



Commission for Counseling and Psychological Services

[Member Login](#) | [Site Map](#)

[ACPA Home](#)

[About ACPA](#)

[Standing Committees](#)

[Commissions](#)

[State/Int'l Divisions](#)

[Membership](#)

[Professional Development](#)

[Annual Conventions](#)

[Publications](#)

[Career Advancement](#)

[Research](#)

[ACPA Foundation](#)

[Ethics](#)

[Partnerships](#)

[Home](#) [Newsletter](#) [Membership](#) [Directorate](#) [Convention](#) [Activities](#) [Resources](#)

CCAPS Newsletter

March 2010

[From the Editors](#)

[From the Chair](#)

[CCAPS Member Profile: Chanda Corbett](#)

[CCAPS Directorate Biographies](#)

FEATURED ARTICLE:

[Addressing the Increasing Demands](#)

Many have expressed concerns over increased demands for services. CCAPS colleagues share what is being done at their centers to try to address this issue.

[Liaison and Committee Reports](#)

[CCAPS Newcomers Guide to ACPA Conventions](#)

[CCAPS Sponsored Program, 2010 ACPA Convention](#)

[What is this?](#)



Utah is calling all Clinical Directors!

The annual conference of the Association for the Coordination of Counseling Centers Clinical Services (ACCCCS) will take place May 12-15 in Snowbird, Utah! For information about joining our organization or for conference and program information visit our website: www.accccs.appstate.edu

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From the Editors

CCAPS Newsletter
March 2010



Welcome to the Spring 2010 Pre-Convention issue of the CCAPS Newsletter

The 2010 ACPA Convention in Boston is just around the corner (March 20th – 24th). We look forward to seeing old friends and colleagues and to establishing new relationships with colleagues around the country (and the world). As we have all experienced, the ACPA convention is a great opportunity to exchange ideas and learn about the work that our colleagues are doing.

This pre-convention issue of the CCAPS Newsletter is packed with information about the commission and the upcoming conference. Included in this edition you'll find:

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- The feature article - a collection of submissions from CCAPS colleagues about what is being done at their centers to try to address the issue of increased demands for services
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We hope to see you at the Conference!

Matt, Eric, Diana, and Leena



Matt Torres, Co-Chair Newsletter



Eric Klingensmith, Co-Chair Newsletter



Diana Damer, Editor

 [What is this?](#)



Leena Batra, Editor

[Next Article](#)

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From the Chair

CCAPS Newsletter
March 2010



Dear CCAPS:

I can not believe that my tenure is ending on the Directorate as Chair!!! It has been an amazing and rewarding journey. And I would like to thank each and every one of you for your support of me and the Commission for Counseling and Psychological Services. Thank you for giving me the opportunity to serve you as your leader and for stepping up to serve with me!

We have had an amazing experience together. It has been my platform to identify opportunities for more CCAPS members, beyond the Directorate, to become involved in CCAPS, ACPA and the mental health field. During my tenure, CCAPS became a Charter Member of the Higher Education Mental Health Alliance, contributed to the ACPA Professional Development Committee, served as Counseling Reviewers for the CAS Counseling Standards, and collaborated with the Commission for Administrative Leadership to host our first Drive-In Conference on "The Intersection of Student Mental Health and Academic Affairs." We have done excellent work together and won the ACPA Strategic Partnerships Award in 2009. We have been very busy! I believe we have had a great tenure together and I thank you for answering the call to serve right along with me.

I would like to extend a special thank you to our Directorate members who have worked tirelessly to help CCAPS to be the Outstanding Commission of ACPA. Our Committee Chairs have put particular effort into our organization, and words can not express my gratitude. Thank you Awards, Continuing Education, Elections, Job Search, Membership, Newsletter, Publicity, and Web-page committees for your hard work throughout the year and at convention. Your service allows us to succeed while having fun doing it.

I would also like to thank the Awards Committee, under the leadership of Leena Bartra, for their hard work! The awardees will be honored at the ACPA Awards ceremony and presented during the CCAPS Social on Tuesday, March 23, 2010. Our 2009 CCAPS Awardees are:

Early Career Achievement Award- Jeff VanLone

Mid Career Achievement Award- Stacey Pearson

Joan Dallum Research Award- Joe Miles

Thomas Magoon Excellence in Counseling Award- University of Alaska Anchorage:
"Culturally Responsive Outreach and Preventative Mental Health Services for
Alaska Native and American Indian University Students"

Congratulations on your accomplishments!

I need to send out a special thank you to our Elections committee, under the leadership of Mark Fleming and Craig Woodsmall. They worked tirelessly this year to recruit nominations for our open positions.

