

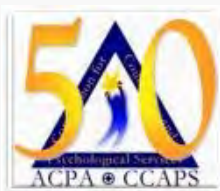


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Jane Morgan Bost, Ph.D.
CCAPS Chair 2011-2012



ACPA's
Commission
for Counseling
and Psychological
Services (CCAPS)

provides a home for professionals and graduate students who are interested and involved in counseling and psychological services in higher education.

Message From the CCAPS Chair

Dear CCAPS Colleagues,

It's hard to believe that this will be my last letter to you as Chair of CCAPS...these past 2 years have absolutely flown by. I'll start by reflecting on some CCAPS highlights since our last newsletter (summer 2011)....

- Our continuing CCAPS Directorate members are welcoming a wonderful blend of **11 (!)** veteran and new ACPA/CCAPS Directorate members.
- **For the first time**, CCAPS sponsored **1 successful hot topics conference call and 3 webinars !**
- "International Student Adjustment", a hot topics conference call, was co-sponsored with the Commission on Global Dimensions.
- "Student Mental Health and Academic Affairs: Principles for Sharing Information", was co-sponsored with the Commission for Academic Affairs and CCAPS.
- "Size Discrimination: A Heavy Issue", was co-sponsored with the Commission on Wellness.
- "The Center for Collegiate Mental Health: A Practice Research Network for College Counseling Centers", was co-sponsored with the Center for Collegiate Mental Health and CCAPS.
- **Another first:** as a part of these CCAPS webinars, CE's were awarded to psychologists and counselors.
- **Outstanding award recipients** have been chosen for CCAPS' individual awards and the Dallum Research Award and will be honored at the 2012 ACPA convention.
- A **Diamond Honoree Campaign** was successfully initiated and completed for Dr. Vivian Boyd.
- We have raised **\$2,400** for CCAPS from mental health professional associations and corporate sponsors.
- A **recruitment letter** was distributed to grad student/training listservs across the nation.
- CCAPS received **recognition from ACPA** for membership recruitment achievement.
- Our **awesome website** continues to be regularly updated with great information.
- And much more....

Looking ahead---we will have a full slate of wonderful programs, events and activities at the ACPA convention, March 25-28, 2011, in Louisville, KY. As part of these convention programs, Dr. Sue Stock has developed an exciting Mental Health Panel and Forum with a slate of valuable topics and speakers. And as

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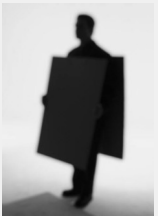
Committee Reports

Continuing Education

As Jane noted in her Letter from the Chair, the CE Committee provided CE's to psychologists and counselors who participated in the Webinars, "Size Discrimination: A Heavy Issue" and "The Center for Collegiate Mental Health: A Practice Research Network for College Counseling Centers." The Committee also coordinated the CE process for the ACCCS Association for the Coordination of Counseling Center Services (ACCCS) in May 2011 and the Asian American Psychological Association (AAPA) meeting in August 2011.



Publicity



The Publicity Committee has been hard at work preparing for the upcoming convention. Ellie Olson did a wonderful job of searching for academic programs and counseling centers in the Louisville vicinity, including neighboring states. An invitation was sent to all of these programs and centers in order to promote attendance and highlight our programs at the convention. Mahlet Endale and I are currently working with the Program and CE Committees to organize and develop our program list, which will be distributed at the convention and on the website. We are looking forward to all of the exciting programs at this year's convention!

Emily Russell Slife, Ph.D.

Archives

The Archives Committee has been working on developing the checklist for the committee chairs and co-chairs describing the information that they need to submit to the Archives Committee after the annual conference to preserve. The list has been put together with the help of our CCAPS Chair and all the Committee Chairs.

The Archives Committee also lost its co-chair, Beth Kincade due to her resigning from the CCAPS Directorate. Another co-chair, Irina Diyankova, will be resigning after the March 2012 conference.

Irina Diyankova
Archives Committee Co-chair

Elections

The Co-Chairs would like to thank all of CCAPS members who went the extra mile to recruit and nominate our new Directorate members. You will note that there are both new and familiar names in the roster for the "Class "of 2012.



We wish you the best of luck!

