

THE UNIVERSITY OF CALIFORNIA PRESENTS...

---

# STRONGER TOGETHER: CALIFORNIA COLLEGES & UNIVERSITIES UNITED FOR STUDENT MENTAL HEALTH

SEPTEMBER 8TH & 9TH 2014  
LOS ANGELES, CA



*"I pledge to make changes in my everyday speech, and to be more open and sensitive to the needs and situations that others have. I pledge to not treat mental illness as a scarlet letter and instead to treat it as any other illness or disorder. I pledge to be a role model of this to the people around me."*

This Each Mind Matters Pledge was made by Jami M.

## OVERVIEW

WELCOME & GREETINGS .....	4
ACKNOWLEDGEMENTS .....	6
PARTICIPATING CAMPUSES .....	7
WELLNESS ACTIVITIES .....	8
LOGISTICS .....	9
SCHEDULE AT A GLANCE .....	10
KEYNOTE SPEAKER .....	14
FEATURED ROUNDTABLES .....	16
ROUNDTABLE SESSIONS .....	16
PROGRAM SESSIONS .....	20
POSTERS .....	26
SPONSORS .....	29
UPCOMING EVENTS .....	32
NOTES .....	34



# WELCOME

September 8, 2014



On behalf of the University of California and the Division of Student Affairs, we want to welcome you to *Stronger Together: California Colleges and Universities United for Student Mental Health*, the 2014 UC Student Mental Health Best Practice Conference. This conference marks the culmination of our three-year Student Mental Health Initiative (SMHI) grant and partnership with CalMHSA, which has been the catalyst for

many positive changes with respect to critical care, training, suicide prevention, stigma reduction, and early intervention programming. At UC specifically, we are fulfilling the mandate the University of California's Board of Regents and the Student Mental Health Committee gave us in 2006 with their Final Report, which provided a three-tier model to address the rapidly increasing need for mental health services on our campuses in an environment of starkly diminishing resources.

Despite the ongoing challenges, we have witnessed and participated in many exciting new strategies and initiatives, including the launch of an anonymous online stress and depression screening tool, UC's first-ever Collegiate Recovery Retreat, UC student participation in Directing Change, the student video PSA contest, the intersegmental 2013 Student Mental Health Summit, and all of our campus-based programs and partnerships. The promise of these innovations energizes us for the work ahead and guides our way to cultivating even healthier learning environments.

We want to extend a special welcome to our colleagues from The California State University and the California Community Colleges, with whom we have forged a constructively engaged partnership in this endeavor. As the conference title suggests, we are truly stronger together, not only across our different campuses and institutions, but also as individuals working to meet increasingly complex student mental health needs. That is why your participation today is so important and so welcome. Your contributions to the conversations we will be having over the next two days are a vital part of this effort to assess and promote our most promising practices.

And we also offer a heartfelt thank you to the Student Mental Health Oversight Committee and the Student Mental Health Initiative team, including Jerlena Griffin-Desta, Taisha Caldwell, Sharon Cooper, and Alice Lei, as well as the Planning Committee for this event. Please be assured that all of your hard work has paid off, and that we are strongly invested in ensuring progress continues.

Yours very truly,

*Janet Napolitano*

President  
University of California

*Judy K. Sakaki*

Vice President - Student Affairs  
University of California

## GREETINGS



Greetings Colleagues,

Thank you for participating in this important forum. These two days are about much more than showcasing the promising practices that have been developed over the past three years; they are also about celebrating our collaborative spirit and motivating us to keep these relationships strong and productive. We have already had the opportunity to connect more intentionally with the California State

University and California Community Colleges, and hope this conference will extend those networks to include private colleges and universities, as well.

As you will see, there is a wide diversity of topics that will be covered, and many different panels and events, from incredible poster presentations to comprehensive roundtables and innovative program sessions. Our hope is that you immerse yourself fully in the conference and use these resources as a springboard for the next steps of your own work on student mental health issues.

We will continue to share our best practices on our student mental health website and hope you will consider joining the mailing list. [www.ucop.edu/student-mental-health-resources](http://www.ucop.edu/student-mental-health-resources)

As we all know, the demand for student mental health support and services remains high, despite the progress we are making. We want to personally commend you on the work you are doing and thank you for your generosity in sharing your experiences and expertise. Not only are we stronger together, but we are also better informed and supported in making our campuses stronger, smarter, and healthier for everyone.

*Jerlena Griffin-Desta*

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

*Taisha Caldwell*

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

*"I pledge to take my own mental health seriously, as much as the mental health of others. I pledge to take care of my mind, body and spirit so that I can be of service to others. I pledge to treat others with the same care that I give to myself and to offer others my support."*

This Each Mind Matters Pledge was made by Sarah A.

