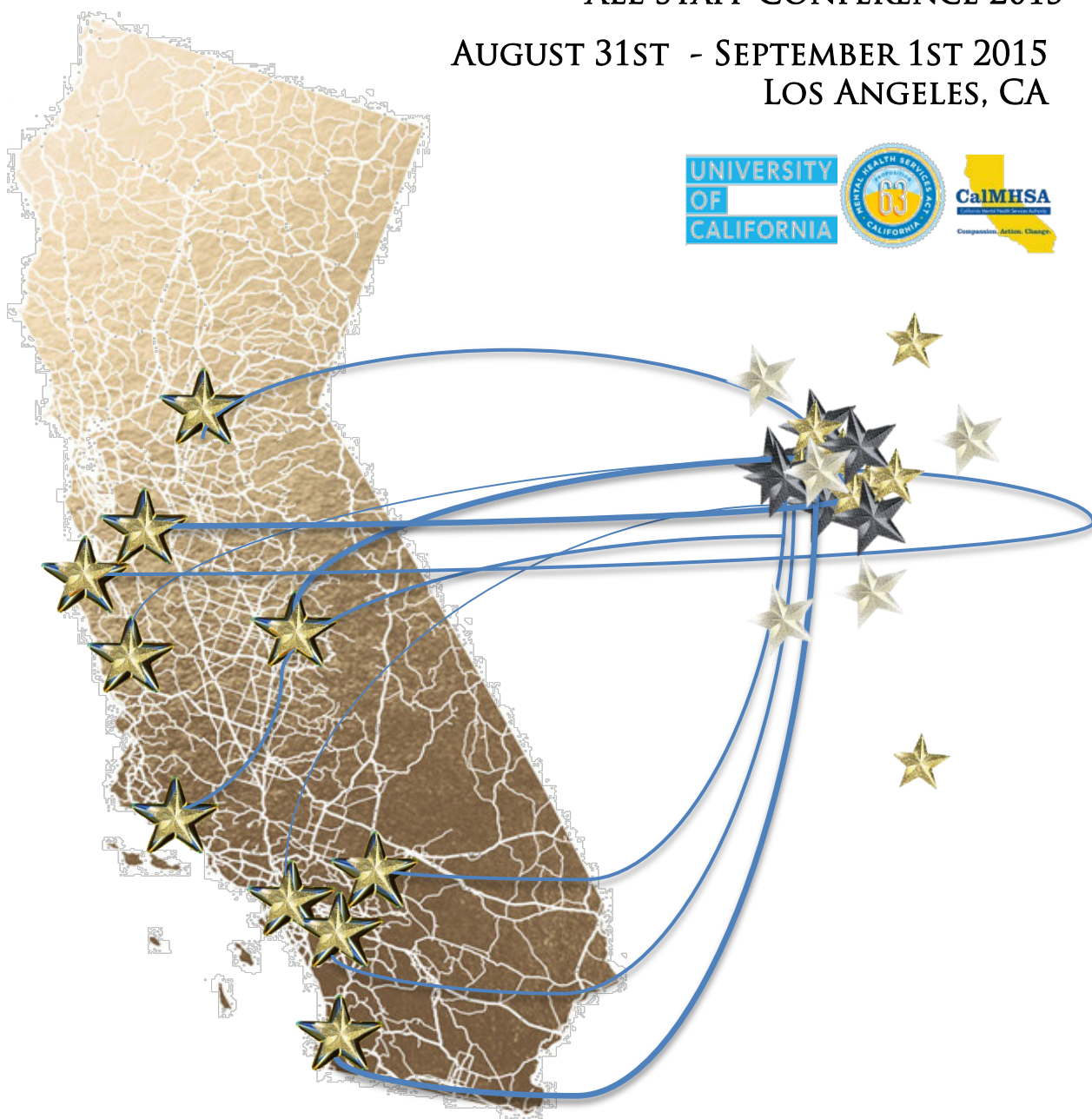


THE UNIVERSITY OF CALIFORNIA PRESENTS...

Bringing Us All Together

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)
ALL STAFF CONFERENCE 2015

AUGUST 31ST - SEPTEMBER 1ST 2015
LOS ANGELES, CA



VIDEO RECORDING



We are recording select presentations throughout the conference which will allow us to archive and share these important best practices. The camera will focus mainly on the presenters. If you wish not to be filmed, kindly notify the camera attendant.

CONFERENCE EVALUATION

Don't forget to complete your conference evaluation. Evaluations will be distributed during closing session. If you plan to leave early or want a head start, pick up a copy at registration.



SOCIAL MEDIA

#UCCAPS2015



TABLE OF CONTENTS

WELCOME & GREETINGS	4
SCHEDULE AT A GLANCE.....	6
BEST PRACTICE SESSION TRACKS.....	7
KEYNOTE SPEAKER	8
NETWORKING ROULETTE	9
WELLNESS ACTIVITIES.....	10
CONFERENCE AGENDA.....	12
ROUNDTABLE DESCRIPTIONS.....	17
BEST PRACTICE SESSION DESCRIPTIONS ...	20
ACKNOWLEDGEMENTS & SPECIAL RECOGNITION.....	26
DINNER RECOMMENDATIONS.....	28
SPONSORS.....	29
UPCOMING EVENTS & RESOURCES.....	35
NOTES.....	38

WELCOME

August 31, 2015



The UC CAPS Directors would like to welcome you to *Bringing Us All Together*, the first ever gathering of CAPS staff from throughout the UC system!

We believe that you all represent the foremost group of college counseling center professionals in the world; which includes psychologists, psychiatrists, clinical social workers, marriage and family therapists, case managers, psychiatric nurse practitioners, doctoral interns, post-doctoral fellows, social work fellows and career counseling interns. We hope you utilize these two days to connect with colleagues from other campuses, share your ideas, enhance your skills, and have some fun!

Lastly, we want to acknowledge the amazing work you do every day, often in demanding and stressful circumstances, to provide the students of the University of California system with the highest caliber mental health services possible. Thanks for all you do and for joining us at this groundbreaking meeting.

CAPS Directors,

Jeffrey P. Prince
UC Berkeley

Nicole Green
UC Los Angeles

Reina Juarez
UC San Diego

Gary Dunn
UC Santa Cruz

Sarah Hahn
UC Davis

Myrla Seibold
UC Merced

Jeffrey P. Prince
UC San Francisco

Jeanne Manese
UC Irvine

Elizabeth Mondragon
UC Riverside

Jeanne Stanford
UC Santa Barbara

GREETINGS FROM THE OFFICE OF THE PRESIDENT



Greetings Colleagues,

On behalf of the University of California Office of the President and the Division of Student Affairs, we are honored to provide support for this important gathering.