Jim Dolan, Co-Chair
Emily Russel Slife, Co-Chair



Liaison Reports

HEMHA

HEMHA had a lot of activity going on since our last conference in March 2011. Here is the summary of the new things that have been happening:

- HEMHA wrote Letter in Support of Garrett Lee Smith Act Reauthorization that is focused on making funds available to colleges and universities for mental health services and suicide prevention. You can read the letter here: <http://www.hemha.org/HEMHA%20letter%20of%20support%20for%20GLSMA%202011.pdf>
- HEMHA and Jed Foundation have been working hard on putting together the working team and guidelines for the Threat Assessment Team Program. The idea is to develop a single resource to help colleges in the development and maintenance of ‘campus teams’. HEMHA requested funding from its supporting

organizations including ACPA for this program.

- HEMHA has submitted a proposal for the American College Counseling Association (ACCA) in October 2012 in Orlando, FL. ACCA will be hosting HEMHA meeting this year.

Irina Diyankova will be resigning from the CCAPS Directorate after March 2012 conference. So, HEMHA liaison position will be opening up. If interested in this position, contact Jane Bost at jbost@austin.utexas.edu

To learn more about HEMHA, go to its website at www.hemha.org

Irina Diyankova

HEMHA Liaison

NASPA

- The national conference is taking place from March 10 to 14, 2012 in Phoenix; the theme is “Ignite Leadership: Influence Change.
- A Diversity Summit is occurring on March 3rd at the following campuses: Kansas State University, Westfield State University, Kutztown University, University of Rhode Island, Texas A&M, and University of Illinois – Urbana Champaign.
- The National Conference for College Student Women Leaders will take place from May 31st until June 2nd at the University of Maryland, College Park. This conference is co-sponsored by AAUW.
- On January 24th, the New Leadership Alliance for Student Learning and Accountability released *Committing to Quality: Guidelines for Assessment and Accountability*, endorsed by NASPA and designed to help colleges and universities improve the quality of a college degree. The publication asks colleges to take responsibility for assessing and improving student learning — to set clear goals for student achievement, regularly gather and use

evidence that measures performance against those goal

- In fall 2010, Global Perspective Institute Inc. (GPI), in collaboration with the Association of American Colleges and Universities (AAC&U), was awarded a contract by the U.S. Department of Education to assess the state of civic learning and democratic engagement among two- and four-year colleges and universities. The project was charged with producing a national report and action plan with ambitious recommendations for strengthening these commitments. The culminating report, [A Crucible Moment: College Learning and Democracy’s Future](#), was released at a White House event ([view video](#)) attended by NASPA Executive Director Gwendolyn Jordan Dungy in January 2012. Dungy represents NASPA as part of the project's steering committee.

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Self-Care Practices of CCAPS Members

Irina Diyankova

As psychologists we all know very well that self-care is a key to mental health and wellness. Many of us talk to our clients about this matter on a regular basis. But do we believe in personal self-care? What is the place for it in our personal lives? Do we utilize positive self-care practices, such as mindfulness, exercise, and social support or do we rely more on less healthy practices, such as substance use? The article will explore these and other questions using the data from the anonymous survey of CCAPS members conducted in January-February 2012.

Orem (1991) referred to self-care as those activities performed independently by an individual to promote and maintain personal well-being throughout life. Richards et al. (2010) suggested that there are four major dimensions of self-care, namely physical, psychological, spiritual, and social. There has been some research done on connections between self-care and well-being, as well as many mentionings of the importance of self-care when it comes to mental health (Lucock, 2011).

More recently, the mental health field started to pay attention to self-care for mental health professionals as a way to prevent burn-out and deal with vicarious traumatization (Baker, 2002; Martin, 2010). Today there are suggestions in the literature that mental health professionals have an ethical obligation to their clients to take care of themselves (Barnett, 2008; Richards et al., 2010). So, are we or are we not following what our Ethics Code (APA, 2002) suggests and what we preach to our clients?

Forty seven self-selected CCAPS members responded to the anonymous online survey sent out to all CCAPS members subscribed to the CCAPS list serve. The first question of the survey stated "Self-care is an important part of my professional life". All respondents without an exception answered "Yes". Other response choices were the following: "No", "Unsure", "What is self-care?"

The second question of the survey asked folks to share their favorite self-care practices. Most people shared more than one practice. On average respondents described 4 practices, while the Median was three. One person listed 14 favorite self-care practices.

