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Mhat is this?

From the Chair

Remembrance: Thomas M. Magoon, Ph.D.

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NASPA Liaison Report



CCAPS 2011 Sneak Preview From the Editors:

Happy Holidays Everyone from your CCAPS Newsletter Committee!

If you're like us, you are ready for the upcoming break after an unusually busy semester. As you're kicking back during your holiday break and wondering what do to with all your free time, we hope you will take a moment to look over the latest CCAPS Newsletter. Inside this edition you will find a taste of CCAPS Past (Profile of Tom Magoon in Honor of our 50th anniversary), Present (Letter from the Chair, Committee and Liaisons reports), and Future (helping interns and new professionals with career search tips and words of wisdom).

Our next edition will be in preparation for the ACPA Baltimore convention. Please submit any articles, information, or ideas to us as soon as possible.

Have a safe, relaxing, and fun holiday season and break! Diana (Co-Chair), Carolyn, Sarah, and Eric (Co-Chair)











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What is this?

A big "howdy" from your Texan Chair!

Membership

There is a LOT going on in CCAPS/ACPA...the following are a few highlights:

Directorate

 In July, the NASPA Board of Directors met together in an historic first joint session to receive and discuss the possible consolidation of ACPA and NASPA. Please go to the Joint Information Session webpage to learn more about the proposed consolidation and the timeline.



CCAPS Newsletter

December 2010

- A CCAPS 50th Anniversary Committee has been meeting for over a year to make celebration plans which include: an extra special CCAPS Social at the 2011 convention; the compilation of a 50 year history of CCAPS to be posted on the CCAPS website; a video created to commemorate CCAPS' history; an institute at the 2011 convention which will address the past, present and future of CCAPS/college mental health; a "profiles" project which focuses on highlighting contributions of key CCAPS leaders across the years-- will be posted on the website and in the newsletter....and much more!
  - A great new incoming class of 8 Directorate members have been selected and endorsed by the CCAPS Directorate. Their terms will officially start at the 2011 convention.
- ACPA Convention 2011 News:
  - CCAPS is honored to be hosting the Higher Education Mental Health Alliance (HEMHA) at the ACPA convention. We are co-sponsoring a HEMHA program focused on practice standards for behavioral assessment teams on Monday.
  - A great number & variety of mental health programs will be presented at the 2011 convention, including our CCAPS-sponsored programs. Thanks to the Program Committee for all of their wonderful work in soliciting and selecting these programs! Click here for a sneak preview here of the CCAPS Sponsored Programs and Roundtables for the 2011 Convention. Also, due to our CE Committee's efforts, CE's will be provided for a good number of convention programs as well.
  - An impressive group of award nominees who will be honored at the convention Tuesday night CCAPS social.
  - Check out more information about the 2011 convention in Baltimore.
  - The following CCAPS meetings/events (dates/times to be confirmed soon) and **open to all** who are interested in college mental health:
    - Our CCAPS "Meet & Greet" dinner on Saturday, March 26, 7:00 p.m.-9:00 p.m.
    - The CCAPS meeting on Sunday, March 27, 10:30 a.m.-11:45 a.m.
    - The CCAPS "Meet & Greet" 12:00-1:00 lunch on Sunday, March 27.

The 3-hour ethics CE program "Ethical and Legal Issues Related to Online Mental Health Services" presented by Dr. Jeffrey Barnett on Sunday, March 27 1:30-4:30 p.m.

- The CCAPS Business meeting Tuesday, March 29, 4:00 p.m.-5:30 p.m.
- The CCAPS 50th Anniversary Celebration Social Tuesday, March 29, 7:00 p.m.-9:00 p.m.

\*\*\*\*Specific location and other information will be posted on the CCAPS website: http://www.myacpa.org/comm/ccaps/newsletter-current.cfm and/or in the preconvention CCAPS newsletter.

 An expanded CCAPS website. If you haven't already, check us out: http://www.myacpa.org/comm/ccaps/

Check out information about CCAPS programs & meetings at the 2011 convention, our revised CCAPS brochure, Directorate and Committee info, 50th anniversary celebration info, newsletters, and much, much more!!

• We're exploring more ways to make a national impact through webinars, "hot topic" conference calls and publications—many of these are occurring in collaboration with other ACPA commissions. Examples: We're exploring a hot topic conference call around international student issues in conjunction with the Commission on Global Dimensions; a CCAPS member is part of a group working with Heidi Levine (ACPA President-Elect) and others to explore programming around bullying/LGBT issues and suicide; CCAPS members have volunteered to help with CAS standards around interpersonal violence issues. We're also hoping to involve CCAPS members in more publications and welcome your ideas about topics that could help inform universities, government officials and others.

