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## CCAPS Newsletter

October 2009

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*Eric Klingensmith, Matt Torres,  
Leena Batra, Diana Damer*

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### FEATURED ARTICLE

- [Latest Online Screening Results Give Counselors Insight Into College Mental Health](#)  
*Christina Collins*

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Fun at the 2009  
ACPA Convention,  
Washington DC.



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## From the Editors

CCAPS Newsletter  
October 2009



Hello CCAPS Members,

Welcome to the late summer 2009 issue of the CCAPS Newsletter! We hope you had an enjoyable summer that included some refreshing relaxation. We also hope this academic year is a fulfilling and rewarding one for you. If you are not a member of CCAPS, or not a member of ACPA, we hope that you will consider joining this group of creative, hardworking and dedicated individuals. Please look through the CCAPS website and see who you might know on the Directorate. Please also feel free to contact any of us to learn more about CCAPS

and/or ACPA.

In this issue of the Newsletter, you will find Chanda Corbett's "Letter from CCAPS Chair," which includes updates about some of the most recent developments concerning ACPA and upcoming national conventions.

Our feature article, "**Latest Online Screening Results Give Counselors Insight Into College Mental Health**," is written by Christina Collins of Screening for Mental Health, Inc., a non-profit that provides nationwide programs for mental health education and screening. This article provides information about the screening tools that many of us already utilize, as well as some data generated from these tools.

To keep abreast of developments in other organizations related to most of our work, please take a moment to read the liaison reports written by CCAPS liaisons to other professional organizations (ACCCCS, NASPA, ACHA/HEMHA, and APA). Please note that we have also provided a listing of the newest members of the CCAPS Directorate. We welcome and thank them for their contributions to CCAPS and ACPA.

 [What is this?](#)



*Eric Klingensmith, Co-Chair Newsletter*



*Matt Torres, Co-Chair Newsletter*



*Leena Batra, Editor*



*Diana Damer, Editor*

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## From the Chair

CCAPS Newsletter  
October 2009



Greetings CCAPS!

I hope you have become refreshed by your summer, and that you are ready for another exciting academic year. In this fall newsletter, I will discuss some important ACPA and CCAPS news. However before I begin, I would like to let our college families affected by the floods in Florida know that our thoughts and prayers are with you. Please let us know how we can best support you during this season of readjustment.

### ACPA

- Our President Tom Jackson introduced the ACPA leadership to his home town of Louisville, Kentucky and to our 2012 convention site during the ACPA Summer Leadership Meeting in July. One of the highlights of the meeting was the discussion on the “unification” of ACPA and NASPA. He informed us that the leadership of both organizations have began discussions of how they could “unify” to have a more “common” higher education voice, and preserve resources during these economic times. He explained that the decision to unify would be determined by an ACPA membership vote. For more information on these discussions go to:
  - CCAPS article found at: [LINK](#)
  - The NASPA article can be found at: [LINK](#)
- 2010 Convention Chair, Robin Diana, explained the new changes that have been made for the 2010 Boston Convention.
  - Placement will now be known as Career Central. Services will be available on-line, have a customer service look and feel, and allow for the ability to recruit for internships and assistantships at and beyond convention
  - Expanded services and private rooms will be available for mid and senior level professionals for confidential job searches. Confidential resume posting will also be available.
  - William Spelman executive search firm representatives will have meeting times for senior level professionals and offer pre-convention workshops series for mid and senior level professionals.
  - Summer placement service will provide the opportunity for late season recruiting and job searching in early to mid June in 2010, virtual interviewing through web cam will also be available.
  - An advisory committee is being selected to keep placement relevant and to ensure effective current and future leadership transitions.
- ACPA is offering many opportunities for you to publish and demonstrate your expertise to the ACPA membership. Contact Vernon Wall, the Director of Educational Programs & Publications at [EMAIL](#) for more information about how you can share your knowledge with the profession.