When analyzing the types of practices that CCAPS

members are using and the frequency with which these practices are mentioned, it is interesting to note that physical self-care practices dominate. Among those, exercise is the leading self-care practice. Eighteen people (38%) listed "exercise" or "working out" as their practice of choice, while fifteen people (32%) specified running and ten respondents (21%) named yoga as their favorite practices. Overall, some form of exercise was mentioned 50 times in the responses to the second question, as some folks enjoy more than one form of physical activity. Among other physical activities that respondents tend to enjoy a lot are listening to music (10), cooking/baking (7), sleeping/napping (5), laughing (4), spending time outside/in nature (4), and taking breaks (4). In my opinion, this finding is very interesting and leads to a number of different questions and speculations. For example, why CCAPS members prefer physical self-care practices to other types? To compensate for sedentary life-style? In need of those endorphins? Focusing on preventing and treating depression and anxiety? For the love of movement?

Social practices took second place. Overall, they were mentioned 40 times. Among social practices, spending time with family, including spouse and children, was the most prevalent type of self-care (15). Many folks also mentioned spending time with friends (12), with pets (6), and with colleagues (5). These findings are in line with multiple research studies showing strong connections between social support and well-being (Chao, 2011; Nahum-Shani, 2011).

Spiritual practices were noted with the least frequency. Among those listed were Mindfulness or Meditation (5), gratitude journal (1), staying connected with spiritual community (1), and practicing "letting go" (1). Aforementioned findings are especially interesting in the light of the line of research showing positive connections between spirituality and well-being (e.g., Graham et al., 2011; Visser et al., 2010). One study conducted by Persing (2000) found that optimal spiritual functioning is negatively correlated with the rate of the burn-out among practicing psychologists.

The third question of the survey asked participants what they do after a difficult day at work, in other

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Self-Care Practices of CCAPS Members (continued)

words, what are their emergency self-care practices. So, when it comes to those critical measures, folks tend to prefer talking with or hanging out/cuddling with others, mostly family (18). Next most popular interventions are watching TV/movies (12) and exercising (10). It is interesting to note that substances are also used to set off the difficult day, such as eating something yummy (3) or having a drink (3).

Overall, it seems that CCAPS member responders find self-care to be an important part of their lives. They engage in a variety of constructive and healthy self-care practices, with physical practices being the most common. Physical practices of the responders cover a wide range, including different types of exercise, sleep, healthy eating, listening to music, cooking/baking, laughing, spending time in nature, taking breaks, and getting massages. Members also engage their social support consistently to cope with the daily stressors. Analyzing survey results for this article made me feel happy for and proud of my colleagues, who not only talk the talk with their clients, but also walk the walk in their personal lives.

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NASPA Report (continued)

- NASPA has a commitment to civic learning in 2012. In 2012, NASPA will move students past simple service learning to deeper levels of involvement and leadership through four specific opportunities for civic engagement: MLK Day of Service, Alternative Spring Breaks, Service Summers, and the fall election. NASPA will work with its professional members and partners, as well as directly with its student contingents, to encourage civic engagement and reflection through blog and/or video postings about the experience.
- NASPA is on Twitter: @NASPAtweets and NASPA is on Facebook: **NASPA - Student Affairs Administrators in Higher Education.**

Alison J. Black, NASPA Liaison



New Initiatives: Hot Topic Conference Calls & Webinars for CE

Jane Morgan Bost, CCAPS Chair

As CCAPS Chair, my goals have included the following: To 1) increase CCAPS' presence as a national leader in college mental health 2) provide more "between conference" professional opportunities, including CE's for mental health professionals and 3) attract more members to CCAPS/ACPA. I am delighted to report that these goals have translated into reality through the development and implementation of hot topics conference calls and webinars---"firsts" for CCAPS! CE's were provided through the work of CE Committee co-chair Dr. Diana Damer. The following give brief abstracts of each call and webinar that was offered. You will also find in-depth articles from each presenter in this newsletter describing their programs in more detail. A big thanks to our co-sponsoring commissions and CCMH as well as to our outstanding presenters! More webinars are being planned for 2012 so stay tuned, spread the word and participate! You are invited to submit ideas for future webinars to Dr. Carolyn Bershad, Chair Elect, at cbershad@niu.edu.