## ACKNOWLEDGEMENTS

**Special recognition** to our senior event planners, the conference planning committee, and the Student Mental Health Oversight Committee (SMHOC) for their hard work and dedication on this collaborative conference. Their work signifies that we are indeed, stronger together!

### CONFERENCE PLANNING COMMITTEE

**Taisha Caldwell (Chair)**  
UC Office of the President

**Johanna Canlapan**  
UC Los Angeles

**Alice Lei**  
UC Office of the President

**Ana Aguayo-Bryant**  
CSU Office of the Chancellor

**Sharon Cooper**  
UC Office of the President

**James Lyda**  
UC San Francisco

**Rosalyn Allina**  
UC San Diego

**Malakai Cote**  
UC Office of the President

**Janet Osimo**  
UC Santa Barbara

**Akirah Bradley**  
UC Berkeley

**Gary Dunn**  
UC Santa Cruz

**Betsy Sheldon**  
CCC Office of the Chancellor

**Marissa Burgoyne**  
UC Los Angeles

**Elizabeth Gong-Guy**  
UC Los Angeles

**UC Senior Event Planners** - Barbara Heilmann & Berni Fitzsimmons

### STUDENT MENTAL HEALTH OVERSIGHT COMMITTEE

**Thomas A. Parham (Chair)**  
Vice Chancellor Student Affairs  
UC Irvine

**Michael Young (Past Chair)**  
Vice Chancellor Student Affairs  
UC Santa Barbara

**Claudia Covello**  
Executive Director, University  
Health Services  
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, Counseling  
and Psychological Services  
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

**Larry D. Lariosa**  
Director, UCSF LGBT Resource  
Center/Diversity Manager  
UC San Francisco

**Alma Sifuentes**  
Associate Vice Chancellor/  
Dean of Students  
UC Santa Cruz

**Stella Ng**  
Undergraduate student rep  
UC San Diego

**Judy K. Sakaki (Ex Officio)**  
Vice President Student Affairs  
UC Office of the President

**Jerlena Griffin-Desta (Staff)**  
Deputy VP Student Affairs/  
Executive Director Student Services  
UC Office of the President

**Taisha Caldwell (Staff)**  
Mental Health Program Manager  
UC Office of the President

## STRONGER TOGETHER: PARTICIPATING HIGHER-ED CAMPUSES



Cal State Bakersfield  
Cal State East Bay  
Cal State Long Beach  
Cal State San Bernardino  
Cal State San Marcos  
California Lutheran University  
Cal Poly San Luis Obispo  
Cerritos College  
Citrus Community College  
City College of San Francisco  
Claremont University Consortium  
College of the Canyons  
Concordia University  
Crafton Hills College  
Cuyamaca College  
Fresno City College  
Golden Gate University  
Los Angeles Valley College  
MiraCosta College  
Moorpark College  
Mt. San Antonio College  
Norco College  
North OC Community College District  
Ohlone Community College  
Oxnard College  
Pepperdine University

Rio Hondo College  
Riverside City College  
San Diego State University  
San José State University  
Santa Ana College  
Santa Barbara City College  
Santa Monica College  
Santa Rosa Junior College  
Skyline College  
Stanford University  
UC Berkeley  
UC Davis  
UC Irvine  
UC Los Angeles  
UC Merced  
UC Riverside  
UC San Diego  
UC San Francisco  
UC Santa Barbara  
UC Santa Cruz  
University of San Diego  
Ventura College



## 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 this week by participating in some of our wellness activities.



**Yoga class offered each morning!**  
(no experience necessary)

Mind-Body Yoga  
Monday @ 7:30am in Westchester A/B

Body-Mind Yoga  
Tuesday @ 6:30am in Westchester A/B

### Raffle Prizes! fitbit

We will raffle off prizes throughout the conference and you have already been entered into the drawing! Simply be present at general sessions for a chance at a prize.

Want a Fitbit? Complete your *Passport To Wellness* for a chance at a grand prize, one of two Fitbits or a free nights stay at The Westin! Completed passports will be collected and winners chosen at the closing session. Must be present to win. Visit registration for your passport book.



### Chair Massage!

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

Massages offered Monday & Tuesday – all day



## LOGISTICS

### REPLICATION COSTS

Presenters were asked to describe the cost associated with replicating their best practice model. Next to each program description (starting on page 15) you will find this indicator. See key below:

Indicator		Description
\$	Free/Low Cost	The program could be replicated with minimal staff time and little or no funding
\$\$	Moderate Cost	There is a fee associated with replicating this best practice and/or it would require moderate amounts of staff time
\$\$\$	High Cost	Replication would require significant resources, including funding and/or significant amounts staff time

## VIDEO RECORDING / PHOTOGRAPHY



### Video Recording:

We are recording select presentations throughout the conferee which will allow us to archive and share these important best practices. A public notice will be posted outside the door to indicate if a session is being recorded. The camera will focus mainly on the presenters. If you wish not to be filmed, kindly notify the camera crew.

