity,
Ethnicity, and Identity in Higher Education Settings
Vincent T Harris, Evante Topp
7. * Designing Transformative Multicultural Initiatives: Theoretical Foundations, Practice,
and Facilitator Considerations
Sherry K Watt, John Dugan, John Mueller, Bridget Kelly, Cindy Ann Kilgo, Sherri Erkel
8. * Sexual Assault Prevention Programming for Students and Parents
Branka Kristic, John Guthman
9. * Students with Mental Health Needs: Counseling Outcomes for Academic Success
Alan M Schwitzer, Daniel St. John
10. The Engine Model For Understanding and Assessing Student Well-Being
John Pryor, Eranda Jayawickreme, Penny Rue
11. Thriving in the First Year of College
Laurie A Schreiner
12. Has “Microaggression” Lost Meaning? When a Concept Becomes a Social Justice
Buzzword
Marc Johnston Guerrero, Sharon Chia Claros
13. Holistically Validating Low-Income and First-Generation Students: A Reflective
Programming Approach
Christina Carrubba-Whetstine, Kristy Drobney
14. * Framing Student Success: An Empirical Investigation and Faculty Project
Philomena Renner, Kate Hetherington
15. Beyond the Veil: Representations of Arab and Muslim Women
Hind Mari, Abed Jaradat

16. New Research, New Implications: Digitized Student Development, Social Media, Identity
Paul G Brown
17. Can We Be More Inclusive? The Case of Arab/Muslim College Students
Abed Jaradat, Hind Mari
18. * Math Anxiety: Collaboration to Improve Retention at Community Colleges
Kim C. O'Halloran, Roger P. O'Halloran
19. White Privilege: Understanding How WE are White and Challenging It
Matthew McKay
20. Developing Brave Space on Campus
Patricia A Tetreault, Stephanie Blair
21. Identify Conflict: Supporting LGBTQ Religious Students
Joshua Moon Johnson
22. Responding to Hate: Addressing bias and hate incidents on campus
Joshua Moon Johnson
23. "Shift Happens": Embracing Chaos in Your Career Center
Brian J Reece
24. Implementing Neuroscience-Informed Practices to Improve Student Success: Training Attention Regulation
Marilee Bresciani Ludvik
25. * It's a Snap, Get the App! Linking Technology and Emotional Wellness
Ruperto M Perez, Chandler Barre, Keagan Long, Allison Moczynski, Shanzeh Farooqui
26. Race, Sexuality, and Leadership: Experiences of LGBTQ Faculty and Staff of Color
Joshua Moon Johnson
27. * Partnerships to Meet the Mental Health Needs of Honors Students
Patricia J Smith, Amber D Rolland



Elections Committee

- *Candace Moran*

We have recently completed our elections process for 2015-2016, and we are happy to welcome five new members to the CCAPS Directorate. New members are: B. Lynne Reeder (University of North Carolina - Wilmington), Elizabeth Gonzalez (University of Michigan), John Guthman (Hofstra University), Katelyn Griner (Simpson College), and Stephanie Preston (University of Central Florida). Congratulations to the new Directorate members!

If you or someone you know would be interested in serving CCAPS as a member of the Directorate (now or in the future), we encourage you to attend CCAPS open meetings and talk to current Directorate members during convention about our experiences. We will be accepting nominations for the 2016-2017 elections year during Convention, so please consider nominating yourself or others.

Liaison Reports



The Association for University and College Counseling Center Directors (AUCCCD)

- *Sue Stock*



The Association for University and College Counseling Center Directors (AUCCCD) held its annual conference in Salt Lake City in October 2015. Sessions featured practical ideas for the management of counseling centers, strategies regarding common challenges such as limited resources and increased clinical demand, and connections and support among Director members.

Some highlights from the conference:

- When past-CCAPS Chair Carolyn Bershada of SUNY-Cortland gave the CCAPS report to the AUCCCD membership, she asked those who had been involved with CCAPS to stand. Easily a third to a half of Directors present stood, a visual testament to the connection between CCAPS involvement and leadership roles in university counseling centers.
- The first complete draft of the new organizational strategic plan was shared with the membership. In September, AUCCCD Board members plus a few additional important

stakeholders met to develop a new vision, mission, objectives, and goals. This draft was made available to the AUCCCD membership and feedback was invited via electronic submission. The Board expects to integrate this feedback and develop a final draft of the Strategic Plan at the mid-year Board meeting in March 2016.