- In April, 2011, CCAPS jointly sponsored a very successful hot topics conference call with the Commission on Global Dimensions on "International Student Adjustment" to a broad range of Student Affairs professionals. CCAPS Directorate member, Dr. Sylvia Chen, was the featured presenter for the call with over 265 registered phone lines (participant count was likely to have been 300-400.) Many different areas of Student Affairs were represented by the participants from all around the nation. There were more questions submitted by the participants than could be answered in the time allowed. Dr. Jane Bost, CCAPS Chair and Bob Coffey, Program Chair for the Commission for Global Awareness, facilitated the conference call.
- On June 21, CCAPS implemented a successful webinar on "Student Mental Health and Academic Affairs: Principles for Sharing Information" with the Commission for Academic Affairs Administrators. Dr. Tom Berry (CCAPS) and Dr. Jamie Cooper (Academic Affairs Administrators) presented the webinar which attracted 15 sites to register. The purpose of the webinar was to facilitate a better understanding of the priorities and approaches of mental health and academic affairs professionals, survey the landscape of FERPA, HIPPA and other legal and ethical frameworks to identify key barriers to communication, and explore effective models for better communication and collaboration between the student mental health clinicians and academic affairs practitioners.
- On September 14, CCAPS co-sponsored, with the Commission on Wellness, a webinar on "Size Discrimination: A Heavy Issue" with facilitators, Amanda Buller, MS, RS, LD and Sandi Cleveland, MPH. The webinar provided factual data that challenged the practice of using BMI to determine health status. It also provided attendees with a greater understanding of the physiological and psychological risks of dieting for weight loss. It also addressed the impact that size discrimination has on university culture and the overall college experience for students, faculty and staff.
- On Oct. 21, CCAPS sponsored the first in a series of webinars which was entitled "The Center for Collegiate Mental Health: A Practice Research Network for College Counseling Centers." Approximately 20 sites registered for this webinar which focused on the development and current state of the Center for Collegiate Mental Health (CCMH) as well as the purpose and place of Practice Research Networks (PRN) in college and university counseling. Dr. Ben Locke, the Executive Director of the CCMH provided a 3-part presentation: An overview of CCMH and brief discussion of PRNs and the integration of clinical practice and research; an introduction to the CCAPS, its development history and current status; and a primer on the use of the CCAPS in clinical practice, including a description of the various profile and centerwide reports offered by CCMH. The subject matter in this webinar was useful for administrators as well as counselors in college and university settings, as it directly touched on clinical, administrative, and empirical challenges facing the field today, and offered a practical introduction to the CCAPS as a tool for facilitating clinical and administrative decision-making in naturalistic settings.

Detailed information follows on the next page.



More about Size Discrimination: A Heavy Issue

By Amanda Buller

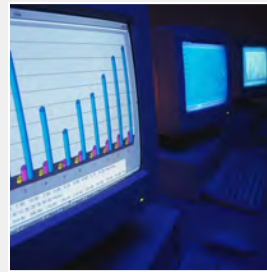
Throughout scientific research and the lay media, much concern and attention has been paid to the “obesity epidemic” in the United States and beyond. In the U.S., we are daily bombarded with tips on how to lose weight and the importance of losing weight for improved health. The millions spent by the federal government and the diet industry have failed to resolve the weight crisis. Indeed, overweight and obesity remain prevalent issues affecting people of all ages, all races, and all socioeconomic statuses. Size discrimination has been well documented within healthcare, education, and employment settings. In fact, recent findings suggest that this form of discrimination is now more prevalent than racial discrimination, yet the overweight and obese are not protected by any diversity legislation. Assumptions that weight is always the consequence of personal choice continue to perpetuate bias and active discrimination. College student educators cannot ignore these realities and would be wise to address size discrimination directly within their campus settings. In this webinar, factual data were provided that will challenge the practice of using BMI to determine health status. We also provided attendees with a greater understanding of the physiological and psychological risks of dieting for weight loss. Lastly, we considered the impact that size discrimination has on university culture and the overall college experience for students, faculty, and staff.