### Photography:

Smile! We have professional photographers who will take pictures throughout the conference. If you do not wish to have your picture taken, you are welcomed to kindly decline any photo opportunity.

## SOCIAL MEDIA

Tag us on social media!  
Do you Facebook? Twitter? or Instagram?



**#STRONGERTOGETHER**

# MONDAY - SCHEDULE AT A GLANCE

## Monday September 8<sup>th</sup>

<b>7:30 – 8:30</b>	<b>Morning Wellness – Body/Mind Yoga</b>	Westchester A/B
<b>8:30</b>	<b>Registration Opens</b>	Hotel Lobby
<b>8:30</b>	<b>Morning Refreshments / Networking</b>	Grand Ballroom B /C
<b>9:45 – 10:15</b>	<b>Welcome / Opening Remarks</b>  <div> <b>Jerlena Griffin-Desta</b>  Deputy VP Student Affairs /  Executive Director Student Services </div> <div> <b>Judy Sakaki</b>  Vice President Student Affairs </div> <div> <b>Thomas Parham</b>  Vice Chancellor, UC Irvine </div> <div> <b>Michael Young</b>  Vice Chancellor, UC Santa Barbara </div>	Grand Ballroom B /C
<b>10:15 – 10:50</b>	<b>Keynote Address</b> <i>The Role of College Counseling Centers in Student Mental Health: Past, Present, and Future</i>  <b>Joseph L. White, Ph.D.</b> Professor Emeritus of Psychology and Psychiatry University of California, Irvine	Grand Ballroom B /C
<b>11:00 – 11:50</b>	<b>Program Sessions (PS) 1 – 3</b>	
	PS1 The Courage to Act: Empowering College Students to Take Actions to Help	Grand Ballroom A
	PS2 Identifying Potential Campus Threats: Multidisciplinary Approaches to Threat Assessment & Management	Grand Ballroom D
	PS3 Building Collaborative Connections: Creating an Eating Disorder Task Force	Westchester A/B
<b>12:00 – 1:00</b>	<b>Lunch / Poster Session</b> Complete your <i>Passport To Wellness</i> by visiting with our poster presenters (see pg. 7 for contest rules)	Grand Ballroom B /C
<b>1:10 – 2:30</b>	<b>Featured Roundtable Sessions (R) 1 – 4</b>	
	R1 The Jed and Clinton Health Matters Campus Program	Grand Ballroom A
	R2 Building for Eternity: The Application of Culture Centered Concepts in Delivering Mental Health Services	Grand Ballroom D
	R3 The Efficacy of Mental Health PEI Trainings Across California's Higher Education Systems	Westchester A/B
	R4 UC Strong Case Study - A Collaborative Response to Tragedy	The Theatre

# MONDAY - SCHEDULE AT A GLANCE (CONTINUED)

## Monday September 8<sup>th</sup> (Continued)

<b>2:40 – 4:00</b>	<b>Featured Roundtable Sessions (R) 1 - 4 (repeated)</b>	
R1	The Jed and Clinton Health Matters Campus Program	Grand Ballroom A
R2	Building for Eternity: The Application of Culture Centered Concepts in Delivering Mental Health Services	Grand Ballroom D
R3	The Efficacy of Mental Health PEI Trainings Across California's Higher Education Systems	Westchester A/B
R4	UC Strong Case Study - A Collaborative Response to Tragedy	The Theatre
<b>4:00 – 4:15</b>	<b>Break</b> (Light refreshments)	Ballroom Foyer
<b>4:20 – 5:10</b>	<b>Program Sessions (PS) 4 – 6</b>	
PS4	Sexual Assault 101: A Primary Prevention Program with First-Year Students	Grand Ballroom A
PS5	The Challenges and Legal Rights of Students with Mental Disabilities in College	Grand Ballroom D
PS6	The SPACE Protocol: Introducing a Protocol to Provide Support to Staff Who Experience Client Suicide	Westchester A/B
<b>5:20 – 6:10</b>	<b>Program Sessions (PS) 7 – 9</b>	
PS7	Starting the Conversation: Making Mental Health a Collective Campus Effort	Grand Ballroom A
PS8	Using Photovoice to Teach Stigma in College Psychology	Grand Ballroom D
PS9	NAMI on Campus Clubs - Mental Health Awareness and Prevention for Colleges	Westchester A/B
<b>6:30 – 7:30</b>	<b>Evening Reception</b> Enjoy appetizers and a no-host bar as we acknowledge the planning committee and announce several raffle winners. Must be present to win!	Outside Terrace