- [Board members](#) Mark Thompson of Colgate University, Bob Rando of Wright State University, and yours truly completed their terms of office. John Dunkle of Northwestern University, Victor Chang of Southern Oregon University, and yours truly (again) were elected to three-year Board terms. Danielle Oakley of University of Wisconsin-Madison was appointed Secretary to the Board.
- [Lifetime Achievement Awards](#) were given to Anika Fields of Tallahassee Community College; Jeff Prince of the University of California, Berkeley; and Todd Sevig, University of Michigan. Because Todd could not be present this year, he will be honored at next year’s conference.
- Conference activities promoted inclusive excellence in many different ways. The [Harriett Copher Haynes Diversity Leadership Mentoring Program](#) was one aspect of that focus, bringing to the conference staff professionals who have expressed an interest in becoming Counseling Center Directors. The Honorees for this year were: Amber Cargill of The George Washington University, Jason Vasquez, of Illinois State University, and Eric Wood of Texas Christian University.

Lastly, it should be noted that in the last year, AUCCCD was active in telling the counseling center story in local and national media. AUCCCD President Micky Sharma of The Ohio State University was on the PBS News Hour and on NPR, and many AUCCCD members were quoted in articles in publications such as the New York Times and the Chronicle of Higher Education.



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

- Dwaine Campbell



There have been some exciting new developments in AUCCCO over the past year in order to provide more to our member institutions.

First, we will sponsor the [9th National Outreach Conference for Counseling Centers, "Spice of Life: Celebrating Diversity Through Outreach"](#) hosted by The Ohio State University Counseling and Consultation Services from June 8rd-10th at the Blackwell Hotel in Columbus, OH. We just sent out our call for proposals and we encourage all that might be considering to submit an

abstract for review and to attend this event. The deadline for submitting proposals is February 5, 2016. Please visit www.auccco.com for details.

Throughout 2015 AUCCCO leaders worked to create our first set of bylaws, which will provide the structure necessary for the outreach organization for years to come. The bylaws were ratified during the annual conference held last June in Salt Lake City.

We have officially moved away from a Steering Committee and constructed the first [Board of Directors](#). Tom Golightly, Ph.D. from Brigham Young University became the first AUCCCO President and Kelly Thorne, PsyD was announced as the President-elect. She will begin her term in June after the Annual Conference.

We will also be holding our first election of officers in June. Please encourage anyone interested in helping with AUCCCO on the Board of Directors to run for one of the open positions.

Thanks to all of you for supporting AUCCCO – through membership, sending colleagues to the conference and supporting outreach in your work as counseling center clinicians.



Center for Collegiate Mental Health (CCMH)

- Ben Locke

CCMH membership has continued to rise to 350+ university and college counseling centers in the US, Canada, and the UK



The 2015 CCAPS ([Counseling Center Assessment of Psychological Symptoms](#)) was released in June of 2015 providing updated norms based on 230,000 students in treatment, a graphical layout, average change curves, and clinical alerts for clients who are failing to improve on each subscale. The CCAPS is now available in Titanium, Medicat, Point and Click, Pyramed, and a brand-new web-based interface for centers that do not have an electronic medical record (EMR) or who use an unsupported EMR.

[2015 CCMH Annual Report](#) was completed summarizing 101,000 students across 140 institutions. This year's report provides an overview of key findings a discussion examining the reasons for observed 5 year trends.