We have increased our efforts in working with the Counseling Centers over the past few years as we have seen you work tirelessly to meet the constant influx in demand for mental health services. We have learned that campuses are stronger when they are able to share best practices and work collaboratively; and individual staff are renewed and energized when they are surrounded by the power of peer connection. These two days are about celebrating our collaborative spirit, getting connected, and motivating us all as we move into the next academic year. Our hope is that you immerse yourself fully in this conference and use what you learn as a springboard for the next steps of your work on student mental health issues.

We are committed to continue supporting your work and look forward to the innovative approaches you will develop as we move forward. If you haven't already seen it, check out our student mental health website and join the mailing list to be notified when we post the video footage from this conference. www.ucop.edu/student-mental-health-resources

Jerlena Griffin-Desta

Deputy VP & Executive Director
of Student Affairs
UC Office of the President

Taisha Caldwell-Harvey

Conference Chair
Student Mental Health Clinical
Coordinator/Program Manager
UC Office of the President

SCHEDULE AT A GLANCE

Monday August 31, 2015

10:00 – 11:00	Registration
11:00 – 11:50	Opening Session & Keynote Address
11:50 – 12:50	Lunch
12:50 – 1:50	Roundtable Sessions #1 – 5
2:00 – 3:00	Roundtable Sessions #6 – 10
3:10 – 4:00	Best Practice Sessions #1 – 4
4:10 – 4:30	Break
4:30 – 5:20	Best Practice Sessions #5 – 8
5:30 – 6:20	Best Practice Sessions #9 – 12
6:30 – 7:30	Networking Reception
7:30	Dinner (on your own)

Tuesday September 1, 2015

7:00 – 7:30	Morning Meditation
7:00 – 7:50	Breakfast
8:00 – 8:50	Best Practice Sessions #13 – 16
9:00 – 10:15	Vendor Showcase
10:15 – 10:25	Break
10:25 – 11:25	Roundtable Sessions #11 – 15
11:35 – 12:35	Roundtable Sessions #11 – 15 (REPEATED)
12:40 – 1:00	15 Minute Zumba
12:40 – 1:40	Lunch
1:45 – 2:35	Best Practice Sessions #17 – 20
2:45 – 3:35	Best Practice Sessions # 21 – 24
3:45 – 5:00	Community Forum & Closing Remarks

BEST PRACTICE SESSION TRACKS

Reaching Culturally Diverse Groups & Advancements in Technology

Within UC we have traditionally been at the cutting edge of developments in counseling methods and technologies. For the 2015 conference, the committee sought proposals that reflected best and promising practices in **reaching culturally diverse groups** and **advancements in technology**. Each best practice session was assigned to one or more of the following best practice tracks. Sessions are labeled throughout the conference agenda by the symbols noted below:

- (T) Best practices in advancements in technology
- (C) Best practices in culturally responsive interventions
- (I) Best practices in working with international students
- (U) Best practices in working with undocumented students
- (P) Best practices in psychiatry / integrated models of care

KEYNOTE ADDRESS

SUSTAINABLE HAPPINESS: RESEARCH AND PRACTICE MONDAY AUGUST 31ST 11:20AM

Sonja Lyubomirsky, PhD.

Professor, University of California Riverside

Sonja Lyubomirsky is Professor of Psychology at the University of California, Riverside. Originally from Russia, she received her A.B., summa cum laude, from Harvard University and her Ph.D. in Social/Personality Psychology from Stanford University. Lyubomirsky currently teaches courses in social psychology and positive psychology and serves as graduate advisor. Her teaching and mentoring of students have been recognized with two Faculty of the Year awards and a Faculty Mentor of the Year award. Lyubomirsky's research – on the possibility of permanently increasing happiness — has been honored with Fellow status from three different scientific societies, a Science of Generosity grant, a John Templeton Foundation Grant, a Templeton Positive Psychology Prize, and (with Sheldon) a million-dollar grant from NIMH. Lyubomirsky's best-selling 2008 book, *The How of Happiness: A Scientific Approach to Getting the Life You Want* (Penguin Press) has been published in 23 countries, and her recent book, *The Myths of Happiness: What Should Make You Happy, But Doesn't, What Shouldn't Make You Happy, But Does*, is translated (or will be) in 16 countries. Her work has been written up in hundreds of magazine and newspaper articles, and she has appeared in multiple TV shows, radio shows, and feature documentaries in North America, South America, Asia, the Middle East, and Europe. She lives in Santa Monica, California, with her family.



NETWORKING ROULETTE

We are counting on each of you to contribute as we work towards defining the next phase of mental health on college campuses; and because ten great minds are better than one, we encourage you to take full advantage of this opportunity to network with your colleagues.



Meet as many people as possible, talk with vendors, consider collaborative projects, discuss research opportunities, plan future conference presentations, explore innovation grant ideas, and plan how to continue sharing best practices throughout the year.

During Monday's lunch we will begin our roulette style networking game. Turn in your completed roulette wheel during closing session on Tuesday 9/1 for a chance to win a special prize. Must be present to win.

Roulette Raffle Prizes:



Fitbit Charge



\$50 Amazon gift card

sponsored by



One-night stay at The Westin LAX

WELLNESS ACTIVITIES

Thank you for all that you do! Taking care of the mental health of our students can be exhausting. Make sure to take care of yourself over the next two days by participating in some of our wellness activities.

Earn one raffle ticket for each activity. Turn in your tickets at the registration desk to have a chance to win one of six **\$50 gift cards!**

**Wellness Raffle Drawings: Monday 8/31 during the networking reception
Tuesday 9/1 during lunch**



Mindfulness Meditation

Don Maurer, MD

Tuesday 9/1 @ 7:00am – 7:30am

Location: Kennedy

Don Maurer, MD teaches Mindfulness Based Stress Reduction and other mindfulness programs at the UCI Samueli Center of Integrative Medicine. Start your day off right and Join him for a morning meditation. Mindfulness is cultivated by meditation, which means practicing paying attention, on purpose, non-judgmentally, for a given period of time. Research over the past thirty years has shown that mindfulness results in many benefits for mental and physical health and well-being.

Chair Massage!

We're sure this won't take much convincing. Visit registration to sign up for a free 10 minute chair massage to help you relax your mind and body.

Sign up anytime Monday for appointments offered all day Tuesday.