## TUESDAY - SCHEDULE AT A GLANCE

### Tuesday September 9th

<b>6:30 – 7:15</b>	<b>Morning Wellness – Mind/Body Yoga</b>	Westchester A/B
<b>7:00</b>	<b>Registration Opens</b>	Hotel Lobby
<b>7:00</b>	<b>Breakfast</b>	Grand Ballroom B/C
<b>7:45 – 8:00</b>	<b>Opening Remarks (Day 2)</b> Jerlena Griffin-Desta Deputy VP Student Affairs / Executive Director Student Services	Grand Ballroom B/C
<b>8:00 – 9:00</b>	<b>Plenary</b> <i>Moving Forward Together: A Panel Discussion with Q&amp;A</i>  Hear from CalMHSA Director, Ann Collentine, higher education campus leadership, and county mental health partners as they reflect on our past and share a vision for mental health in California moving forward	Grand Ballroom B/C
<b>9:10 – 10:00</b>	<b>Program Sessions (PS) 10 – 12</b>	
	PS10 Engaging University Faculty and Staff as Mental Health Allies	Grand Ballroom A
	PS11 Combat to College: Cognitive Fatigue Syndrome as a Challenge	Grand Ballroom D
	PS12 The UC Berkeley Transgender Care Team	Westchester A/B
<b>10:10 – 11:00</b>	<b>Program Sessions (PS) 13 – 15</b>	
	PS13 Great Minds! Integrating Best Practices in Mindfulness and Higher Education	Grand Ballroom A
	PS14 The Importance of Coordination of Care for Students and the Campus Community as a Whole	Grand Ballroom D
	PS15 Campus Collaboration Through a "Power of the Peers" Network	Westchester A/B
<b>11:00 – 11:15</b>	<b>Break (Light refreshments)</b>	Ballroom Foyer

## TUESDAY - SCHEDULE AT A GLANCE (CONTINUED)

### Tuesday September 9<sup>th</sup> (continued)

#### 11:20 – 12:40 Roundtable Sessions (R) 5 - 8

R5	How Collegiate Recovery Programs Create Communities of Wholeness	Grand Ballroom A
R6	UC System-wide Students of Concern Data - Deep Dive	Grand Ballroom D
R7	Best Practices in Developing & Managing Behavioral Intervention Teams	Westchester A/B
R8	Engaging Students at Risk Through the Interactive Screening Program	The Theatre

#### 12:50 – 1:50 Lunch / Vendor Meet & Greet

Complete your *Passport To Wellness* by visiting with our vendors (see pg. 7 for contest rules)

Grand Ballroom B/C

#### 2:00 – 2:50 Program Sessions (PS) 16 – 18

PS16	Collegiate Recovery Programs: Essential Assets and Campus Examples	Grand Ballroom A
PS17	A Positive Approach For Working with Students on the Autism Spectrum	Grand Ballroom D
PS18	Each Mind Matters: California's Mental Health Movement	Westchester A/B

#### 3:00 – 3:50 Program Sessions (PS) 19 – 21

PS19	Each Aggie Matters: A Campaign to End Mental Health Stigma at UC Davis	Grand Ballroom A
PS20	Community-Defined Stigma Reduction Practices: Promoting Mental Health Wellness using Culturally Appropriate Methods and Exploring Idioms of Mental Distress	Grand Ballroom D
PS21	Students Directing Change for Suicide Prevention and Stigma Reduction	Westchester A/B

#### 4:00 – 4:50 Community Forum & Closing Remarks

Enjoy light refreshments, share your conference experience, hear our closing charge, and complete a conference evaluation

Grand Ballroom B/C

## KEYNOTE ADDRESS

MONDAY SEPTEMBER 8<sup>TH</sup> 10:15AM

### *The Role of College Counseling Centers in Student Mental Health: Past, Present, and Future*



#### **Joseph L. White, PhD.**

*Professor Emeritus of Psychology and Psychiatry at the University of California, Irvine*

For the past 53 years, Dr. White has enjoyed a distinguished career in the field of psychology and mental health as a teacher, mentor, administrator, clinical supervisor, writer, consultant, and practicing psychologist. He is currently Professor Emeritus of Psychology and Psychiatry at the University of California, Irvine, where he spent most of his career as a teacher, supervising psychologist, mentor, and Director of ethnic studies and cross-cultural programs.

Dr. White received his Ph.D. in clinical psychology from Michigan State University in 1961. On May 10, 2007, he received an honorary degree, *Doctor of Laws*, from the University of Minnesota, which is the highest award conferred by the University of Minnesota, recognizing individuals who have achieved acknowledged eminence in cultural affairs, in public affairs, or in a field of knowledge and scholarship. On May 24, 2008, he was inducted into the San Francisco State University Hall of Fame as Alumnus of the Year.

Dr. White is the author of several papers and books including: *The Psychology of Blacks* (2011; 1999; 1990; 1984); *The Troubled Adolescent* (1989); *Black Man Emerging: Facing the Past and Seizing a Future in America* (1999); *Black Fathers: An Invisible Presence in America* (2006; 2011); *Building Multicultural Competency: Development, Training, and Practice* (2008).