Because of their efforts, we did not need to have a formal election this year. I welcome our CCAPS 2010-2013 Directorate Members:

Nancy Badger
University of TN--Chatanooga

Wei-Chien Lee
San Jose State University

Deborah Jackson
Youngstown State University

Sarah Mebane
University of Maryland at College Park

Sarah Porter
St. Edwards University

Merrill Simon
California State University-Northridge

Graduate Students:
Seth Christman
University of Miami

Dustin Shepler
Ball State University

I welcome you to a great opportunity to contribute the field of college student mental health on a national level. Thank you for stepping up to lead! We all are looking forward to working with you!

The 86th ACPA Convention is quickly upon us. I would like to extend a special invitation to you to come to Boston, and to enjoy the exciting Drive-In Conference and convention that is only one month away!

This year's CCAPS convention highlights are:

- Over 34 hours of continuing education credits for psychologists, social workers, and counselors will once again be offered at no additional expense for convention attendees.
- CCAPS is excited Terry Keane, PhD will be delivering our 3-hour CEU workshop on "Counseling our Student Veterans." Terry Keane, PhD is a professor and vice-chair of the Department of Psychiatry at Boston University School of Medicine. He is recognized as a world leader in the field of traumatic stress. Please join us for this workshop on Sunday, March 30, 2009 from 1:30-4:30.
- CCAPS will also offer 5 Sponsored Programs, two co-sponsored programs with the Standing Committee of Women, and 5 roundtable sessions throughout the convention.
- We also invite you to attend all of our meetings, and particularly our Welcome and Informational (previously known as the Open Meeting) and Business meetings.
- Our infamous Networking luncheon, hosted by our Membership Committee, will take place at Au Bu Pain on Sunday from 11:30-1:00 immediately after our Welcome and Informational meeting.
- Last, our co-sponsored Social ACCTA, ACCCCS, and AUCCCD will take place at PF Changs on Tuesday, March 24th from 7:15-9pm.

In closing, I wish you the best and thank you again for your service to the Commission. I look forward to seeing you during the 86th ACPA Convention in Boston, Massachusetts. More information about the convention can be found at: <http://convention.myacpa.org/>. If you are unable to make it this year, join us

in Baltimore next year for special events to help us celebrate CCAPS' 50th anniversary. We understand that these economic times are challenging many of us to make difficult and hard decisions regarding our travel plans to the convention, and CCAPS will do what we can to keep you informed about convention events through our website if you are unable to join us.

Your Outgoing CCAPS Chair,



Chanda C. Corbett, PhD
Commission for Counseling and Psychological Services
Assistant Director for the Preventive Programs, Loyola College of Maryland

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 [What is this?](#)



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[ACPA Home](#)
[Home](#)
[Newsletter](#)
[Membership](#)
[Directorate](#)
[Convention](#)
[Activities](#)
[Resources](#)
[About ACPA](#)
[Standing Committees](#)
[Commissions](#)
[State/Int'l Divisions](#)
[Membership](#)
[Professional Development](#)
[Annual Conventions](#)
[Publications](#)
[Career Advancement](#)
[Research](#)
[ACPA Foundation](#)
[Ethics](#)
[Partnerships](#)

CCAPS Member Profile

CCAPS Newsletter
March 2010

Outgoing Chair, Chanda (pronounced Chanda—as in chandelier) Corbett, Ph.D.

“You may have just saved my life.” This quote is pinned to Chanda’s bulletin board because it reminds her of one of the most rewarding moments of her career. She stepped in to help a student whose eating disorder had catapulted her down a path toward destruction that neither the student nor her parents were able to acknowledge. When I asked Chanda to identify the accomplishment of which she was most proud, she replied, “being a godmother”. When pressed for a professional example, she shared the above story. I was struck that despite Chanda’s impressive list of accolades, this was what she chose to share. I believe this highlights Chanda’s humility as well as her passion for empowering others.

Chanda’s passions for empowering others to excel, social justice, and commitment to issues of diversity is infused throughout all aspects of her career. A defining moment came when after completing her doctorate at Temple University and her Internship at the University of Memphis, she spent a Semester at Sea, serving as a Resident Director and Religious Activities Coordinator. Chanda was completely blown away by the level of poverty she witnessed during her travels. She described watching a woman hand over a monetary donation to her small child; having never exchanged currency before, the mother mistook it for food. This is only one of the many experiences that have shaped Chanda’s passion for social justice.

When Chanda was a Counseling Center Psychologist and Adjunct Associate Professor at the University of New Hampshire, she played multiple integral roles in advancing diversity initiatives across the campus and the community. One of her most personally meaningful endeavors was the co-founding and coordination of a Colleagues Luncheon established to provide a supportive environment for and strengthen working relationships among staff and faculty of ethnic and racial subpopulations and others interested in networking with these populations. The monthly luncheon began as a small brown bag event in 1999 and has grown exponentially to a large catered and highly successful campus-wide event. In her current position as Assistant Director of Preventive Programs at the Counseling Center at Loyola College, Chanda has continued to be highly involved in counseling, supervising, training, teaching, and prevention and outreach activities across campus and the community.