Appointments available: **Tuesday 9/1; 7am – 4pm**



15 Minute Zumba!

Join certified Zumba instructor, Jessica Ortega, PhD for a quick Zumba jam session

Tuesday 9/1 @ 12:40pm – 1:00pm

Location: Grand Ballroom D

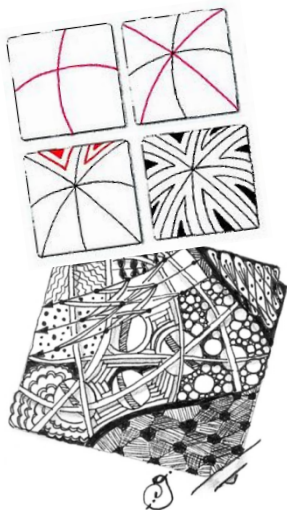
Zumba is described as, “*pretty much the most awesome workout ever.*” It combines all elements of fitness – cardio, muscle conditioning, balance, and flexibility into the ultimate dance party! Get just a taste of what this workout class has to offer during this 15 minute session. (*No experience necessary*)



Public Service Announcements (PSA's)

Our 2011 – 2014 CalMHSA grant, allowed us to create a series of mental health PSA's and training videos which are available for your use. If you haven't seen them stop by the viewing station near the vendor booths to check them out and don't forget to pick up a raffle ticket while you are there.

To view on your own device, visit www.YouTube.com and search channel **UC Student Mental Health**



Zentangle

Creating Zentangle art provides a fun and lighthearted way to relax and intentionally facilitate a shift in focus and perspective.

Follow simple steps to create beautiful art. No artistic talent necessary! **Step-by-step instructions and supplies are located in the back of Grand Ballroom B/C all day Monday and Tuesday.**

Show your completed (or partial) Zentangle masterpiece to an attendant at the registration desk to receive a raffle ticket.

AGENDA– MONDAY AUGUST 31, 2015

10:00 – 11:00	Registration	Hotel Lobby
11:00 – 11:20	Welcome & Opening Remarks	Grand Ballroom B/C
	Jerlena Griffin-Desta Deputy VP Student Affairs/ Executive Director Student Services UC Office of the President Gary Dunn CAPS Director, UC Santa Cruz	Thomas Parham Vice Chancellor Student Affairs UC Irvine Taisha Caldwell-Harvey Mental Health Program Manager UC Office of the President
11:20 – 11:50	Keynote Address Sustainable Happiness: Research and Practice Sonja Lyubomirsky Professor, UC Riverside	Grand Ballroom B/C
11:50 – 12:50	Lunch w/Networking Roulette	Grand Ballroom B/C
12:50 – 1:50	Roundtable Sessions #1 – 5	
	R1 A Discussion for Bilingual Therapists	Grand Ballroom B/C
	R2 A Gathering of Psychiatrists & Nurse Practitioners	Grand Ballroom A
	R3 Trainees: Doctoral Interns and Postdoctoral Fellows	Grand Ballroom D
	R4 We Love Peer Programs	O'Hare
	R5 Case Management	Kennedy
2:00 – 3:00	Roundtable Sessions #6 – 10	
	R6 Outreach Programs & Coordination	Grand Ballroom B/C
	R7 Group Coordination	Grand Ballroom A
	R8 Higher Education Collaboration	Grand Ballroom D
	R9 Counseling & Psychiatry: Integration & Collaboration	O'Hare
	R10 A Discussion on Learning Disability Assessment	Kennedy

AGENDA – MONDAY AUGUST 31, 2015

3:10 – 4:00 Best Practice Sessions #1 – 4		
(P) BP1	Taming Your SM Inbox: Using Automation to Streamline Secure Message Management	Grand Ballroom A
(U) BP2	Counseling Dreamers: Clinical Considerations & Best Practices when working with Undocumented Students	Logan
(C) BP3	A 4-hour athletic team training: Microaggressions, derailment, privilege, and motivating change	LaGuardia
(P) BP4	Eating Disorder Treatment at UCLA CAPS: An Integrated Model of Care	Midway
<hr/>		
4:10 – 4:30	Break (light refreshments served)	Grand Ballroom Foyer
<hr/>		
4:30 – 5:20 Best Practice Sessions #5 – 8		
(C) BP5	Clinical Tools For Cultural Proficiency: Narrowing The Gap Between Aspiration And Actualization	Grand Ballroom A
(I) (C) BP6	International & Multicultural programming for students & staff: Current Initiatives at UC Berkeley	Logan
(T) BP7	Using Program Evaluations to Improve Group Treatment and Workshop Presentations	LaGuardia
(C) BP8	Culturally Sensitive Approaches with Gender Variant Students	Midway
<hr/>		
5:30 – 6:20 Best Practice Sessions #9 – 12		
(C) BP9	Psychodynamics of Difference: Clinical Application Racial Identity Theory and Cultural Transferences	Grand Ballroom A
BP10	A CAPS Psychologist in Primary Care: Focal Integration without Assimilation	Logan
(C) (I) (U) (P)		
(U)(C) BP11	Working with AB540 and Undocumented Students	LaGuardia
(C) BP12	Ensuring #BlackLivesMatter	Midway
<hr/>		
6:30 – 7:30	Networking Reception & Open Mic Mix, mingle, and make dinner plans with new friends over appetizers and a no-host bar. We will close the evening with an open mic and drawing for raffle prizes.	Outdoor Terrace
<hr/>		
7:30	Dinner (on your own – see recommendations on pg. 17)	

AGENDA – TUESDAY SEPTEMBER 1, 2015

7:00 – 7:30	Mindfulness Meditation Start your day off right with a morning meditation facilitated by Don Maurer, MD	Kennedy
7:00 – 7:50	Breakfast	Grand Ballroom B/C
8:00 – 8:50	Best Practice Sessions #13 - 16	
(T) BP13	Upgrading to Point & Click, version 12.8: Diagnostic Coding Changes & A Preview of New EHR Functions	Grand Ballroom A
(C) BP14	Supporting Middle Eastern Students	Logan
(C) BP15	The Self-Compassionate Student: Building Community as We Build Resilience and Self-Respect	LaGuardia
(P) BP16	Reducing Barriers to Care: The Use of Satellite Clinics with Specific Student Populations	Midway
9:00 – 10:15	Vendor Showcase Visit up to 4 vendors during this round robin style showcase as exhibitors demo the latest mental health technologies.	
9:00 – 9:15	TAO	Grand Ballroom A
	Castlight	Logan
	SilverCloud	LaGuardia
	Neumitra	Midway
9:20 – 9:35	TAO	Grand Ballroom A
	Castlight	Logan
	SilverCloud	LaGuardia
	Neumitra	Midway
9:40 – 9:55	The Haven	Grand Ballroom A
	WellTrack	Logan
	SilverCloud	LaGuardia
	Neumitra	Midway
10:00 – 10:15	The Haven	Grand Ballroom A
	WellTrack	Logan
	SilverCloud	LaGuardia
	Neumitra	Midway
10:15 – 10:25	Break (coffee & tea) Take a moment to relax with coffee or tea, try a wellness activity, or work on your roulette wheel.	Grand Ballroom Foyer