If you have ideas for future webinar topics, please contact Dr. Carolyn Bershada, Chair Elect, at cbershad@niu.edu

More about the CCMH

By Ben Locke



While the scientist-practitioner model has played a central role in the training of mental health professionals for generations, it has also proven to be somewhat difficult to translate into the real world. Academics are increasingly spending a majority of their time focused on research activities while practitioners have faced declining income, managed care, and other pressures which result in an exclusive focus on clinical work. These pressures have caused a split between science and practice where those in science/academic have a large influence over the future of the field while those in practice remain focused on serving the next client. Although counseling centers have been somewhat insulated from the impacts of this split, we are now being forced to change as a result of this professional dynamic. As we strive to meet the demand of increasing prevalence and severity without additional resources (e.g., reduced treatment, triage, etc.) we must recognize that success carries a meaningful cost. If we succeed in meeting the ever growing demand by reducing treatment and/or eliminating/reducing other professional activities (outreach, research, consultation), we effectively lose our voice – our ability to guide the future of our own field - because we are simply too successful seeing too many clients.

The Center for Collegiate Mental Health (CCMH) was created in 2004 with the hope of giving counseling center staff the ability to contribute to the national research conversation on our clinical work while continuing to meet the high demand for clinical service. This hope came true in 2011 with the completion of a national infrastructure to pool data from participating counseling centers which, in its first year, created a data set representing more than 74,000 students in treatment, 1600 counselors, 110,000 points of measurement, and 660,000 appointments from 97 counseling centers. This unprecedented accomplishment is the direct result of sustained collaboration among hundreds of counseling centers over the last seven years. With the infrastructure and national collaboration in place, CCMH members are now generating high-quality national research data that can be used to create better clinical tools, inform self advocacy through high-quality data, and inform strategic planning for mental

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Webinar Details (continued)

health services in higher education. As I like to say, Data = Power, and the counseling center field is now the proud owner of a lot of data.

Due to the costs and difficulties associated with traveling to a conference, CCMH decided not to host an annual conference for counseling center staff and is instead partnering with ACPA and the Commission for Counseling and Psychological Services to host a series of webinars to disseminate findings and advances as they come. In our first webinar, hosted in the fall of 2011 for over 140 attendees, we reviewed the history and rationale for CCMH along with more detailed information about how to use and interpret the CCAPS clinically. We are planning for two additional webinars this spring: one that will review recent findings including the 2011 Annual Report and a second in the late spring or early summer for a broader student affairs audience. A wide variety of materials from CCMH are now available online (<http://ccmh.psu.edu>) including the following

- 2011 Annual Report (just released!)
- Annual Reports from 2009 and 2010
- The Standardized Data Set (SDS) - questions and answers used by participating counseling centers
- Information about the Counseling Center Assessment Of Psychological Symptoms (CCAPS) instruments
- CCAPS-62 eight subscales, 62 items, 7-9 minutes
- CCAPS 34 seven subscales, 34 items, 2-3 minutes
- Information about the CCAPS Universal Web Service
- More than a dozen publications related to clinical work in counseling centers

Many thanks to all of those who have supported CCMH over the years, but especially ACPA/CCAPS for helping us to give back to the field through jointly-sponsored webinars. For questions about CCMH, please visit our website (<http://ccmh.psu.edu>).

Message from the Chair (continued)

always, you will be able to acquire all your required annual CE's.

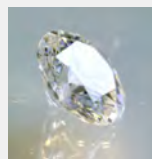
All of this could not have happened without tremendous support, participation and dedication from many CCAPS members. It's truly inspirational what a group of volunteers can do who are committed and passionate about advancing a worthy cause! *I'd like to give a special "shout out" to our amazing Directorate who dedicate 3 years of hard work and talent to providing CCAPS leadership. Directorate members cycling off after the 2012 convention are: Jocelyn Buhain, Diana Damer, Jim Dolan and Emily Russell Slife. Thanks to you all!*

Carolyn Bershad, our wonderful Chair Elect, will be sharing her vision as she assumes the CCAPS chair role at the end of the ACPA 2012 convention. It is an honor to "pass the baton" to such a committed, grounded and talented leader as I assume my position at the end of the 2012 convention as Past Chair.

In closing, thank you for the honor of serving as your Chair for the past 2 years. This experience has truly been one of the highlights of my 28-year career in college mental health. It has been an honor to work with you, laugh with you and know we've made a positive difference together.

See you in Louisville!

With Honors



CCAPS congratulates two of our own, Dr. Vivian Boyd and Dr. Stacey Pearson, who are being recognized as Diamond Honorees at this year's convention.

Congratulations!