As all CCAPS members are aware, Chanda is actively involved in professional service activities that extend above and beyond her day job. In addition to her prominent role in ACPA and CCAPS, she is very active in APA and other organizations, chairing and serving on multiple committees and task forces. Her overriding goal has always been to create opportunities for people to get involved. Her platform as CCAPS chair has been to get CCAPS members, beyond the Directorate, more involved in CCAPS, ACPA, and the mental health field in general. She has done an amazing job and we are so appreciative of her hardwork and dedication!

When Chanda is not involved in professional and community activities (when could that possibly be?), she enjoys spending time with her godchildren, entertaining and socializing with friends, photography, antique auctions, and arts and crafts.

Thank you Chanda for all that you do for CCAPS!

- Diana Damer

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[ACPA Home](#)
[Home](#)
[Newsletter](#)
[Membership](#)
[Directorate](#)
[Convention](#)
[Activities](#)
[Resources](#)
[About ACPA](#)
[Standing Committees](#)
[Commissions](#)
[State/Int'l Divisions](#)
[Membership](#)
[Professional Development](#)
[Annual Conventions](#)
[Publications](#)
[Career Advancement](#)
[Research](#)
[ACPA Foundation](#)
[Ethics](#)
[Partnerships](#)

Biographies for new CCAPS Directorate Members

CCAPS Newsletter
March 2010

Nancy Badger, Ph.D., is a licensed psychologist in Tennessee, Associate Dean and Director of the Counseling and Career Planning Center at the University of Tennessee at Chattanooga. Dr. Badger was a psychologist at East Carolina University from 1997 to June of 2004 when she came to UTC. She received her Ph.D. from Kent State University in 1997. While at East Carolina she received training on Post Traumatic Stress disorder from the Veteran's Administration. She has strong interests in the areas of anxiety, women's issues, eating disorders, and issues relating to disability.

Deborah Jackson, Ph.D., is an assistant professor in the Counseling Program and serves as the Coordinator of the Student Affairs Leadership and Practice Program emphasis. Dr. Jackson completed a Master of Science degree in counselor education and received a Doctor of Philosophy degree in counselor education from Mississippi State University. She has served as the program coordinator for student affairs administration at Marshall University and Mississippi State University. She has counseling experience in college counseling and alcohol and drug education centers. Dr. Jackson is a member of American College Personnel Association (ACPA), National Association of College Personnel Administrators (NASPA), and the Ohio College Personnel Association (OCPA). She has presented at the state, regional, and national levels, and is a Nationally Certified Counselor (NCC). She is responsible for teaching classes within the student affairs curriculum, and she also teaches core curriculum courses.

Wei-Chien Lee, Ph.D., is a Psychologist, Counselor Faculty, and the Student Success Catalyst/Coordinator at the San José State University (SJSU) Counseling Services. She received her Ph.D. in Counseling Psychology from Purdue University and completed her pre-doctoral internship at Washington State University Counseling and Testing Services and postdoctoral residences at Stanford University CAPS and SJSU Counseling Services. Wei-Chien currently focuses on creating a supportive, caring, and culturally responsive campus culture, reducing stigma related to mental health issues, and promoting social justice and multiculturalism. She is building the San José State Resilience and Suicide Prevention Network, which includes three programs she created: Mental Health Ambassadors, A Thousand Stars, and UPGRADE Scholars. Wei-Chien also continues mentoring undergraduate students and conducting studies on students' perceptions of mental health issues, retentions of multicultural students, and the "Cultural Double Bind." In addition, Wei-Chien has been an active committee member in SJSU Academic Senate committees (Student Success, Undergraduate Studies) and the Diversity Committee of National Academic Advising Association (NACADA).

Sarah Mebane, M.S., is a Staff Counselor at the University of Maryland Counseling Center. She completed her doctoral work in Counseling Psychology at the University of Illinois at Urbana-Champaign, where she had the opportunity to work in both the University of Illinois and the Illinois State University Counseling Centers. Her research focuses on adult survivors of childhood bullying. Her professional clinical interests include: trauma and recovery, multicultural counseling, social justice, career development, survivors of interpersonal violence, training and supervision, and consultation/outreach. This is her first position with CCAPS, and she is thrilled and honored for the opportunity.

Sarah H. Porter, Ph.D., is a Staff Psychologist in St. Edward's University's Health & Counseling Center. Her roles include Wellness & Outreach Services Program Director, Training Director, and interim consultant to the College Assistance Migrant Program on campus. Prior to joining the St. Edward's

What is this?

University team, Sarah was a Pre-doctoral Intern and Staff Therapist at the University of Texas at Austin's Counseling and Mental Health Center. Sarah received her Ph.D. from the University of California, Santa Barbara's Counseling, Clinical, and School Psychology program with an emphasis in Counseling Psychology.