AGENDA– TUESDAY SEPTEMBER 1, 2015

10:25 – 11:25	Roundtable Sessions #11 – 15 (repeated at 11:35)	
R11	The Pressures of Being a CAPS Counselor in 2015	Grand Ballroom B/C
R12	Changes and More Changes: A Time to Process	Grand Ballroom A
R13	Understanding the Challenges of Executive Leadership	Grand Ballroom D
R14	Training & Supervision	O'Hare
R15	All About Crisis Services and Triage	Kennedy
11:35 – 12:35	Roundtable Sessions #11 – 15 (repeated)	
R11	The Pressures of Being a CAPS Counselor in 2015	Grand Ballroom B/C
R12	Changes and More Changes: A Time to Process	Grand Ballroom A
R13	Understanding the Challenges of Executive Leadership	Grand Ballroom D
R14	Training & Supervision	O'Hare
R15	All About Crisis Services and Triage	Kennedy
12:40 – 1:00	15 Minute Zumba Work up an appetite with a mid-day workout with certified Zumba instructor, Jessica Ortega, PhD	Grand Ballroom D
12:40 – 1:40	Lunch	Grand Ballroom B/C
1:45 – 2:35	Best Practice Sessions #17 – 20	
(I) (U) (C) BP17	The Community Advising Network: A Collaborative Model for Addressing the Mental Health Needs of Diverse Students	Grand Ballroom A
(T) (C) BP18	Applying a Social Justice Agenda to University Counseling Centers - UCI's Goals In Action Program	Logan
(I) BP19	A System of Care Model in the Treatment of Chinese International Students: A Case Example	LaGuardia
(C) BP20	Effective culturally responsive interventions for underserved student populations	Midway

AGENDA – TUESDAY SEPTEMBER 1, 2015

2:45 – 3:35

Best Practice Sessions #21 – 24

- | | | | |
|-------------|------|---|------------------|
| (C) | BP21 | College Success Strategies: Workshops to help underrepresented student retention | Grand Ballroom A |
| (T) (C) (P) | BP22 | Computer-Administered ADHD Testing: Efficient Diagnostic Validity | Logan |
| (P) | BP23 | Mindfulness for Daily Living: a group to help students cope with the problems of living | LaGuardia |
| (C) | BP24 | Step-Up against Microaggression | Midway |

3:45 – 5:00

Community Forum & Closing Remarks

Grand Ballroom B/C

Taisha Caldwell-Harvey

Mental Health Program Manager
UC Office of the President

Jeanne Stanford

CAPS Director
UC Santa Barbara

Enjoy light refreshments as we debrief, discuss next steps, and hear parting thoughts. Make sure to complete the conference evaluation and turn in your roulette wheel to have a chance at one of the grand prizes in the final raffle.

ROUNDTABLE DESCRIPTIONS

Roundtable Sessions #1 – 5 (Monday 8/31; 12:50pm)

R1 A Discussion for Bilingual Therapists

Facilitator: Yuli Liu, PhD (UCI) & Diana Chan, PsyD (UCI)

This roundtable discussion is intended for bilingual therapists to provide a space to discuss the role of language in client-therapist interactions, training and supervision needs, and translation issues. In addition, this roundtable discussion encourages the sharing of resources and best practices in providing services to students. Small breakout groups within this roundtable will allow for more targeted discussions by language. Attendees are encouraged to bring relevant materials to share with others.

R2 A Gathering of Psychiatrists & Nurse Practitioners

Facilitator: Todd Mitchell, MD (UCB)

Psychiatrists & Psychiatric Nurse Practitioners play a unique role in UC's student healthcare system. This roundtable will provide an opportunity for psychiatric clinicians from all campuses to meet, discuss similarities in our work, and explore differences in experience from campus to campus.

R3 Trainees: A Gathering for Doctoral Interns and Postdoctoral Fellows

Facilitator: Jasmine Tilghman, PhD (UCSD)

This roundtable session will provide an opportunity for all UC trainees to meet others in training across the UC system. As they consider and discuss next steps in their professional development, attendees will also learn about similarities and differences between the campuses in terms of clinical populations, training experiences and campus climate issues. This is an opportunity to establish connections, share ideas and resources for the training year, and draw support from each other.

R4 We Love Peer Programs

Facilitator: Tanya Brown, PhD (UCLA)

Peer Education, Peer mentoring, Health Advocates, Student Ambassadors, etc. Regardless of the name, peers provide a valuable contribution to support CAPS outreach and psychoeducational efforts. Data from the Jed Foundation suggests that over 75% of students would turn to friends if they were struggling while only 20% of students say they would seek help at their counseling center. Many of us depend on this peer to peer contact to reach out to students, connect, and deliver services. This roundtable will provide an opportunity for those engaged in peer to peer programming to meet and share experiences, interventions, and programming, including successes, challenges, and lessons learned.

R5 Case Management

Facilitator: Kanwarjit Pahwa, MA, MPhil (UCI)

Connecting clients to appropriate on-campus and community resources is an important part of quality patient care. This roundtable discussion provides an opportunity for CAPS staff to share their experiences, challenges, and ideas for providing case management services to meet the diverse and complex needs of our students.

ROUNDTABLE DESCRIPTIONS

Roundtable Sessions #6 – 10 (Monday 8/31; 2:00pm)

R6 Outreach Programs & Coordination

Facilitator: Michelle Burt, PhD (UCD)

Various outreach programs exist across the UC CAPS. This roundtable will invite discussion on various outreach programs and coordination that exist in the different centers. Particular attention will be placed on inventive outreach programming, addressing roadblocks to providing outreach, coordinating with campus partners, addressing diverse populations, integrating mental health and wellness information, and successful outreach efforts.

R7 Group Coordination

Facilitator: Colby Moss, LCSW (UCLA)

Group counseling is often an effective way to support student mental health and wellness. CAPS clinicians can discuss effective group services and coordination of groups on various campuses. Topics can include: types of group therapy(s) offered, referral process, screening, “group dread,” innovative group therapy programs, obstacles and training, addressing diverse populations, boundary setting, and more.

R8 Higher Education Collaboration

Facilitator: Sheetal Shah, PhD (UCD)

As we are constantly challenged to do more with less, collaboration becomes more and more of a requirement. This roundtable will provide a space for clinicians to discuss challenges and successes collaborating across campuses, systems, and with community agencies. Discuss ways in which various counseling centers engage in collaboration to foster connections to promote mental health and wellness.

R9 Counseling & Psychiatry: Integration & Collaboration

Facilitator: Todd Mitchell, MD (UCB)

Psychiatric Clinicians & Counselors share responsibility for addressing students' mental healthcare needs, but can be divided by different perspectives and clinical approaches. This roundtable provides an opportunity for clinicians from different disciplines to meet and explore issues that encourage or obstruct effective collaboration and integration as we work towards improving clinical services for UC student-patients.