Thanks to all the CCAPS Committees for the great work you're doing! Your leadership and involvement is crucial to CCAPS being a strong national leader in college mental health!!

If you haven't already, jump into CCAPS: get involved in a committee, come to the ACPA Baltimore convention, March 26-30, 2011, volunteer to help out with the 50th anniversary celebration and/or CCAPS Showcase table and/or email your questions and ideas to me! Please spread the word to your friends/colleagues! Please email me if you have questions, comments and/or suggestions.

In closing, may your celebration of the upcoming winter holidays—in whatever traditions you choose-bring peace and joy to you and yours.

Jane

Jane M. Bost, Ph.D. CCAPS Chair 2010-2012

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By Sue Stock and Jonathan Kandell

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CCAPS Newsletter December 2010

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homas M. Magoon was born in Lancaster, New Hampshire in 1922. He enrolled in Dartmouth College in 1940 and graduated in 1947 with degrees in psychology and education following a stint in the army during World War II. He then worked as a psychology instructor at Colgate University before pursuing a graduate degree in counseling psychology at the University of Minnesota. His Minnesota training in "dust bowl empiricism" helped him become one of the foremost researchers in the counseling field.

In 1955, Dr. Magoon joined the staff of the University of Maryland Counseling Center, and in 1960 was named Director, a position he held until 1988. Tom also joined the faculty at Maryland and was involved in both the Counseling and Personnel Services Department and the Department of



Psychology. He maintained a half-time appointment in the academic departments and was active in both Counseling Psychology and College Student Personnel. Tom served as Professor Emeritus in both departments as well as Director Emeritus at the Counseling Center. The Counseling and Personnel Services Department of the University of Maryland honors Tom annually at the ACPA Convention by bestowing the Thomas M. Magoon Distinguished Alumnus award to a department graduate who exemplifies Tom's spirit of achievement and innovation.

Perhaps "innovation" is the word that best describes Tom Magoon. Aside from developing the "Innovations in Counseling" program that has become a standard at ACPA since the early 1960's, and in some sense literally "writing the book" on the subject with his 1964 manuscript, Tom's career was a search for, and the implementation of, novel ideas. Among these innovations is the establishment in 1962 of the National Counseling Center Data Bank, an annual survey of counseling center directors, asking for, among other things, innovative and novel programs and activities. Tom also was responsible in the late 1950's for forming the American Board of Professional Standards in Vocational Counseling, an organization which later became the International Association of Counseling Services (IACS). Other innovations include "alternative treatment modes" (counseling beyond the one-to-one), campus outreach and consultation (or, as he called it, "upstream from the counseling center"), and the development of a uniquely structured counseling center. Tom recognized students' need for services beyond the psychological and vocational before many of his colleagues. The result was his overseeing the development of a counseling center that now includes a Learning Assistance Service, a Disability Support Service, a Testing and Research Unit, and a Parent Consultation and Child Evaluation Service.

Tom also provided exemplary service in national organizations and won many awards in the counseling and psychology fields. Among his many honors are the Outstanding Psychologist Award from the

Maryland Psychological Association, the ACPA Professional Service Award, the Leona Tyler Award from Division 17 (Counseling Psychology) of the American Psychological Association, and he was an ACPA Diamond Honoree in 1999. In 2004, CCAPS bestowed the Inaugural Award for Outstanding Lifetime Achievement upon him, and shortly thereafter named the Thomas Magoon Excellence in Counseling Award, given for an innovative program in a counseling center. This award is given in the spirit of the long-standing CCAPS/ACPA conference presentation entitled Innovations in Counseling, and in particular in honor of the originator and coordinator of that presentation, Dr. Thomas M. Magoon.

The Magoon Excellence Award is given annually to a university or college counseling agency that has provided either inventive and original programming or has provided exceptional comprehensive services during the past year.

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# "Words of Wisdom" As You Prepare to Take the Plunge Into a College Counseling Center Career

Membership

CCAPS Newsletter December 2010

We asked CCAPS members what they know now that they wished they had known then. This is what they had to say:

# David Gilles-Thomas, University at Buffalo

• Go to regional and national conferences. You will learn that there is great diversity in how professionals approach this career. Sometimes we come out of graduate school with fairly narrow views about what it means to be a counselor. There is in fact great creativity and variety in the field, and therefore wonderful room for you to develop your own unique professional identity.