Merril Simon, Ph.D., is an Associate Professor in the Department of Educational Psychology and Counseling at California State University, Northridge (CSUN) where she coordinates the College Counseling/Student Services CACREP-accredited master's program. She has previously served as a community college counselor (Santa Monica College) and career counselor (University of Southern California, University of Judaism, private practice). Dr. Simon earned her doctorate from the University of Southern California in Counseling Psychology, her post-master's certificate in Career Development and Counseling from CSUN, her master's degree from USC in counseling, and a master's degree in adult education from California State University, Dominguez Hills. Dr. Simon's research focuses on the impact of psycho-social factors on immersion into college at both the undergraduate and graduate levels. She recently (with her colleague, Esau Tovar), developed and validated the College Mattering Inventory [Measurement and Evaluation in Counseling and Development, 2009, 42: pp. 154-178] that measures the level and type of mattering (vs. marginality) in a college student. Their research is being furthered by a longitudinal study of diverse groups of students experience with mattering and its relationship to key success factors in college. She and her graduate students will be presenting on this at the upcoming ACPA meeting in Boston.

Graduate Student Representatives

Seth Christman, M.Ed., is excited to join the CCAPS Directorate as a graduate student representative! Seth hails from rural North Dakota. After completing his B.S. in Psychology at the University of North Dakota, he moved on to the University of Maryland, where he earned his M.Ed. in College Student Personnel. Seth then moved to the Johns Hopkins University Medical Campus as the Coordinator of the Student Outreach Resource Center (SOURCE), supporting students there in doing outreach and service in East Baltimore. Currently, he is a second year doctoral student in Counseling Psychology at the University of Miami where he is completing his practicum at the Florida International University Counseling and Psychological Services Center and an advanced practicum at the Institute for Individual and Family Counseling Assessment Clinic. Working with Dr. Guerda Nicolas and Dr. Isaac Prilleltensky, Seth's research interests include the areas of college student development; LGBT, Racial, and Multiple Identity development; community well-being and service-learning; & social justice.

Dustin Shepler, M.A., is a second year doctoral student in Counseling Psychology at Ball State University in Muncie, IN where he teaches introduction to cross-cultural counseling to undergraduate students. Dustin completed his master's degree in Social Psychology and Counseling at Ball State University and earned his bachelor's degree in Psychology and Sociology from The University of Findlay in Findlay, OH. As part of his master's training program, Dustin interned at the Ball State's counseling center and participated in a cross-cultural counseling practicum in St. Lucia. He is currently completing a practicum at Indiana Academy (a residential high school for gifted juniors and seniors) in Muncie, IN. Dustin's research interests include sexual and gender identity development, counselor training and competency, and multicultural issues in counseling - including academic retention and success of first-generation college students and students with disabilities. This is Dustin's second year of involvement with ACPA.

[Next Article](#)

Addressing the Increasing Demands

CCAPS Newsletter
March 2010

Many have expressed concerns over increased demands for services. Below are a few submissions from CCAPS colleagues about what is being done at their centers to try to address this issue. Please feel free to follow-up with them via email or better yet, talk to them further in Boston.



Counseling and Psychiatric Services (CAPS) at University of Georgia, Athens, GA

Kelly Case-Simonson

We've got a waitlist (as I imagine most do) that gets ordered both by date of intake and by severity. We have a tracking system to rate clients. We've been lucky enough this year to hire a case manager (who helps w/the waitlist; will call to check on clients of higher severity to check on them as they wait; give referrals and touch base to be sure they've followed through on referrals given; and who will do intakes or deal w/walk-ins as needed in addition to regular staff). We've shifted our triage system to try to assign people to triage days and they are responsible for walk-ins that day. They can schedule other appointments that day but need to recognize those appointments may need to be cancelled/rescheduled if they have an emergency that takes precedence. We're also trying to offer more groups and offer some groups that allow for drop-ins and/or that start later in the semester so that people aren't shut out of group options b/c they didn't sign up the first 3 weeks of school.

Counseling and Psychological Services, Penn State University

Ben Locke

This year we implemented a structured, scheduled triage system (20 minute phone call to determine need). All triage calls are done by senior staff. We cut our wait-time to intake in half, are making better use of intakes/crisis, and are able to provide all clients with a clinical contact by senior staff within 1-2 days.

Counseling and Mental Health Center, The University of Texas at Austin

Marla Craig

Various sources, including the 2007 results of a large national survey of counseling center directors have reported an increase in the number and severity of students with mental health problems. The Counseling and Mental Health Center at The University of Texas at Austin has implemented a crisis team model to address the mental health needs of students who are high risk and/or present in crisis. The crisis team model consists of 5-6 clinicians scheduled to provide crisis/emergency services to students 8am-5pm, Monday thru Friday. This model provides clinicians opportunity for team consultation prior to assigning the case and throughout the crisis/emergency visit while deciding on treatment planning and disposition. Each crisis team meets the following day for an hour to discuss and debrief the case, review any systemic or procedural issues that might have impacted service delivery, and provide emotional support to clinicians. The clinician who coordinates the crisis teams is referred to as the Crisis & Referral Coordinator (CRC). The CRC's role includes crisis intervention, facilitation of hospitalizations, consultation with Clinical Director and Chief Psychiatrist, interim crisis stabilization and assistance in the coordination of community referrals for clinical staff, and maintenance of a database that tracks high risk

 [What is this?](#)

students. The crisis teams also coordinate with the 24 hour telephone counseling staff who provide after-hours crisis/emergency services to students.