R10 A Discussion on Learning Disability Assessment

Facilitator: Diana Chan, PsyD (UCI)

This roundtable is for clinicians who provide (or are interested in providing) learning disability assessment to discuss best practices and challenges. Topics for discussion include battery selection, assessment documentation, efficiency in the assessment process, and resources. The goal of the roundtable is to begin creating a consultation network for psychologists who provide learning disability assessment in the UC system. Attendees are encouraged to bring relevant materials to share with others.

ROUNDTABLE DESCRIPTIONS

Roundtable Sessions #11 – 15 (Tuesday 9/1; 10:25 AND 11:35)

R11 The Pressures of Being a CAPS Counselor in 2015

Facilitator (10:25): Maryjan Murphy, PhD (UCSC)

Facilitator (11:35): Jodi Mulder, LCSW (UCSC)

We are in the middle of a National mental health crisis and UC has not been immune to the constant growing demand for services, the increasing complexity of services, and the pressures caused by the struggle to manage the influx. In this roundtable, participants can share concerns, compare strategies for staying afloat, discuss effective models of self-care, and identify best practices in moving forward.

R12 Changes and More Changes: A Time to Process

Facilitator (10:25): Aaron Cohen, PhD (UCB)

Facilitator (11:35): Mary Pat Kelly, PhD (UCI)

This round-table will allow CAPS staff members to discuss recent system wide changes in areas such as privileging/credentialing, PNC workflows, and diagnostic coding practices. Participants will explore the impact of these changes on individual clinicians and how they provide student care. CAPS staff will consider how the impact of these changes vary from campus-to-campus and potentially begin identifying best uses of structures that have been put in play system wide.

R13 Understanding the challenges of Executive Leadership

Facilitator (10:25 & 11:35): Gary Dunn, Ph.D. (UCSC)

Facilitated by current CAPS Directors, this roundtable will engage participants in a discussion of the challenges faced by CAPS leadership. Participants will gain a greater insight into influences on the decision making processes, have an opportunity to ask questions, and explore the politics of managing a counseling center. Participants who aspire to a leadership role can also benefit by learning more about the pathways to leadership and the skill set needed to be a successful leader.

R14 Training and Supervision

Facilitator (10:25): Tanya Brown, PhD (UCLA)

Facilitator (11:35): Frances Diaz, PsyD (UCI)

This roundtable session is for all staff involved (or interested in being involved) in training and supervision. Attendees will share seminars and other academic curricula; supervision best practices and challenges; models of supervision; evaluation methods; recruitment; and providing professional development/training for new and returning supervisors.

R15 All About Crisis Services and Triage

Facilitator (10:25): Ana Ribas, PhD (UCLA)

Facilitator (11:35): Laura Alie, PsyD (UCB)

In this roundtable, participants will discuss the various structures of urgent care/triage services in our Counseling Centers; explore the needs of students accessing urgent care/triage services; share best practices utilized to support student needs; discuss the needs of the provider when serving as the urgent care/triage therapist; and identify solutions to addressing common challenges that arise.

BEST PRACTICE SESSIONS

Best Practice Sessions # 1 – 4 (Monday 8/31; 3:10pm)

BP1 Taming Your SM Inbox: Using Automation to Streamline Secure Message Management

Todd Mitchell, MD (UCB)

Chief of Psychiatry

Moving beyond traditional "real-time" communication options, advancements in electronic medical recordkeeping and electronic communication give patients ever-increasing degrees of access to their providers. The need for containment, triage, and curation of "any-time" electronic patient communications must be considered. A carefully-designed, automated secure messaging portal is presented w/ demo.

BP2 Counseling Dreamers: Clinical Considerations & Best Practices when working with Undocumented Students

Diana Peña, PhD (UCB)

Licensed Psychologist, Wellness Coordinator
for Undocumented Student Program

Veronica Orozco, PhD (UCB)

Licensed Psychologist

Based on clinical work and allyship at UC Berkeley, presenters discuss clinical intervention considerations, best practices in health record documentation, feedback about mental health access from undocumented students, and campus integration of services. A brief overview of research on psychological risk and resilience factors for undocumented students is also provided.

BP3 Eating Disorder Treatment at UCLA CAPS: An Integrated Model of Care

Melinda Kirschner, PhD (UCLA)

Athletics Program Coordinator; Eating
Disorder Lead Psychologist

Hope Levin, PhD (UCLA)

Staff Psychiatrist; Eating Disorder Treatment Team

Drs. Levin and Kirschner will present the UCLA CAPS Eating Disorder Program, highlighting elements of services offered highlighting a multidisciplinary approach. We will discuss use of consultation team, campus partnerships, and treatment guidelines. We will address challenges treating eating disorders on a college campus and barriers to helping students access higher levels of care.

BP4 A 4-hour athletic team training: Microaggressions, derailment, privilege, and motivating change

Rhonda Hackshaw, PhD (UCSD)

Senior Staff Psychologist

Christina Lambert, PhD (UCSD)

Senior Staff Psychologist

Creating an inclusive climate is vital to creating team success within athletics departments; however, many departments do not have the awareness, knowledge or skills to optimally create inclusive communities. This workshop introduces UCSD CAPS' innovative, successful, athletic team pilot program on intent vs. impact, microaggressions, derailment, privilege, oppression, and stages of change.

BEST PRACTICE SESSIONS

Best Practice Sessions #5 – 8 (Monday 8/31; 4:30pm)

BP5 Clinical Tools For Cultural Proficiency: Narrowing The Gap Between Aspiration And Actualization

Thomas Parham, PhD (UCI)

Vice Chancellor Student Affairs

The presenter will discuss the fundamental difference between demographic characteristics and cultural competence, explore different cultural worldviews that run contrary to the traditional theoretical orientations clinicians are trained on, and share perspectives on different techniques that can be utilized to intervene with culturally diverse populations.

BP6 International & Multicultural programming for students & staff: Current Initiatives at UC Berkeley

Paula K. Jung, MA (UCB)

Career Counseling Library Manager

Jung Yi, PsyD (UCB)

Staff Psychologist

Shuangmei (Christine) Zhou, PhD (UCB)

Staff Psychologist

This panel presentation provides an overview of international initiatives at UC Berkeley Counseling and Psychological Services. Practices and programming to increase multicultural competence and promote understanding of mental health challenges and counseling for students and staff on campus and internationally will be discussed. Counseling Center staff are encouraged to attend.

BP7 Using Program Evaluations to Improve Group Treatment and Workshop Presentations

Tiffany O'Meara, PhD (UCSD)

Counseling Psychologist

Samuel Park, PhD (UCSD)

Psychologist and Director of Research & Information Systems

UCSD's "Summer Bridge" Program is designed to help "bridge" underrepresented students from high school to a major University, and improve student retention. As part of this program, CAPS has created a 4 session workshop entitled "College Success Strategies," which helps provide them with skills needed to prepare them for success in both the University and in life.