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- A counseling center career means you can wear multiple hats: individual/couples/group counseling, crisis intervention, programming & outreach, training & supervision, consultation, administration, research.
- Collegial support and consultation are valued in this profession. You do not work in isolation.
- My private practice friends tell me I could make a lot more money in private practice.
- My private practice friends are jealous of the collegial support I always have and the variety of activities I am engaged in. And of the laughter at my office's staff lunch table.
- Visit the Counseling Center Village for info on training, jobs, and more! http://ccvillage.buffalo.edu/
- Check out an article entitled the "Seasons of a Counselor's Life" in the Fall 2003 edition of the CCAPS newsletter.

# Merril Simon, California State University at Northridge

- As Search Committee Chair, I like to see (and do not often see!) applicant's names on each page
  of their documents and a reference to where they saw the position advertised. I also expect that
  those applying should read and respond to my specific position description needs AND look at my
  college's website and include something that indicates that in their cover letter. Little things like
  that make a difference to me. I'm not looking for 'just anyone' and they should not be looking for
  'just any' position.
- If you are considering a career in college mental health, I feel strongly that you should read and learn about theories of college student development. A great starting place is *Student Development in College*, by Evans et al. (2009).
- I would also encourage you to speak with multiple counselors employed in various college settings.
- I would also suggest you read *Where you Work Matters*, a book by Joan B. Hirt (2006). It discusses various types of college campuses and the role of student affairs in each.

# Michael Brown, East Carolina University

Don't overlook the importance of career decision issues in providing a platform to better
understand students who come to you for assistance. If you are in a graduate program, take
some courses in career development even if you don't have to. Career issues are often an
indicator of other problems, but successfully resolving these issues can help students move

- forward developmentally. The other thing is that many campuses may have career assistance in making a resume, practicing interviews, but not in sorting out a career or life preference.
- Get to know faculty across your campus. Learn about faculty governance and about how decisions are made in academic areas. Don't fall into the trap of being critical of "faculty." Faculty members do have a different perception of things academically, and we need to align with this as much as we can. Faculty members can be great allies in helping a student, in being the "eyes" on campus to identify students in need of assistance, and a friendly faculty member can get you into places that you might not be able to get in easily on your own.
- Don't stay in the office all the time. Try to schedule some time for outreach and prevention work.
   Be a part of other campus activities. Otherwise you'll get isolated and you won't know what else is going on around campus!

# Jane Bost, University of Texas at Austin

- First, I would have become involved a lot earlier in CCAPS! :)
- Second, I would encourage folks to attempt to "start out in a way they can hold out". There is a
  tendency with new professionals to want to "take on the world". This passion is great and we
  always want to keep that strong....but what can happen is to quickly become unrealistically overcommitted. Learning how to balance all of this is an ongoing process.
- · Being authentic to yourself and others is extremely important.
- Noticing and expressing gratitude to others is quite rare, in my experience. Gratitude does not
  have to be reserved for the "big stuff"; in fact, sending a brief email, "thank-U-gram", handwritten
  note or even a phone call about the small "everyday" things can be just as important. It really
  takes so little time and makes such a difference.
- Cultivate your sense of humor--especially your ability to (gently) laugh at yourself!
- Stay connected with your grad school and/or internship contacts. I still send Christmas cards (30+ years later) to several grad school faculty and internship site contacts. Why? From a personal standpoint, it's incredibly satisfying to stay in touch with people who had a positive impact on my life. Professionally, these contacts have been invaluable as job references, consultants, ongoing colleagues in various projects, etc.
- Know that your learning has just started and it continues forever! After internship, my first position was as a counseling center director at a small liberal arts university. After I'd been "on the job" for a year or so, I remember thinking, "I think I've seen everything now"; that day, a client came in with something totally new and I quickly realized how inaccurate my "conclusion" was...and I've been seeing "new things" ever since!
- Opportunities will come along...some will be obvious, others are more subtle ....you can't take hold of all of them...but take a risk, try something new. Even if things don't "work out" like you'd hoped, you'll learn so much. In 2000, I decided to write a large federal grant to establish a counseling center program addressing interpersonal violence. I'd never written a grant before and it truly felt like I was "falling off a cliff"! But, the grant-funded program we created, Voices Against Violence, has become an extremely strong and successful program (with lots of "detours", changes of directions, and "failures" along the way).
- Finally, relationships are crucial, both personally and professionally. It is those relationships which help keep us going through the difficult, stressful times that we will inevitably have. Cultivate and maintain those relationships. Get to know the garage parking attendant, the front desk staff, staff in other departments as well as our own colleagues. Collaborations are so much effective if we create and maintain those relationships!