Counseling and Psychological Services, California State University - East Bay (Hayward)

Grace Chen

We haven't made significant changes to our services due to increased demand (we were lucky enough to increase our staff), but we do have continued efforts to serve as many students as possible through multiple modalities. (Student population: ~12,000, Licensed counselors: 6 (5 FTE), Part-time MFT interns: 4)

Because we have a very short-term individual counseling model (10 sessions for the student's whole time at CSUEB), we also offer couples and group counseling.

Relationship concerns are the number one reason students come to counseling, so it makes sense to us to offer couples counseling as a way to address those concerns. We have arranged with the university for a student to bring a non-student partner for a fee (\$25/session; the first session is a "free consultation"). There is a 10-session limit. We have a multidisciplinary staff that includes Marriage and Family Therapists (MFTs) who have strong couples counseling training. Those staff members conduct professional development training on couples counseling for other staff members. This has set the tone for everyone on staff to get interested, excited, and more confident about doing couples counseling and referring individual clients to couples counseling.

We also have 2 ongoing interpersonal process groups (6-8 members) – there is no session limit, so some students find continued support by joining one of the groups. Additionally, because so many students bring interpersonal concerns, group is really seen as a preferred treatment modality. Group is not seen primarily as a way to see as many students as possible -- that IS a nice payoff, but the treatment plan drives group referral decisions more. We also encourage staff to develop new theme groups as themes of client concerns start to form -- currently we offer an "Emotional Balance Group" that is based on DBT group training. This has been very relevant to our student population, and this is the 2nd year it has been offered, and it has been full both years. The group does not target Axis II diagnoses – it focuses on helping students who have difficulty tolerating distress or managing emotions.

Counseling and Career Development Center, Grand Valley State University, Allendale, MI

Eric Klingensmith

Our counseling center has implemented three major changes in the last few years to address increased demands for services. Three years ago we hired an Aftercare Coordinator. She provides follow-up care to our after-hours crisis calls and works with students who have been hospitalized. She also responds to clinical cases that have identified as urgent and consult with faculty members, family members, and students regarding mental health concerns. Secondly, we have expanded group therapy services to include a DBT skills building group and stress management group. Whenever possible, students are referred to group, which often replaces or supplements individual therapy sessions. Finally, we developed a one-credit career exploration class that is taught by our staff and other student affairs professionals. The career exploration class provides an alternative to one-on-one career counseling services that our staff would typically provide.

[Next Article](#)


[ACPA Home](#)
[Home](#)
[Newsletter](#)
[Membership](#)
[Directorate](#)
[Convention](#)
[Activities](#)
[Resources](#)
[About ACPA](#)
[Standing Committees](#)
[Commissions](#)
[State/Int'l Divisions](#)
[Membership](#)
[Professional Development](#)
[Annual Conventions](#)
[Publications](#)
[Career Advancement](#)
[Research](#)
[ACPA Foundation](#)
[Ethics](#)
[Partnerships](#)

Liaison & Committee Reports

CCAPS Newsletter
March 2010

ACPA Foundation Liaison Report

B. Lynne Reeder, Ph.D.

Hello from the ACPA Foundation! It is our hope that a number of you will be able to attend the Annual Convention. While tremendous budgetary constraints remain, we hope that members will find ways to participate in ACPA services and programs available through varied formats.



Grants. The Foundation offers a grants program which consists of small awards totaling approximately \$10,000 each year. These grants support research proposals that enhance the student affairs profession and disseminate knowledge about college students. Grants are generally awarded in two cycles, Fall and Spring.

Be sure to prepare for the next award cycle which will have a deadline scheduled for early-to-mid October. Mark your calendars now! Check the Foundation website for additional information <http://www.acpafoundation.org/grants/index.html>.

What is this?

Support the Diamond Honoree Celebration. Consider nominating someone important to your professional development for consideration for the 2011 class. The 2010 Diamond Honoree class will be formally celebrated at the upcoming Boston Convention. To view the 2010 class or to make a donation in support of an Honoree, check the website: <http://www.acpafoundation.org/diamond.html>

Support the Silent Auction and Speaker Showcase. The Silent Auction and Speaker Showcase will be offered on-line this year prior to the Convention before closing for the customary live event to be held in the Exhibit Hall! On-line bids will be carried over to the live event. There will be some really great items available! If you would like to donate an item for the Silent Auction or to offer your services for consideration as a future participant in the Speaker Showcase, contact: [Lynne Reeder](#) or [Mary Ann Ryan](#).