BP8 Culturally Sensitive Approaches with Gender Variant Students

Carolyn O'Keefe, PsyD (UCI)

Senior Staff Psychologist

Gender-variant students are at increased risk for discrimination, marginalization, harassment, violence, and rejection. This can lead to a variety of psychological sequelae as well as risk for academic problems. This session will review the suggested competencies for work with gender variant clients, possible issues faced by these students, and recommended assessment and treatment interventions.

BEST PRACTICE SESSIONS

Best Practice Sessions #9 – 12 (Monday 8/31; 5:30pm)

BP9 Psychodynamics of Difference: Clinical Application Racial Identity Theory and Cultural Transferences

Todd Mitchell, MD (UCB)
Chief of Psychiatry

Whenever there is the appearance of cultural similarity or difference in a therapeutic dyad, potentially useful (or obstructive) psychodynamic forces are at play. The forces can be overt, but like most psychodynamic phenomena are more often deep, subtle, and powerful. This presentation provides a psychodynamic perspective on cross-cultural clinical phenomena that can impact therapeutic efforts.

BP10 A CAPS Psychologist in Primary Care: Focal Integration without Assimilation

Dorje Jennette, PsyD (UCSC)
Associate Director for Clinical Services

Melody Fo, PsyD (UCSC)
Senior Staff Psychologist, Behavioral
Health Consultant

Locating a CAPS psychologist within primary care is a win-win opportunity, regardless of the existing degree of medical and counseling service integration. Accessibility for underserved students can be enhanced and collaborative care can be focused, sidestepping “culture clash” issues. Session attendees will learn to move from proposing to implementing a psychologist position within primary care.

BP11 Working with AB540 and Undocumented Students

Roxana Reyes, MFT (UCD)
CAN Counselor

Luisa Ladd, PsyD (UCD)
Postdoctoral Resident

Natacha Foo Kune, PhD (UCD)
Director of Training

Presenters, many of whom are partnered with the Undocumented Student Center on campus, will discuss best practices essential to working with undocumented students regarding mental health, advocacy, access, intersecting identities, and allyship. The presenters will also discuss barriers to engaging with this community, including relationship building, ethical considerations, and campus partnerships

BP12 Ensuring #BlackLivesMatter

Milo Dodson, PhD (UCI)
Post-Doctoral Fellow

Media outlets do not consistently address mental health with an accurate and informed lens, which subsequently strengthens the stigma around mental health. Subsequently, stigma is uniquely exacerbated in the Black community. This multimedia presentation will explore social justice advocacy through stigma reduction, as well as the #BlackLivesMatter movement.

BEST PRACTICE SESSIONS

Best Practice Sessions #13 – 16 (Tuesday 9/1; 8:00am)

BP13 **Upgrading to Point & Click, version 12.8: Diagnostic Coding Changes & A Preview of New EHR Functions**

Todd Mitchell, MD (UCB)

Chief of Psychiatry

The latest Point&Click upgrade, version 12.8, is due for roll-out in Fall 2015, and there are several new features of interest to clinicians. Text messaging and file upload (to secure messages) functions are now available. The upgrade will also comply with the mandatory October transition to the ICD-10 diagnostic coding format. This presentation will profile these changes for clinicians.

BP14 **The Self-Compassionate Student: Building Community as We Build Resilience and Self-Respect**

Amy Honigman, PhD (UCB)

Senior Staff Clinical Psychologist

College is meant to inspire learning and build relationships. Students often feel more alienated as they become stressed. Learning self-compassion can lead to greater appreciation of community, empathy towards self/others and enhanced motivation. In this session mental health providers will review current research along with best practices and skill building to enhance compassion & resiliency.

BP15 **Supporting Middle Eastern Students**

Negar Shekarabi, PsyD (UCI)

Senior Staff Psychologist

Tina Auon (UCR)

Director, Middle Eastern Student Center

This workshop enhances participant's knowledge about working with ME students & attending to their needs in a counseling setting and on campus. Participants gain understanding of how identity development processes, oppression, international affairs, stereotyping, and/or minority stress impact ME students & understand & explore how the intersections of multiple identities can impact ME students.

BP16 **Reducing Barriers to Care: The Use of Satellite Clinics with Specific Student Populations**

Amanda di Bartolomeo, PhD (UCLA)

Staff Psychologist

Melinda Kirschner, PhD (UCLA)

Athletics Program Coordinator;

Eating Disorder Lead Psychologist

Drs. di Bartolomeo and Kirschner present the rationale for establishing satellite clinics with student populations who traditionally under-utilize campus mental health services but typically present with greater need for these services. Satellite clinics for LGBT students and student athletes are specifically discussed, including how to address barriers to establishing these clinics.

BEST PRACTICE SESSIONS

Best Practice Sessions #17 - 20 (Tuesday 9/1; 1:45pm)

BP17 **The Community Advising Network: A Collaborative Model for Addressing the Mental Health Needs of Diverse Students**

Sheetal Shah, PhD (UCD)
CAN Counselor

Tatum Phan, PhD (UCD)
CAN Counselor

Roxana Reyes, MS, MFT (UCD)
CAN Counselor

Romana Norton, PhD (UCD)
CAN Counselor

The Community Advising Network (CAN) is a program at UC Davis's Counseling Services, geared towards reducing stigma related mental health and increasing student access to mental health services, especially students from underrepresented and marginalized communities. Presenters will discuss the impact of this program in reducing stigma, increasing access to services, and addressing cultural competency.

BP18 **Applying a Social Justice Agenda to University Counseling Centers - UCI's Goals In Action Program**

Rodolfo Victoria, PhD (UCI)
Senior Staff Psychologist, Research Coordinator

Jeanne Manese, PhD (UCI)
CAPS Director

Frances Diaz, PsyD (UCI)
Training Director / Associate Director

Jonathan Flojo, PhD (UCI)
Senior Staff Psychologist

University Counseling Centers are increasingly having to balance the demands of providing direct one-on-one clinical services while also answering the call to be agents for social justice. The current presentation will highlight the Goals In Action program as an exemplar of programmatic efforts that attempt to meet these demands. Broader dialogue of this topic will also be invited.

BP19 **A system of care model in the treatment of Chinese International Students: A Case Example**

Yujuan Choy, MD (UCI)
Chief Psychiatrist

Zer Alon, PsyD (UCI)
Senior Staff Psychologist

Chinese international students face unique challenges that impact their mental health. A treatment model and best practices in working with this population by counseling psychologists & psychiatrists is proposed. A case example is used to illustrate effective, collaborative and culturally-sensitive interventions, taking into consideration the individual, organizational and system levels of care.