[What is this?](#)

## CCAPS

- We are excited to be offering you the opportunity to serve on the CCAPS Directorate. CCAPS is accepting nominations for the Directorate for terms that will be beginning in March of 2009. Please contact our Elections Chair Dr. Mark Fleming for more information at: [EMAIL](#).
- We are also excited to be accepting nominations for the CCAPS Awards. Please strongly consider nominating yourself, someone else or an organization for one of our outstanding awards for 2010. Contact our Award Chair Dr. Leena Batra at [EMAIL](#) for more information. The deadline will be quickly so get your nominations in soon.
- CCAPS is looking forward to our next convention in Boston, MA from March 20-24<sup>th</sup>, 2009. We are planning a Drive-In Pre-Conference with the Commission of Administrative Leadership of ACPA to address the faculty and clinician partnership needed to address mental health issues on college campuses. If you are interested in presenting for this pre-conference or would like to be apart of the planning team, please contact our Program Chair Dr. Craig Woodsmall at [EMAIL](#). Keep checking our website for updates.
- The deadline for programs for the 2010 convention is quickly coming to a close and we invite you to share your expertise with us! When you submit your program, remember to select that you would like your program to be considered for continuing education credit. All programs need to be submitted by Friday, September 11, 2009. For more information, go to [convention.myacpa.org/](http://convention.myacpa.org/).
- CCAPS will be celebrating its 50<sup>th</sup> Anniversary in 2011. We have begun planning a spectacular convention that will take place in Baltimore from March 26<sup>th</sup>-30<sup>th</sup>, 2011. Check our website for updates and ways you can participate. Please email me at [EMAIL](#) if you are interested in helping to plan celebrations for our 50<sup>th</sup> Anniversary.

## Higher Education Mental Health Alliance (HEMHA)

- The first Higher Mental health Alliance Meeting at a host conference took place in May at the American College Health Association's annual meeting. HEMHA organizational liaisons met to address next steps and presented during the conference to introduce ACHA to HEMHA and each liaison organization, and to discuss hot topics in college student mental health. The meeting was a great success. Go to [hemha.org](http://hemha.org) for the presentation and more updates.

## American Psychological Association (APA) 2009 Convention

- Current APA Society of Counseling Psychology (SCP) President John Westefeld and President Elect Tania Daniels have began discussions on how they can celebrate our 50<sup>th</sup> anniversary with us.
- Outgoing SCP Chair Janet Helms unveiled her Taking Action Against Racism platform. Go to [www.div17.org/contact.html](http://www.div17.org/contact.html) for more information on her initiatives.
- KCREP's new requirement for students in graduate programs to be trained and supervised by certified counselors in order to become a licensed counselor is still a major concern. This issue is limiting psychologists' ability to train and supervise in master's level training programs and practicum sites unless you are also a licensed counselor.
- American Board of Professional Psychology (ABPP) representatives are encouraging Counseling Psychologists to pursue ASPPB certification. The ABPP Certification in Counseling Psychology is not being pursued by many counseling psychologists and the Counseling Psychology specialty is at risk of losing board specialty certification. Discussions about what this could mean for the Counseling professional ensued and how ABPP could be better marketed the benefits were discussed. Psychologists are encouraged to pursue ABPP to secure the profession and to receive the benefits. More information about ABPP and the scholarships that are available can be found at: [http://www.abpp.org/abpp\\_certification\\_procedures.htm](http://www.abpp.org/abpp_certification_procedures.htm).

Well, I believe I have given you enough updates for now. If you know of other organizations who would like to help us celebrate our 50<sup>th</sup> anniversary, please [contact me](#). I wish you the best this semester and look forward to seeing you in 2010 at the 86<sup>th</sup> ACPA Convention in Boston, MA. More information about the convention can be found at: <http://convention.myacpa.org/>.

Remember to practice self-care and to walk your talk.

Your CCAPS Chair,

A handwritten signature in black ink that reads "Chanda C. Corbett, PhD". The signature is written in a cursive style with a large initial 'C'.

Chanda C. Corbett, PhD  
2009-2010 CCAPS Chair

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## Welcome New CCAPS Directorate Members

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October 2009

CCAPS extends a hearty welcome to our newest Directorate members!

This year we have six new members:

### Jim Dolan

University of North Carolina at Wilmington

### Jocelyn Buhain

University of North Carolina at Wilmington

### Emily Russell

Loyola University New Orleans

### Wayne Griffin

University of Florida

### Diana Damer

University of Texas at Austin

### Christopher Edwards

Tennessee Tech University



In addition, the *CCAPS Chair Elect* is **Jane Bost**, from the University of Texas in Austin.