On behalf of the ACPA Foundation, thank you for all that you do to support the educational mission of your university, to engage in professionally rewarding activities and to enrich the lives of students.

CCAPS/NASPA Liaison Report

February 2010

Donn Marshall, University of Puget Sound



I was fortunate to be able to attend the concurrent NASPA Mental Health Conference and Alcohol and Other Drug Prevention Conference in New Orleans in January. This conference enjoys strong co-sponsorship with AUCCCD, thus continuing education credits are available for mental health providers. (Regrettably, so far NASPA has not found its way to arrange for CEs for their national conference, in spite of my agitation.) One of the strengths of this annual conference (I have attended four or more times) is that there is a strong emphasis on not only interventions with proven efficacy, but on helping communicate between the cultures of mental health services and student affairs administration. Correspondingly, there is less emphasis on development of specific clinical skills,

and more emphasis on comprehensive approaches to address substance abuse and mental health concerns, and on development of collaborative policies and procedures best utilizing campus resources. In general, I think if I were a staff counselor on campus with duties limited to individual counseling (does that job exist?), this might not be the best conference to attend. On the other hand, if I am concerned with prevention, outreach, early intervention, collaborative planning and policy-making, etc. (and I think most of us are - or should be), this is a gathering rich in substance. I also highly recommend this gathering to our Deans and VPs. Since this is a NASPA event, the senior student affairs officers (SSAOs) are important constituents, and having an annual conference that focuses on an area of student affairs in which most SSAOs are NOT experts (i.e., mental health) is important in itself.

Unfortunately, I am unable to attend the national NASPA conference this year. I hope some of you do so, and bring back a report from the field!

HEMHA Update

Chanda Corbett



The next annual meeting of the Higher Education Mental Health Alliance (HEMHA) is in Chicago during the NASPA Convention March 7 and 8. Topics to be discussed are: Behavioral Assessment /Threat Assessments Committees, Suicide Prevention including mandated depression screening, and Confidentiality as related to the HR2220 and parent notification. CCAPS Directorate Member Carolyn Bershadt will be representing CCAPS during the HEMHA planning meeting.

Also, a joint panel discussion will take place on Monday, March 8, 2010 from 12:45 to 2pm at the Marriot Hotel. CCAPS/ACPA will be hosting the next HEMHA annual meeting in 2011 Baltimore during the 87th ACPA annual convention.

CCAPS Membership Committee

Greetings from your Membership Committee! I hope this finds each of you doing well and gearing up for the 2010 Convention in Boston. There are a lot of events planned that are specific for those who work in areas related to counseling and psychological services on campus, including faculty. Here are a few of the events:

- 3/19/10 (9:00am-3:00pm): **Drive-in Conference at Suffolk University**, in partnership with the Commission for Administrative Leadership.
- 3/20/10 (8:00pm- ???): **CCAPS Reunion Dinner @ Cheesecake Factory**. Folks will be meeting in the Sheraton Lobby 2 at that time and will head to the restaurant.
- 3/21/10 (9:30am-11:30am): **CCAPS Welcome and Interest Meeting @ Sheraton- Republic A**.
- 3/21/10 (11:30am-1:30pm): **Networking Luncheon @ Au Bon Pain** in Hynes Convention Center. Folks can meet in the Sheraton Lobby 1 and head to the restaurant. There will be a greeter there.
- 3/21/10 (1:30pm-4:30pm): **CEU Workshop @ Hynes Convention Center- 201**. Topic: **"Counseling our Veteran Students"** presented by Terry Keane.
- 3/22/10 (6:30pm-8:30pm): **Convention Carnival @ Marriott Copley**.
- 3/23/10 (4:00pm-5:00pm): **CCAPS Business Meeting @ Marriott Copley Place- Brandeis**.
- 3/23/10 (7:15pm-9:00pm): **CCAPS/AUCCCD/ACCTA/ACCCCS Social- Location: TBA**

CCAPS Job Search Workshop Committee

Tom Berry

This year the Job Search Workshop will be listed as:

PD Snapshot "Internship and Job Search for College and University Counseling Centers"

Co-sponsored by ACCTA, IACS, and the Commission for Counseling and Psychological Services Tuesday March 23rd noon-1pm, Location TBD.

Applying for a position, whether for a job or an internship, can be a nerve-wracking experience. Come learn from experienced professions from university and college counseling centers on how to best present yourself (and how to evaluate the sites at which you are interviewing). Hear what to do and not to do from those make the decisions. Hear about successful strategies from those holding the jobs that you are seeking. Learn about differences between centers in terms of what they expect from applicants, center culture and other factors that will help you decide which centers to pursue and choose. Common for a general discussion and stay to get your individual questions answered.