# Beth Kinkade, Indiana University of Pennsylvania

• When you are interviewing for a position remember that you are also inteviewing the position and the center. Consider if it is a good fit for you both personally and professionally. Take note of how collegial professional staff appear to be. Do people appear to enjoy working in the office? Is there laughter during your interview? Do people respond to your sense of humor? Is this a place where you can envision not only spending your professional career but also growing as a professional?

# Claudia Carroll, St. Edward's University

• The two things I wished I had known more about in graduate school were (1) the business/financial aspects of our business including insurance, marketing, professional budgeting and (2) leadership development for those going into college and university counseling centers-particularly how to manage other professionals.

My recommendation for new folks would be to explore these things in the literature and talk with more seasoned professionals about their experiences. The money stuff is easy to read about and learn practically. The leadership really requires a mentor to develop that administrative brain that can often conflict with the therapeutic brain.

# Sarah Porter, St. Edward's University

• Stay in regular touch with your former colleagues, supervisors, and classmates. Not only will those relationships keep you connected with your counseling center community and identity, but they may also prove to be an invaluable resource for mentorship, networking, and learning about career prospects. On a more practical level, take a gander at the Positions in Counseling Centers (PICC) website regularly to see what opportunities are out there and to get a sense of sought-after skills, hiring trends, and competitive salaries. Oh, and don't forget that your career trajectory may take you in directions you never anticipated - stay open to the possibilities and enjoy the ride!

# Harriet Singleton, Grand Valley State University

- Diversity is real so please refuse to settle into a "cookie-cutter" mode of counseling.
- There is a lot of paperwork and it must be completed within a short amount of time, so time management is crucial. When I began the profession there was very little paperwork.
- At the beginning of my career I had many fears that I would take my clients' problems home with
  me. This fear does diminish and the reality is some people you will not even remember until you
  review their file a second before their scheduled appointment.
- Frequently, just being present in the moment is more important than what you say in that moment. So do not plan your response to horrific information; a simple nod is enough.

Special thanks to Yun-Jy Yeh, Ph.D., University at Buffalo, for assistance with Chinese translations

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# **Committee Reports**

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Elections Committee: Emily Russell Slife, PhD and Jim Dolan, PhD

Membership

We are updating our bylaws on a variety of issues, which will be discussed further at the Convention. We have 8 new Directorate members joining us, and we are very excited about the variety of backgrounds and experiences they'll bring to CCAPS. Please welcome:



- Kelly Case-Simonson: Assistant Director of Consultation and Outreach at University of Georgia
- Irina Diyankova: Staff Psychologist and Stress and Wellness Clinic Coordinator at the Counseling Center of the University of Tennessee at Knoxville

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- Quinton "Bud" Edwards, Jr., Coordinator of Outreach and Staff Psychologist at the University of North Carolina at Wilmington.
- Mahlet Endale, Staff Psychologist and Outreach Coordinator at the Georgia Institute of Technology
- Chetan Joshi, Staff Psychologist in Counseling Services and Coordinator of Disability Support Services at Franklin and Marshall College
- Beth Kincade, Associate Professor and Chair/Director in The Counseling Center at Indiana University of Pennsylvania.
- · Jade Logan, Postdoctoral Fellow at New York University.
- Ellie Olson, Director of Counseling Services at Simpson College

# Publicity Committee: Emily Russell Slife, PhD

The Publicity Committee is currently compiling a list of universities and programs throughout the Baltimore area in order to publicize the CCAPS programming as widely as possible. If you have any contact information for colleagues that could help us spread the word, please email me. We will be working closely with the Program Committee as soon as the programs, dates, and times are finalized in the next month or so.

# The Continuing Education Committee: Joy Stephens, Ph.D.

The Continuing Education Committee is seeking reviewers for the 2011 ACPA Conference programs. Reviewers play a pivotal role as they select the programs which are eligible for continuing education credits. Please contact Joy Stephens, CE Chair, if you are interested in being a reviewer. Detailed information will be provided on the review process.

# Programs Committee: Dwaine S. Campbell, PhD

This has been a busy time for the program committee. As chair of the program committee, I want to thank all the individuals who submitted program proposals and those who volunteered to review programs. Your hard work and dedication is one of things that makes CCAPS great. We have a sneak preview here of the CCAPS Sponsored Programs and Roundtables for the 2011 Convention.