He was a pioneer in the field of Black psychology and is affectionately referred to as the “Godfather” of Black psychology by his students, mentees, and younger colleagues. His seminal article in *Ebony* magazine in 1970, “Toward a Black Psychology,” was instrumental in beginning the modern era of African-American and ethnic psychology.

In addition to his teaching and research, Dr. White has been a practicing psychologist and consultant. He has served as a supervising psychologist and staff affiliate psychologist to five hospitals and three clinical practices in Southern California. He has worked as a consultant with school districts, universities, private organizations, drug prevention programs, and government agencies. Dr. White was appointed to the California State Psychology Licensing Board by Governor Edmund G. Brown, Jr. and served as chairman for three years. He is currently a member of the Board of Trustees of The Menninger Foundation in Houston, Texas.

## PSYCHOSOCIAL COMPETENCY MODEL

***JOSEPH L. WHITE, PH.D.***

During the past 40 years, psychologists, mental health workers, and youth advocates have developed the psychosocial competency model to help young adults acquire the new behavioral, cognitive, social, and emotional coping skills they will need to deal with the accelerated pace of personal and social demands, resolve identity issues, confront new assumptions about themselves and their sexuality, and to integrate a set of comprehensive values that can be used as guidelines in making critical decisions, exploring adventure, fulfilling needs for excitement and sensuousness, and establishing a sense of power, adequacy, and connectedness to others.

Psychosocial competency is a term used to denote the adequacy of self-concept, social skills, interpersonal relationship skills, coping, decision-making and problem-solving strategies; conflict resolution skills; communication and negotiational skills; and one's ability to develop and utilize support systems, achieve non-chemical highs, and effectively manage stress.

Psychosocial competency skills are taught through a combination of psychoeducational methods involving active participation, such as discussions, rehearsal, role-playing, modeling, feedback, and values clarification.

The psychosocial competency approach is built on the assumption that if young adults feel good about themselves and are equipped with the resources to develop positive support systems and employ competent courses of action when faced with stressful situations, they will be less vulnerable to being overwhelmed by depression, drug abuse, suicidal behavior, eating disturbances and sexual confusion.





## FEATURED ROUNDTABLES

### R1 **The Jed and Clinton Health Matters Campus Program**

- \$\$ John MacPhee, MBA, MPH      Elizabeth Gong-Guy, PhD.**  
*Executive Director                      Executive Director, Counseling and Psychological Services*  
*The Jed Foundation                      University of California, Los Angeles*

Emotional distress, mental illness, and alcohol or drug misuse impact an alarming number of college students. Fortunately, there is much colleges can do to support the emotional wellbeing of students and protect those at risk. Join this session to learn how The Jed & Clinton Health Matters Campus Program (The Campus Program) is designed to help colleges and universities promote emotional wellbeing and mental health programming, reduce substance abuse, and prevent suicide among their students.

### R2 **Building for Eternity: The Application of Culture Centered Concepts in Delivering Mental Health Services**

- \$ Thomas Parham, PhD.**  
*Vice Chancellor of Student Affairs*  
*University of California, Irvine*

Dr. Parham will define the notion of culture, how it manifests in counseling and educational situations, and explore typical standards of practice with culturally different persons. Participants will gain a better appreciation of culturally different models and methods of intervention, examine some of their own biases and assumptions related to working with culturally different people, and augment their existing skill sets with specific intervention techniques that will help them to more effectively intervene in the classroom and in the counseling office.

*"I pledge to service others and be the voice for those that struggle, be the arm for those that need to be helped, and the eyes for those that cannot see the light."*

This Each Matters Pledge was made by Silvia S.

## FEATURED ROUNDTABLES (CONTINUED)

### R3 **The Efficacy of Mental Health PEI Trainings Across California's Higher Education Systems**

**\$\$ Karen Osilla, Ph.D.**  
Behavioral Scientist  
*RAND Corporation*

**Negar Shekarabi, Psy.D.**  
*Senior Staff Psychologist & Outreach Coordinator*  
*University of California, Irvine*

Higher education systems invested a substantial proportion of Proposition 63 funding in evidence-based and promising or innovative training programs to meet the needs of their campuses. This presentation will be two-part describing lessons learned implementing PEI best practice trainings in the UC system, and preliminary data evaluating a subset of PEI trainings conducted across the higher education system. We will also discuss implications for PEI best practices in California, how to conduct training evaluation, and how results can be used for continuous quality improvement.