CCAPS Continuing Education Committee

Joy Stephens

The Continuing Education Committee is pleased to announce that there will be 33 continuing education credits available at the 2010 ACPA Convention! Among these programs is a 3 hour workshop on psychological treatment of PTSD. Sample topics of the one hour programs include gender identity development, disruptive students, social class, outreach programming, race related stress, test anxiety, and feminist therapy. Please be on the lookout for the CE Schedule at the Convention.

In the meantime, please consider volunteering to assist at the conference. The committee is seeking volunteers to distribute and collect CE materials during the programs. Detailed information will be provided on this process. If you are interested in serving, please contact [Joy Stephens](#), CE Chair.

[Next Article](#)


[ACPA Home](#)
[Home](#)
[Newsletter](#)
[Membership](#)
[Directorate](#)
[Convention](#)
[Activities](#)
[Resources](#)
[About ACPA](#)
[Standing Committees](#)
[Commissions](#)
[State/Int'l Divisions](#)
[Membership](#)
[Professional Development](#)
[Annual Conventions](#)
[Publications](#)
[Career Advancement](#)
[Research](#)
[ACPA Foundation](#)
[Ethics](#)
[Partnerships](#)

CCAPS Newcomers Guide to ACPA Conventions

CCAPS Newsletter
March 2010

Glossary of Terms

1. CCAPS/Commission for Counseling and Psychological Services: the formally recognized group within ACPA that focuses specifically on mental health-related services on higher education campuses, to include (but not limited to) clinical work, training, outreach & consultation, advocacy, and prevention. For more information on CCAPS, please see: <http://www.myacpa.org/comm/ccaps/>

2. Commissions: formally recognized by ACPA as subgroups with a specific focused interest or functional area. For more information on Commissions, please see: http://www.myacpa.org/comm/comm_index.cfm

3. Standing Committees: are formally recognized by ACPA and are designed to represent various constituencies and their interests. As such, Standing Committees serve as a vehicle for education of the association and, through the association, of higher education, and advocacy by members of those groups. For more information on Standing Committees, please see: http://www.myacpa.org/sc/sc_index.cfm

4. CCAPS Directorate: elected governing body of CCAPS whose members serve for 3 years. This body provides the leadership and structure for CCAPS and is comprised of committees that each serve to carry out the functions of the Commission. The CCAPS Directorate usually meets a few times during the annual convention. For more information on the CCAPS Directorate, please see: <http://www.myacpa.org/comm/ccaps/directorate.cfm>

5. CCAPS Committees: Subgroups within CCAPS who carry out the functions of the Commission. Membership on a CCAPS committee is open to anyone who is a CCAPS member! These committees include: Awards, Continuing Education (CEs), Diversity, Elections, Job Search Workshops, Membership, Newsletter, Programs, Publicity, Webpage. For more information on CCAPS' committees, please see: <http://www.myacpa.org/comm/ccaps/committees.cfm>

6. CCAPS Networking Luncheon: This is an event organized for CCAPS members and prospective members (in other words, for all!) to gather, eat, have fun, and get to know each other. This event is held at the beginning of the convention, usually just prior to the CCAPS CE Program and just after the first Open Business Meeting. This year's Networking Luncheon is scheduled for Au Bon Pain in the Hynes Convention Center (Copley Place) from 11:45am-1:30pm. For those who are not attending the Open Business Meeting, there will be someone to greet you at the Sheraton Boston Hotel Lobby 1 from 11:30am-11:45am and walk with you to Au Bon Pain.

7. CCAPS CEU Workshop: This is a workshop is open to anyone and takes place immediately following the CCAPS Networking Luncheon. This workshop is relevant to current events/trends/topics in mental health services in higher education. Typically, this workshop affords attendees the opportunity to receive 3 hours of CEU credit. This year's workshop will be presented by Terry Keane, "Counseling Our Student

What is this?

Veterans”, and is scheduled for: 3/21/10, 1:30pm-4:30pm @ Hynes Convention Center- 201.

8. CCAPS Social: This is an organized event for CCAPS members to gather, eat, have fun and get to know each other as a group. In addition, an awards ceremony is held which honors outstanding CCAPS members. This event is typically held the night before the convention ends. This year, it is scheduled for: 3/23/10, 7:15pm-9:00pm. Location TBA.

9. CCAPS Listserve: This is a listserv that CCAPS members can join that distributes information, announcements and provides a forum for discussion. To subscribe: Go to the ACPA Homepage: <http://myacpa.org/> . Choose "Membership" from the menu on the right of the screen. Choose "Listservs" from the menu on the top of the page; Fill in the form on the page and choose "Commission for Counseling and Psychological Services". This is also the page to come back to if you want to change any of your settings-see "Already a List Member-Login to your Listservs".