Congratulations to all, and welcome!

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## Liaison reports: August 2009

*CCAPS Newsletter  
October 2009*

### ACCCCS Liaison Report

Greetings fellow CCAPS members! The ACCCCS annual conference was held in beautiful Knoxville, TN last May. Our keynote presenter was Dr. Ben Locke from Penn State University. Dr. Locke presented a stimulating keynote address on "Transforming Experience into Policy – Rethinking Science and Practice in College Counseling". He also presented the results from the CSCMH (Center for the Study of Collegiate Mental Health) 2009 Pilot Study Results. Clinical directors have a unique role in counseling centers, as they provide both direct clinical service and a leadership role regarding how counseling services are provided by the center. Thus, many of our workshops and roundtable discussions highlighted the dual nature of our role and the struggles that arise with keeping those roles balanced. For example, different models of triage/case disposition and mandated assessment have been hot topics at our last few conferences, as well as how to balance our roles as counselors with the needs of the administration at our institutions. Programs addressed such topics as how to use the CCAPS clinically, services for veterans, self-care, case disposition, mandated assessment, getting ABPP certification, and preparing for an IACS site visit. We were able to offer CEUs for most programs, and we appreciate CCAPS for sponsoring those for us. Special thanks go to Marilia Marien for reviewing our programs for CE eligibility. At our business meeting, we also approved by-law changes that mostly focused on changes to the structure and election process for our executive committee.

#### 2009-2010 Executive Committee:

President: **David Rardin**, Illinois State University  
 President-Elect: **Marci Burroughs**, University of Tennessee, Knoxville  
 Treasurer: **Marla Craig**, University of Texas, Austin  
 Membership Chair: **Ted Stachowiak**, Texas A&M University

#### At-Large Board Members:

**Cindy Cook**, University of Houston-Clear Lake  
**Josette Cline**, University of Arkansas  
**Tim Lane**, University of North Texas  
**Bob Rodgers**, Cornell University  
**Gloria Saito**, University of California, Berkeley

*Cynthia A. Cook, Ph.D.  
University of Houston - Clear Lake*

### NASPA Liaison Report

Hopefully you have heard from other sources that the leadership of ACPA and NASPA are seriously exploring unification possibilities of these two major organizations. For those of us who have been in the field for a while, we recognize that this is a "conversation" that comes up every few years. However, this time the exploration seems to have momentum, with Presidents and Executive Directors of both organizations, and





recommendations from the Task Force on the Future of Student Affairs all behind the agenda. For more about the status of this process, see the [joint letter from the Presidents of ACPA and NASPA](#).

The implications of a unification, or choice to not join the organizations, are yet to be fully explored from the perspective of CCAPS. Historically, ACPA has been the organization to which more staff from college and university counseling centers have affiliated. ACPA has arranged (or, supported CCAPS in arranging) for continuing education credits for psychologists and other mental health providers at the national conference. NASPA has not, serving as a discouragement for many of us to attend. However, for the last several years NASPA has produced a well-received campus mental health conference in January, and CEs are offered for attending that gathering. I hope CCAPS membership will be engaged in an internal conversation about pros and cons of an ACPA/NASPA unification, as well as in dialog with the Senior Student Affairs Officers on our campuses. The outcomes of these explorations are not certain, so this is the right time to be at the table where decisions will be made.

*Donn Marshall  
University of Puget Sound*

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### ACHA /HEMHA Liaison Report

- The first Higher Mental Health Alliance Meeting at a host conference took place in May at the American College Health Association's annual meeting. HEMHA organizational liaisons met to address next steps and presented during the conference to introduce ACHA to HEMHA and each liaison organization, and to discuss hot topics in college student mental health. The meeting was a great success. Go to [hemha.org](http://hemha.org) for the presentation and more updates.