BP20 **Effective culturally responsive interventions for underserved student populations**

Negar Shekarabi, PsyD (UCI)
Senior Staff Psychologist

Milo Dodson, PhD (UCI)
Post-Doctoral Fellow

Jessica Ortega, PhD (UCI)
Senior Staff Psychologist

Carolyn O'Keefe, PsyD (UCI)
Senior Staff Psychologist

Students of minority cultural backgrounds, undocumented students, first generation college students, international students, and LGBTQ students tend to under-utilize mental health services due to strong treatment barriers and stigma of mental illness. We highlight examples effective interventions through active outreach and programming to promote mental health in these vulnerable students groups.

BEST PRACTICE SESSIONS

Best Practice Sessions #21- 24 (Tuesday 9/1; 2:45pm)

BP21 Mindfulness for Daily Living: a group to help students cope with the problems of living

Elise Curry, PsyD (UCSD)

Clinical Psychologist

The presenter will describe a drop-in group for students called "Mindfulness for Daily Living." The format is a 90 minute group which continues for 8 weeks. Each week covers a different mindfulness topic. These topics include: Mindfulness and the brain, Present Moment, Mindful Self-Compassion, Attachment causes suffering, Impermanence, Patient acceptance, Change your view, and No fixed self.

BP22 College Success Strategies: Workshops to help underrepresented student retention

Tiffany O'Meara, PhD (UCSD)

Counseling Psychologist

Cathy Thompson, PhD (UCSD)

Counseling Psychologist

UCSD's "Summer Bridge" Program is designed to help "bridge" underrepresented students from high school to a major University, and improve student retention. As part of this program, CAPS has created a 4 session workshop entitled "College Success Strategies," which helps provide them with skills needed to prepare them for success in both the University and in life.

BP23 Computer-Administered ADHD Testing: Efficient Diagnostic Validity

Dorje Jennette, PsyD (UCSC)

Associate Director for Clinical Services

Disparities in ADHD diagnosis and treatment exist across multiple cultural identities. Without draining limited clinical resources, computer-administered testing can help to reduce biases. This presentation describes an efficient testing program that informs the diagnostic process. The presenter launched the program at UC Davis and developed it further at UC Santa Cruz.

BP24 Step-Up against Microaggression

Kanwarjit Pahwa, PhD (UCI)

Postdoctoral Fellow

The presenter will engage the audience in a discussion on, "Step-Up against micro-aggression," a training program to raise awareness about micro-aggression and helping behavior. The training can be applied to the general public or professionals in the field of psychology.

ACKNOWLEDGEMENTS

System wide student mental health efforts are directed by the ***Student Mental Health Oversight Committee (SMHOC)***, which is currently chaired by Thomas Parham, Ph.D. Vice Chancellor of Student Affairs, UC Irvine. This conference was made possible with their support and with funding from the *California Mental Health Services Authority* (CalMHSA) through proposition 63.

STUDENT MENTAL HEALTH OVERSIGHT COMMITTEE MEMBERS 2015

Thomas A. Parham (Chair)

Vice Chancellor Student Affairs
UC Irvine

Claudia Covello

Executive Director, University
Health Services
UC Berkeley

Todd Mitchell

Chief of Psychiatry
UC Berkeley

Michelle Famula

Executive Director, Health and
Counseling Services
UC Davis

Janina Montero

Vice Chancellor Student Affairs
UC Los Angeles

Elizabeth Gong-Guy

Executive Director, Campus
and Student Resilience
Associate Clinical Professor,
Department of Psychology
UC Los Angeles

Fuji Collins

Assistant Vice Chancellor,
Health & Wellness
UC Merced

Susan Allen Ortega

Assistant Vice Chancellor/
Dean of Students
UC Riverside

Karen Calfas

Executive Director, Student
Health & Well-being
UC San Diego

Susan Rosen

Executive Director of Student
Health and Counseling Services
UC San Francisco

Larry D. Lariosa

Director, UCSF LGBT Resource
Center/Diversity Manager
UC San Francisco

Jeanne Stanford

Director, Counseling and
Psychological Services
UC Santa Barbara

Alma Sifuentes

Associate Vice Chancellor/
Dean of Students
UC Santa Cruz

Gary Dunn

Director, Counseling and
Psychological Services
UC Santa Cruz

Stella Ng

Undergraduate student rep
UC San Diego

Sonali Madireddi

Graduate Student rep
UC Irvine

Jerlena Griffin-Desta

Deputy VP Student Affairs/
Executive Director Student
Services
UC Office of the President

Judy K. Sakaki (Ex Officio)

Vice President Student Affairs
UC Office of the President

Taisha Caldwell (Staff)

Mental Health Program Manager
UC Office of the President



SPECIAL RECOGNITION

We would like to acknowledge the conference planning committee and the UC senior event planners for devoting their time and ideas in planning this special two-day gathering.

2015 CONFERENCE PLANNING COMMITTEE

Taisha Caldwell-Harvey (Chair)
UC Office of the President

Aaron Cohen
UC Berkeley

Gary Dunn
UC Santa Cruz

Dianna Gonzalez
UC Irvine

Catherine Hsieh
UC Irvine

Reina Juarez
UC San Diego

Peter Kassel
UC Los Angeles

Todd Mitchell
UC Berkeley

Sheetal Shah
UC Davis

Negar Shekarabi
UC Irvine

**UC Office of the President
Senior Event Planners**
Berni Fitzsimmons
Barbara Heilmann
Paul Lechner



WHAT'S FOR DINNER?

Staying in...

Daily Grill Restaurant & Bar

The Daily Grill features an all-American menu

(see page 30 for a special dinner invitation from one of our sponsors)



Venturing out...

The Manhattan Trolley/Ocean Express runs every half hour from the hotel to Manhattan Beach and the Marina where there are several nice restaurants. Check with the Hotel Concierge for tickets or for a host of other dinner recommendation.

East Manhattan Beach Area 10-15 minutes away....

- | | | |
|-----------------|--------------------|-------------------|
| • Il Fornaio | 1800 Rosecrans Ave | (Italian) |
| • McCormicks | 2101 Rosecrans Ave | (Seafood) |
| • Fleming's | 2301 Rosecrans Ave | (Steak) |
| • Cozymel's | 2171 Rosecrans Ave | (Mexican) |
| • Houston's | 1550 Rosecrans Ave | (Steak) |
| • P.F. Chang's | 2041 Rosecrans Ave | (Chinese) |
| • Paul Martin's | 2361 Rosecrans Ave | (American Bistro) |

Manhattan Mall Area 10-15 minutes away....

- | | | |
|---------------------|------------------------|--------------------------------|
| • China Grill | 3282 N Sepulveda Blvd. | (Pan-Asian Fusion) |
| • CP Kitchen | 3280 N Sepulveda Blvd | (Italian) |
| • Thai Dishes | 1015 N Sepulveda Blvd. | (Thai) |
| • Salt Creek Grille | 2015 E Park Place. | (Grill, Seafood & Jazz Lounge) |

Thank You Sponsors!