10. Convention Showcase: An ACPA event where all commissions, standing committees, state associations, and higher education training programs staff tables with information and giveaways about their respective organization/affiliation. The Showcase is usually organized around a theme. This year's Convention Showcase theme “Welcome to ACPA. Your Journey Starts Here” and it is scheduled for: 3/22/10, 6:30pm-8:00pm @ Marriott Copley.

11. CCAPS Open Business Meeting: A meeting where all (prospective members, new members, and current members) are invited to attend. The focus is on sharing information about CCAPS/ACPA business and having an opportunity for input and questions. There are usually two of these held during the Annual Convention. The first is sometimes scheduled as “CCAPS Welcome and Interest Meeting”. This year, these meetings are scheduled for: 3/21/10, 9:30-11:30am @ Sheraton Boston Hotel- Republic A and 3/23/10, 4:00pm-5:00pm @ Marriott Copley Place- Brandeis.

Advice from Members

Following the 2009 ACPA Annual Convention, we solicited advice, suggestions, and helpful hints from the CCAPS membership body in the hope that their experiences could help make an ACPA/CCAPS newcomer's initial encounter with the Annual Convention a positive one.

- Find ways (through CCAPS meetings, joining a CCAPS committee, informal lunches/dinners, networking) to develop relationships with other CCAPS members.
- Include breaks, including some time along in your room and/or away from the hotel for rejuvenation and/or restoration.
- Be sure to get a list of CEU-sponsored workshops in order to plan your daily itinerary. The list is generally available on the CCAPS website and/or a paper copy is available at the meetings. This will allow you to schedule breaks and meals. Self care is important!
- Bring easily transportable food items like granola bars, tea bags and instant oatmeal to use for breakfast or as snacks. They are nutritious and save money!
- Bring unused hotel giveaways (shampoo, soap, etc) home with you and donate to a homeless shelter or women's shelter.
- Leave a small tip for housekeeping staff in your room.
- Find a way to experience the local “flavor”, e.g., visit a museum, landmark, park, special restaurant, local event, etc.
- Lie on a heating pad for 10 minutes to relax before bedtime. Just remember to turn it off before you go to sleep!
- Leave little notes at home for family/friends to find while you're gone.
- Your first convention experience can be exciting and overwhelming (I am glad you stated this because this is how I felt - I just wish sometime told me beforehand). Try to pace yourself. Bring

snacks to keep yourself nourished throughout the day. Plan a break to connect with new and old colleagues. Attend a program outside of the “counseling” field.

- Attend the opening ceremony and showcase to get a free bite of tasting food at the receptions that follow.
- Although the opening ceremony is scheduled for Sunday evening, CCAPS offers programming beginning Sunday morning. Be sure to check out the CCAPS website for the complete list of programs that are being offered for CEUs.
- Make sure you know your professional license number as you’ll likely need to record it on CEU sign-in sheets.
- Some other helpful supplies: sticky notes, extra business cards, a reusable water bottle, hand sanitizer, comfortable shoes (sometimes it can be quite a hike to get from one meeting room to another!),

[Next Article](#)

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National Center for Higher Education • One Dupont Circle, NW • Suite 300 • Washington, DC 20036 • USA
telephone: 1.202.835.2272 • fax: 1.202.296.3286 • e-mail: info@acpa.nche.edu
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[ACPA Home](#)
[Home](#)
[Newsletter](#)
[Membership](#)
[Directorate](#)
[Convention](#)
[Activities](#)
[Resources](#)
[About ACPA](#)
[Standing Committees](#)
[Commissions](#)
[State/Int'l Divisions](#)
[Membership](#)
[Professional Development](#)
[Annual Conventions](#)
[Publications](#)
[Career Advancement](#)
[Research](#)
[ACPA Foundation](#)
[Ethics](#)
[Partnerships](#)

CCAPS: Sponsored Programs for 2010 Annual Convention

CCAPS Newsletter
March 2010



Sponsored Roundtable:

Things You Should Know: Transitioning to Counseling Center Administration [ID: 105].

Co-Sponsored Programs with the Standing Committee for Women:

A Feminist Therapeutic Approach for Eating Problems in Counseling Centers [ID: 325].

Working with College Students: A Feminist Therapy and Practice Model [ID: 687].

Sponsored Programs:

Innovations in College Counseling 2009-2010 [ID: 350].

Innovating Counseling Services Through a Stepped-Care Model [ID: 474].

Torn between cultures? Helping students by detangling Cultural Double Binds. [ID: 700]

Innovative Peer Education: Outreach Programming and One-on-one Skills Training [ID: 379].

Additional Roundtables:

CCAPS Roundtable: Suicide Assessment, Prevention, and Intervention [ID: 88]

CCAPS Roundtable: Mid/Senior Level Professional Development [ID: 699]

CCAPS Roundtable: Training [ID: 201]

CCAPS Roundtable: Small College Issues [ID: 313]

CCAPS Roundtable: Outreach Services [ID: 96]

What is this?

[Return to Newsletter Contents](#)