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### APA Liaison Report: American Psychological Association 2009 Convention

- Current APA Society of Counseling Psychology (SCP) President John Westefeld and President Elect Tania Daniels have begun discussions on how they can celebrate our 50<sup>th</sup> anniversary with us.
- Outgoing SCP Chair Janet Helms unveiled her Taking Action Against Racism platform. Go to [www.div17.org/contact.html](http://www.div17.org/contact.html) for more information on her initiatives.
- Melba Vasquez is running for President of the American Psychological Association (APA). She is a past ACPA and CCAPS member. Find out more about her candidacy at [melbavasquezforapapresident.com/](http://melbavasquezforapapresident.com/).
- KCREP's new requirement for students in graduate programs to be trained and supervised by certified counselors in order to become a licensed counselor is still a major concern. This issue is limiting psychologists' ability to train and supervise in master's level training programs and practicum sites unless you are also a licensed counselor.
- American Board of Professional Psychology (ABPP) representatives are encouraging Counseling Psychologists to pursue ASPPB certification. The ABPP Certification in Counseling Psychology is not being pursued by many counseling psychologists and the Counseling Psychology specialty is at risk of losing board specialty certification. Discussions about what this could mean for the Counseling professional ensued and how ABPP could be better marketed the benefits were discussed. Psychologists are encouraged to pursue ABPP to secure the profession and to receive the benefits. More information about ABPP and the scholarships that are available can be found at: [http://www.abpp.org/abpp\\_certification\\_procedures.htm](http://www.abpp.org/abpp_certification_procedures.htm).



*Chanda C. Corbett, PhD  
Loyola College*

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## Latest Online Screening Results Give Counselors Insight Into College Mental Health

CCAPS Newsletter  
October 2009



### Christina Collins

*Christina Collins is part of the communications team at Screening for Mental Health, Inc., a non-profit in Wellesley, MA, that provides nationwide programs for mental health education and screening.*

#### What is this?

During the 2008-2009 school year, more than 60,300 U.S. college students screened themselves for depression through the *CollegeResponse*® online screening program. 53% scored “likely” for the presence of depression, while another 27% scored “very likely.” In addition, 43,500 students screened themselves for generalized anxiety disorder; 85% of those students scored positive.

For college counselors and psychologists, these numbers can provide essential information to help them better address the mental and emotional health needs of their students. A student’s unhappiness is not quantitative, and screening results do not serve as an official diagnosis—they simply serve to identify symptoms of a disorder—but the results can provide insight into which issues may need particular attention on campus.

Eating disorders, for instance, are prominent among the college-aged population. Through *CollegeResponse*, approximately 17,500 students screened themselves for eating disorders in the 2008-2009 school year, and nearly 1,100 students—40% of the males screened and 66% of the females—scored positive. Shockingly, less than 4% of these students were in treatment for an eating disorder at the time of the screening. This information also reinforces another important fact: only a small fraction of those who need help actually seek help. Social stigma, confusion, and lack of knowledge of available resources keep many from reaching out.

When most students are reluctant to confront mental and emotional health problems, it is a challenge for colleges and universities to get the data needed to understand their students’ needs and encourage them to receive help. Fortunately, one approach that has proven effective for hundreds of colleges is to offer anonymous online mental health and alcohol screenings.

“An online screening program takes advantage of this generation’s preference for the Web,” said Douglas G. Jacobs, M.D., Associate Clinical Professor of Psychiatry Professor at Harvard Medical School and founder of the non-profit Screening for Mental Health, Inc. “It offers a familiar, nonthreatening way for students to assess their mental well-being and recognize their potential need for help so that they can take the first step toward recovering.” Jacobs refers specifically to the *CollegeResponse* online

screening program, which aims to identify students at risk for mood, anxiety, alcohol use, and eating disorders through anonymous self-assessments.

Whether the cause is personal trauma, everyday pressures, or hereditary factors, mental health issues are rising among college students. Fortunately, the use of online screenings is rising too. During the 2008-2009 school year, more than 700 colleges and universities participated in *CollegeResponse*. More colleges are registering for this year's new online module, which now offers screenings for six different types of disorders and features a guide-me section that helps students determine which screening to take based on how they have been feeling.

To register for the 2009/2010 program or to view a demo of the new online screening, call (781) 239-0071 or visit [www.mentalhealthscreening.org/college](http://www.mentalhealthscreening.org/college).

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