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Association for the Coordination of Counseling Centers Clinical Services Liaison Report

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# ACCCCS

Association for the Coordination of Counseling Centers Clinical Services Liaison Report to ACPA CCAPS Fall 2010 Submitted by Cindy Cook, CCAPS/ACCCCS Liaison

#### Who we are:

We were formed in 1996 and currently include about 118 member institutions. We have a very active listserve and meet yearly for annual conference in May. Last month we met in Snowbird, UT and next year we will meet in Minneapolis, MN. Our purpose is to discuss issues relevant to enhancing provision and management of clinical services in counseling centers. More information on our organization, membership, and our mission statement can be found on our website: accccs.appstate.edu

# **ACCCCS Current Issues**

Probably the most pressing issue for many clinical directors continues to be how to meet the increased demand for services that many centers are facing, especially in a challenging economic environment that is not providing new resources for many centers. We continue to struggle with increased severity of presenting concerns and how these get addressed in counseling centers. This fall, many centers are reporting higher utilization rates than ever before and also higher incidence of hospitalizations or other crisis situations. Discussion on the listsery has also focused around pros and cons of different models for getting students into services at the counseling center (intake, triage, initial consultation, etc).

# 8008

### 2010-2011 Board

President: Cindy Cook, University of Houston-Clear Lake Past President: David Rardin, Illinois State University President-elect: Greg Reising, Towson University Treasurer: Maria Craig, University of Texas Website: Carol O'Saben, Appalachian State Univ. Listserve: Paula Keeton, University of Iowa Bob Rodgers, Cornell University Gloria Saito, University of California - Berkeley Rita Klein, Virginia Tech University Laura Jesmer, Arizona State University

#### Our Next Conference

Our next conference is planned for Minneapolis, hosted by Jerry Shih of the University of Minnesota-Twin Cities. The schedule will be different from previous years due to a vote of the membership. Our conference will start with the Board Membership Chair: Carol O'Saben, Appulachian State Univ. Meeting on Monday, May 16, 2011, with the general proceedings starting on Tuesday, May 17, 2011. The conference will end the evening of Thursday, May 19, 2011. We are hoping that the timing of the conference will provide members with a little more balance to their lives.

#### 8003

We welcome your feedback and our liaison relationship with you! Thank you for continuing to support us by providing CEUs for our annual conference. If you have feedback or ideas for ACCCCS, you can pass your thoughts along to me at cookc@uhcl.edu.

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# **CCAPS/NASPA** Liaison Report

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NASPA, with the collaboration of AUCCCD and several other related organizations, is planning for another annual Mental Health Conference in January 2001. This conference is well-reviewed each year, bringing together

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invited plenary speakers as well as concurrent sessions focused on best practices for addressing mental health concerns that appear on our campuses. This conference is particularly effective at bringing chief student affairs officers into the conversation about the work that CCAPS members do on a daily basis. The NASPA Mental Health Conference runs concurrently with the NASPA Alcohol and Other Drug Abuse Prevention Conference. Registrants can move between sessions at the two conferences as interests dictate. The conference this year is scheduled for January 13-15, 2011 and will be held in Miami. Come January, many of us will find spending some time in Miami mighty appealing. Unlike the NASPA national conference, NASPA does arrange for continuing education credits for the Mental Health Conference. Check it out here.

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The NASPA annual conference is scheduled for March 12-16, 2001, in Philly. The NASPA Health in Higher Education Knowledge Community (HHEKC) is planning a pre-conference that may be of interest to CCAPers. The pre-conference focus has not yet been finalized, so watch for that information at the NASPA website if you are considering attending. There are always programs of interest for counselors, psychologists, social workers, and our kin. Unfortunately, NASPA is not arranging for CE credits for mental health providers.

Most importantly, you are all aware by now of the discussions going on about merging our parent organizations – ACPA and NASPA. The implications for our professions are enormous. We need to be sure that our CCAPS membership, as well as our leaders, are educated about the options. We need to strongly advocate for the CCAPS voice in determining the structure and focus of any new or transformed organization(s). By way of reminder: CCAPS is a strong and respected voice in ACPA. There is NO parallel Knowledge Community in NASPA. The histories and missions of these organizations are overlapping, yet distinct. Engaging in conversations with your campus colleagues who have primary affiliations with NASPA will help keep our needs fresh in the minds of those with influence in that organization.

Lastly, because of a tight budget for travel this year, this humble reporter will not be able to attend either the Mental Health Conference in January or the NASPA Annual Conference in March. If any of my vast readership are planning to attend, it may be time for someone else serve as our NASPA/CCAPS liaison. Since all of the conferences noted above, as well as our ACPA convention, are located on or near the east coast this year, perhaps someone from an easterly campus could attend and report back? Any volunteers?

Your lowly scribe,

Donn Marshall, Ph.D. Associate Dean of Students University of Puget Sound Email