### R4 **UC Strong Case Study - A Collaborative Response to Tragedy**

**\$\$ Janet Osimo, Psy.D.**  
*SMHI Psychologist*  
*University of California, Santa Barbara*

**Gladys Koscak, M.S.**  
*SMHI Mental Health Specialist*  
*University of California, Santa Barbara*

**Monique Crandal, Ph.D.**  
*Psychologist*  
*University of California, San Diego*

**Danen Adelson, Psy.D.**  
*Psychologist*  
*University of California, Davis*

**Jeanne Stanford, Ph.D.**  
*Director, Counseling and Psychological Services*  
*University of California, Santa Barbara*

This roundtable discussion is intended for individuals who may be called on in a crisis and who provide direct or support services in mental health. In the days following the Isla Vista tragedy at the University of California Santa Barbara, (UCSB), the counseling staff worked tirelessly to meet the deluge of students in distress. It quickly became a mental health emergency that challenged psychologists and community mental health practitioners to meet the needs of the campus and surrounding community members. In this round table discussion, campus psychologists and mental health care providers who were a part of the system wide response will address lessons learned about support, self-care and what we can offer one another as health care professionals.

## ROUNDTABLES

### R5 **How Collegiate Recovery Programs Create Communities of Wholeness**

**\$\$ Ivana Grahovac, MSW**

*Executive Director*

*Transforming Youth Recovery*

This roundtable discussion will provide an opportunity for interested campus staff persons to dialogue around enhancing support for students in or seeking recovery from substance use disorders and/or other addictive behaviors. Hear from a former program director about her experiences with overcoming hurdles and key recommendations for success, including promoting holistic wellness for recovery students and partnering with both campus and community stakeholders. Learn how you can transform your campus culture, leveraging knowledge gained from the mental health field, and pave the way for miracles to happen.

### R6 **UC System-wide Students of Concern Data - Deep Dive**

**\$ Alfred Day, MPA**

*CARE Manager*

*University of California, Berkeley*

The University of California polled its Student Affairs based CARE Managers to gather information on case loads, trends and effective practices in an attempt to begin the work of setting standards for this type of work in a college or university setting. The data will be shared and participants will discuss trends in student behavior, case loads for CARE managers, staffing models, and the development of best practices for working with students of concern.

*"I pledge to continue my advocacy for mental health awareness and literacy, to expose individuals to the knowledge that will aid them and others, and I pledge to always reflect on my own mental health."*

This Each Mind Matters Pledge was made by Sabrina H.

## ROUNDTABLES (CONTINUED)

### R7 **Best Practices in Developing & Managing Behavioral Intervention Teams**

**\$ Phillip Van Saun, M.A.**

*Director of Risk, Security & Resilience*

*University of California Office of the President*

This roundtable will engage the audience in open dialogue and targeted discussion of best practices for campus-based Behavioral Intervention Teams (BIT). Current and ongoing research conducted by the collective 10 campus UC system BIT's will be shared with the audience as well as the results of BIT-related research conducted by other sources in higher education. The overarching objective of this roundtable is to share best practices in the process, practice and protocol of assessing behaviors of concern that present the risk of violence and on the process of managing the threat of violence using best-practices applied to campus-based settings.

### R8 **Interactive Screening Program: Utilizing a Web-Based Mental Health Screening Program**

**\$\$\$ Monique Crandal, PhD.**

*Psychologist*

*University of California, San Diego*

**Jerry Phelps, Ph.D.**

*Counseling Psychologist*

*University of California, San Diego*

**Maggie Mortali, MPH**

*Director, Interactive Screening Program*

*American Foundation for Suicide Prevention (AFSP)*

The anonymous Interactive Screening Program (ISP) provides a simple and effective way to reach at-risk students and encourage them to get help. This presentation covers suicide risk among college and university students, barriers to help-seeking, and how the ISP proactively engages those in need. In addition, presenters discuss the implementation of the ISP on 10 UC campuses. UC San Diego is featured for developing unique strategies to attract respondents and disseminate the ISP to graduate students. Participants will learn how the ISP supports student mental health and creates a culture that recognizes that stress and depression are common and treatable problems in today's world.

## PROGRAM SESSIONS

### PS1 **The Courage to Act: Empowering College Students to Take Actions to Help**

**\$\$ Wei-Chien Lee, PhD.**

*San Jose State University*

**Nick Inguillo**

*San Jose State University*

**Edgardo Angelo Escuadro**

*San Jose State University*

**Saryna Konczey**

*San Jose State University*

The presenters include three college students who have provided real-life suicide and mental health crisis interventions. They will share insights into the differences among QPR, ASIST, and Mental Health First Aid, and ways to use these trainings effectively.

### PS2 **Identifying Potential Campus Threats: Multidisciplinary Approaches to Threat Assessment & Management**

**\$\$ Elizabeth Gong-Guy, PhD.**

*University of California, Los Angeles*

**Kirstyn Chun, Psy.D.**

*Cal State University, Long Beach*

**Jeffrey Cugno, M.S.**

*Federal Bureau of Investigation, Los Angeles*

This program highlights three multidisciplinary approaches to threat assessment and threat management on college campuses among counseling centers, student affairs departments, university police, and local and federal law enforcement agencies.