In addition to support from UC Office of the President Student Affairs and our invited vendors, funding for this conference was provided by the voter approved Mental Health Services Act (Prop. 63). It is one of several Prevention and Early Intervention Initiatives implemented by the California Mental Health Services Authority (CalMHSA), an organization of California counties working to improve mental health outcomes for individuals, families and communities. For more information, visit www.calmhsa.org



EACH
MIND
MATTERS

California's Mental
Health Movement



TAO

Therapist Assisted Online



WellTrack

Start Feeling Better Today

castlight[™]
HEALTH

Cure Healthcare. Build Business.



SilverCloud

MAKING SPACE FOR HEALTHY MINDS

*We cordially invite all Staff to our hosted dinner on
Monday evening at 7pm at the Daily Grill.*

*Over a lively round table discussion we will explore how
worn computers could help us all understand how stress
and sleep affect your students, staff, and universities.
What questions would you answer if you knew how you
and your students felt every minute of every day?*

*Please RSVP to our founder, Robert Goldberg, after one
of his talks or by email to rob@neumitra.com.*

Dinner will be limited to the first 20 participants.



We Believe Each Mind Matters

**Mental Health
Awareness Week**

October 11–17, 2015

EachMindMatters.org



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).



@EachMindMatters



/EachMindMatters



@EachMindMatters

Start Feeling Better Today

WellTrack® provides online therapy for stress, anxiety and depression and can be used as a self help tool or in conjunction with therapy.



WellTrack

WellTrack® is a tool to improve student mental health. To learn more about WellTrack® visit mywelltrack.com, email hello@mywelltrack.com or call 506 474 2811.



TAO

Therapist Assisted Online

An innovative platform of therapist tools to deliver effective mental health treatments

Allows Greater Access
Highly Effective
Increases Engagement
Better Retention
Completion Rate = F2F
Multi-Use Tools & Modules

TAOconnect.org

844.438.8262 ext.702



The Haven at College is popping!



A national fraternity of recovery communities popping up at universities across the U.S.

The Haven at College™ offers year-round recovery support services, along with recreational and social activities for students who are committed to their education and recovery lifestyle. Our residential communities are peer led by live-in student Community Leaders under the direction of a dedicated, clinical Recovery Coach.



Haven residents live and grow together in beautifully furnished homes and apartments close to campus, with same-sex roommates who support each other's recovery while forming lasting friendships. We welcome all college students to our recovery meetings, social events, and group activities throughout the year.

For more information: Tel 310 822 1234 Email info@thehavenatcollege.com
Current Locations: Drexel University, Santa Barbara, University of Redlands,
University of San Francisco, University of Southern California
thehavenatcollege.com



Cure Healthcare. Build Business.

Castlight Elevate improves lives by transforming access to behavioral healthcare. Our technology-based solution supports early identification of individuals in need of behavioral healthcare, and enables them to access resources, make educated treatment choices, and commence care all from a personalized, confidential platform available via mobile or desktop.

Visit the Castlight booth for your chance to win a beach essential giveaway:





SilverCloud

WILEY

STUDENT SUCCESS & RETENTION

NOW HAS A

GOLD STANDARD IN BEHAVIORAL HEALTH

WILEY
content

LEADING
US clinicians

SILVERCLOUD
technology

The online solution for
Anxiety, Stress, Depression



www.SilverCloudHealth.com

SAVE THE DATE

November 6-8, 2015 | Santa Barbara, CA

4th Annual California Unified Collegiate Recovery Conference



RIDING THE WAVE

Hosted by Gauchos for Recovery and the Alcohol and Drug Program at UC Santa Barbara
facebook.com/gauchosforrecovery | alcohol.sa.ucsb.edu/CUCRC2015

Each Mind Matters
presents

The 2015 Directing Change Student Film Contest



2016 Contest
Coming soon!

TAKE ACTION BY CREATING 60-SECOND FILMS TO **END THE SILENCE** ABOUT MENTAL ILLNESS AND PREVENT SUICIDE. **THE WINNING** STUDENT ADVOCATES WILL WIN CASH PRIZES AND GET TO PARTICIPATE IN A MEETING WITH **STATE LEGISLATORS** ON THESE TOPICS AND ATTEND THE **AWARD CEREMONY** IN SACRAMENTO. ALL SCHOOLS THAT PARTICIPATE QUALIFY FOR **PREVENTION AND EDUCATIONAL PROGRAMS**.

SUBMISSIONS ARE DUE FEBRUARY 16, 2015.



VISIT www.DirectingChange.org

FOR CONTEST RULES AND EDUCATIONAL RESOURCES FOR STUDENTS AND SCHOOLS.



IRMI California

UNIVERSITY
OF
CALIFORNIA

KNOW
THE
SIGNS
Source: NAMI California



To keep up with the latest updates, follow
Directing Change CA on Facebook

EVERYBODY
IS
MAKING IT
UP AS
THEY GO
ALONG

EACH MIND MATTERS

Don't let anyone
tell you
BE YOU

YOU ARE NOT
YOU ARE YOU

Thank You

MAKE PLANS.
MAKE CHANGES.
DON'T JUST
MAKE DO.

LIFE ISN'T ABOUT
FINDING THE RIGHT ANSWERS.
IT'S ABOUT
ASKING THE RIGHT
QUESTIONS

YOU HAVE EVERYTHING
TO ASK FOR HOLY

CHANGE YOUR
MENTALITY
BECAUSE YOU CAN
IMPROVE BEAUTY

EVERYBODY'S GOT PROBLEMS.
YOU ARE NOT ALONE.
TALK IT OUT AT
REACHOUTHERE.COM
or text 'reachout' to 877-877
Monday and Tuesday 4-8 p.m.

YOU
MATTER

It's okay
if you're
not okay

YOU'VE
GOTTA BE
POSITIVE

BE YOUR
BIGGEST
FAN

EXPECT
NOTHING
NOTICE
EVERYTHING

LET GO OF
THE PAST
SMOOT
TOWARD
THE FUTURE....

It's okay
to be better.

REMEMBER
A
CREATOR
IN
D
SAYS

ASK YOURSELF
AM I WHO
I WANT TO BE

REAL
FRIENDS
CHARGE
YOU UP

IT'S OKAY
TO CARE

You have the power
to make
EVERYTHING
beautiful

Be Grateful

EACH
MIND
MATTERS
California's Mental Health
Matters

Be Grateful

EACH
MIND
MATTERS
California's Mental Health
Matters

CAIMHSA
California's Mental Health
Matters
California's Mental Health
Matters

Images are courtesy of the state-approved mental health services and programs.

NOTES:

NOTES:

THE UNIVERSITY OF CALIFORNIA PRESENTS...

Bringing Us All Together

COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)
ALL STAFF CONFERENCE 2015