Details are available here: <https://ccmh.psu.edu>



National Association of Student Personnel
Administrators (NASPA)

- Alison Black



- The NASPA national conference, “Common Purpose: Shaping a Vision for Higher Education” will take place in Indianapolis, Indiana from March 12-16, 2016. For more info: <http://conference2016.naspa.org/>.
- The Placement Exchange, the largest career placement resource for Student Affairs professionals, will take place in Indianapolis from March 9-13, 2016. See <https://www.theplacementexchange.org/>.
- Other upcoming professional development opportunities include:
 - 2016 NASPA Closing the Achievement Gap: Student Success in Higher Education Conference which will occur June 9-11, 2016 in College Park, MD. (<https://www.naspa.org/events/2016SSHEC>)
 - 2016 NASPA AVP Institute – Excellent in the “Number Two” Role which will occur January 28-30, 2016 in San Antonio, TX. (<https://www.naspa.org/events/2016AVP>)
 - 2016 NASPA Assessment and Persistence Conference which will occur June 16-18, 2016 in Portland, OR. (<https://www.naspa.org/events/2015APC>)
- *College in the Crosshairs: An Administrative Perspective on Prevention of Gun Violence* is a new NASPA publication edited by Brandi Hephner Lablanc and Brian O. Hemphill. This book provides leaders in higher education – and particularly those in student affairs – with data about past incidents, an analysis of trends, and background on the national debate about gun policies and how they impact colleges, state by state. See <http://www.naspa.org/publications/books/college-in-the-crosshairs>.
- NASPA and the Education Commission of the States (ECS) released a new report entitled “State Legislative Developments on Campus Sexual Violence: Issues in the Context of Safety.” The publication looks at recent state legislation on campus sexual violence. See <https://www.naspa.org/rpi/reports/state-legislative-developments-on-campus-sexual-violence-issues-in-the-cont>.
- The NASPA Foundation is pleased to recognize outstanding members of the student affairs and higher education community through the Pillars of the Profession (<https://www.naspa.org/foundation/pillars-of-the-profession>). This year’s Pillars are:
 - Peggy Burke, Associate Vice President for Student Development, DePaul University

- Les Cook, Vice President for Student Affairs and Advancement, Michigan Technological University
- Jody Donovan, Assistant Vice President for Student Affairs/Dean of Students, Colorado State University
- Berenecea Johnson Eanes, Vice President for Student Affairs, California State University Fullerton
- Lisa Erwin, Vice Chancellor for Student Life and Dean of Students, University of Minnesota Duluth
- Charles Frey, Vice President for Academic Support and Student Affairs, New Jersey Institute of Technology
- Lori Ideta, Interim Vice Chancellor for Student Affairs, University of Hawaii at Manoa
- Ken Kelly, Interim Executive Director of Housing, Residential Life and Auxiliary, California State University, Long Beach
- Tisa Mason, President, Valley City State University
- Anna Ortiz, Professor, California State University, Long Beach
- Bridgett O. Pregliasco, Assistant Professor, University of Louisville
- Greg Sawyer, Vice President for Student Affairs, California State University, Channel Islands
- Marc Wais, Senior Vice President for Student Affairs, New York University
- Richard Walker, Vice Chancellor/Vice President for Student Affairs and Enrollment Services, University of Houston
- In addition to the Pillars of the Profession, the Foundation also awards the John L. Blackburn Distinguished Pillar award. This award is the NASPA Foundation's highest honor and awarded in conjunction with the Pillars of the Profession. The award honors a previous Pillar of the Profession who has continued to contribute the field. For 2016, the Foundation recognizes:
 - David Ambler, Vice Chancellor for Student Affairs Emeritus, University of Kansas
 - Judith Chambers, Special Assistant to the Vice President, University of the Pacific
- Last fall, NASPA was proud to join the nearly 150 public and private sector organizations who answered the White House Initiative on Educational Excellence for Hispanics' 25th anniversary call to action. The White House Initiative on Educational Excellence for Hispanics launched a Year of Action, and with it a national call for Commitments to Action in honor of its 25th anniversary. See <http://sites.ed.gov/hispanic-initiative/>.
- NASPA uses social media:
 - Twitter: @NASPATweets
 - Facebook: <https://www.facebook.com/naspaFB>
 - Instagram: <http://instagram.com/naspatweets/#>
 - YouTube: <http://www.youtube.com/user/NASPAstaff>

Something New to Check-Out

Positive Psychology on the College Campus was published in August, 2015, by Oxford University Press. The book provides research-based, innovative and practical strategies for working with students to enhance both their personal development and educational experiences. For more information about the book, please visit

<http://bit.ly/PositivePsychonCampus>

Edited by John C. Wade, Lawrence I. Marks, and Roderick D. Hetzel.

To read a preview of the book, visit

<https://goo.gl/A4KmWZ>