### PS3 **Building Collaborative Connections: Creating an Eating Disorder Task Force**

**\$\$ Elisa Hernandez, PhD.**

*Claremont University*

**Kevin Thomas, Psy.D.**

*Claremont University*

Informed by best practices, the presenters hope to educate other small campuses on how they can support students with ED's and have a collaborative discussion around providing the best care for students given limited resources.

### PS4 **Sexual Assault 101: A Primary Prevention Program with First-Year Students**

**\$\$ Shelle Welty, Psy.D.**

*Pepperdine University*

**Robert Scholz, MFT**

*Pepperdine University*

**La Shonda Coleman, LCSW**

*UCLA Medical Center*

**Brandon Farmer M.Ed.**

*Pepperdine University*

**Ninette Mirzkhaniah**

*Pepperdine University*

The presenters will outline a sexual assault prevention program that can be tailored for use in many university settings. The campus presentation is a collaboration among the Counseling Center, Housing & Residence Life, student presenters, and the Santa Monica Rape Treatment Center.

## PROGRAM SESSIONS (CONTINUED)

## PS5 The Challenges and Legal Rights of Students with Mental Disabilities in College

**\$ Nancy Shea, J.D.**

Mental Health Advocacy Services, Inc.

**Lisa Hurley , M.A.**

Disability Rights California

Featured in the discussion will be the results and analysis of a survey of California Community Colleges on their policies for providing reasonable accommodations to students with mental disabilities. Presenters will describe how the law protects these students from disability-based discrimination and will facilitate a discussion on recommendations for addressing stigma and discrimination in the higher education setting.

**PS6    The SPACE Protocol: Introducing a Protocol to Provide Support to Staff Who Experience Client Suicide**

**\$ Tiffany O'Meara, Ph.D.**

University of California, San Diego

**Christina Lambert, Ph.D.**

University of California, San Diego

SPACE is the "Support Protocol for Adverse Events experienced by CAPS Employees." This protocol was developed to improve the way that CAPS as an institution responds to an employee after they experience an "adverse client event," such as client suicide or homicide.

## PS7 Starting the Conversation: Making Mental Health a Collective Campus Effort

**\$ Kelly Bui**

Ohlone College

**Luwissa Wong**

Ohlone College

**Sang Leng DrPH, MPH, CHES**

Ohlone College

Each higher education professional has a unique role in promoting help-seeking behaviors. Presenters will discuss the important connection between mental health and academic success and share strategies on how to promote mental health awareness among students collectively across campus.

## PS8 Using Photovoice to Teach Stigma in College Psychology

§ Joseph Balabis. MPH

San Mateo County Behavioral Health and Recovery Services

**Jennifer Merrill, M.A.**

Skyline College

San Mateo County Behavioral Health partners with Skyline College to address and reduce stigma surrounding mental illness. Learn about a successful four-week series ,which combines lecture, film, and an assignment using Photovoice. The Photovoice assignment asks students to provide photos and personal narratives illustrating times they experienced stigma. These photos are then publicly displayed on campus.

## PROGRAM SESSIONS (CONTINUED)

### PS9 **NAMI on Campus Clubs - Mental Health Awareness and Prevention for Colleges**

\$ **Kelly Boyles, B.A.**  
NAMI California

**Lauren Hee, B.A.**  
NAMI California

NAMI on Campus College clubs are student led clubs that aim to reduce stigma regarding mental illness through mental health education and awareness. Student leaders will share powerful experiences with NOC and discuss how bringing it to their campus benefited students and staff.

### PS10 **Engaging University Faculty and Staff as Mental Health Allies**

\$\$ **Negar Shekarabi, Psy.D.**  
University of California, Irvine

**Rodolfo Victoria, Ph.D.**  
University of California, Irvine

An overview of the three programs that comprise UC Irvine's *Distressed Student Workshop Series* for faculty and staff will be presented. Presenters will provide quantitative and anecdotal evidence of how these programs have paved the way for closer collaboration with on-campus partners.

### PS11 **Combat to College: Cognitive Fatigue Syndrome as a Challenge**

\$ **Shoba Sreenivasan, Ph.D.**  
GLA-VA Medical Center

**Daniel Smee, B.A.**  
USC School of Social Work

**Sandra Buenrostro, M.S.**  
Riverside Community College

Presenters will use data from one survey of Iraq/Afghanistan war veterans as a forum for educators, counselors, and students to discuss challenges faced by returning war veterans transitioning from combat to college and methods to address such issues.

### PS12 **The UC Berkeley Transgender Care Team**

\$\$ **Laura Alie, Psy.D.**  
University of California, Berkeley

This presentation outlines the UC Berkeley Transgender Care Team, a model of care for transgender and gender nonconforming (T/GNC) students within the University Health Services. Geared toward counseling center staff, topics include the structure of the TCT and services offered including medical care, counseling, and assessments for letters for hormones and gender reassignment surgery.



## PROGRAM SESSIONS (CONTINUED)

### PS13 **Great Minds! Integrating Best Practices in Mindfulness and Higher Education**

\$\$ **Alem Makonnen, MPH**  
360° WELL

There is a growing awareness of the significant role of mindfulness in well-being and academic achievement. Gain an understanding of mindfulness as an evidence-based concept and experience mindful awareness practices. Discuss the practical application of mindfulness to campus initiatives, service delivery, outreach strategies, daily life, and work.

### PS14 **The Importance of Coordination of Care for Students and the Campus Community as a Whole**

\$\$ **Brenda Lapinid, LCSW**  
University of California, Irvine

**Sheena Danesh, MSW**  
University of California, Irvine

Presenters will discuss the growth of mental health needs on college campuses and methods for “closing the gap,” including the creation of the higher education case manager role to streamline resources. Using and interactive PowerPoint, this workshop will focus on the importance of advocacy, coordination of care and collaboration amongst multidisciplinary departments in a university setting.

### PS15 **Campus Collaboration through a "Power of the Peers" Network**

\$\$ **Devon Sakamoto, MPH, MCHES**  
University of California, Riverside

**Jacqueline Moreno, MPH**  
University of California, Riverside

**Michael Brevard**  
University of California, Riverside

**Monica Vermani**  
University of California, Riverside

Learn about UC Riverside's Power of the Peers network from staff peer advisors and student peer leaders. The presentation focuses on the strength and structure of UCR's network of peer groups, and how they come together for collaborative training and programming related to mental health and diversity.

*I pledge, “to listen without judgment and embrace wellness.”*

This Each Mind Matters Pledge was made by Ann C.

## PROGRAM SESSIONS (CONTINUED)

### PS16 **Collegiate Recovery Programs: Essential Assets and Campus Examples**

<b>\$\$</b>	<b>Angie Tozier Bryan MA, MEd, MFTI</b> University of California, Santa Barbara	<b>Audrey Pusey CADC, ICADC</b> University of California, Riverside
	<b>Jenna Parisi, MSPH</b> Transforming Youth Recovery	<b>Jerry Phelps, Ph.D.</b> University of California, San Diego

The Collegiate Recovery Program (CRP), an evidence-based, promising practice will be described. Three California college campuses will present their unique CRPs, designed to support students in recovery. Using a moderated panel format, this session will highlight key assets and stages of development of a CRP. The presentations will focus on best practices, lessons learned, and how to leverage existing resources. Attendees will learn about essential assets for serving and supporting students in recovery, and how to apply a collaborative, capacity building approach to initiate a CRP on their campus.

### PS17 **A Positive Approach For Working with Students on the Autism Spectrum**

<b>\$</b>	<b>Lisha Higuchi, M.Ed.</b> University of California, Irvine	<b>Jan Serrantino, Ed.D.</b> University of California, Irvine
-----------	---	--

The upward trend of students with Autism Spectrum Disorder (ASD) entering post-secondary education suggests that universities must develop a plan to receive and support these students. For students with ASD, their academic success is linked to their social success, and too many students with ASD spend the majority of their time isolated and may present behavioral challenges in the classroom and residential housing communities. Participants will be presented with guidelines and strategies, that can assist in altering this pattern, ultimately allowing students with ASD the full college experience.

### PS18 **Each Mind Matters: California's Mental Health Movement**

<b>\$</b>	<b>Amanda Lipp, B.S.</b> CalMHSA	<b>Victoria Lelash, M.S.</b> Runyon Saltzman Einhorn, Inc.
	<b>Miguel Perla, M.A.</b> Each Mind Matters	

This proposal will provide a detailed overview of Each Mind Matters: California's Mental Health Movement and resources that support young adults experiencing a range of mental health symptoms as well as strategies to create supportive environments where young adults feel safe to initiate conversations about these symptoms.

## PROGRAM SESSIONS (CONTINUED)

### PS19 **Each Aggie Matters: A Campaign to End Mental Health Stigma at UC Davis**

**\$\$ Zach Ward, Ph.D.**

University of California, Davis

**Danen Adelson, Psy.D.**

University of California, Davis

**Adam Napolitan**

University of California, Davis

This session outlines the nature, intent, and responsiveness of the Each Aggie Matters campaign on the UC Davis campus. Each Aggie Matters is a campaign aimed to increase open and affirming dialogue about mental health, decrease prejudice about mental illness, increase our willingness to seek mental health resources when in need, and foster a campus community of acceptance and support of mental health and utilization of mental health services.

### PS20 **Community-Defined Stigma Reduction Practices: Promoting Mental Health Wellness using Culturally Appropriate Methods and Exploring Idioms of Mental Distress**

**\$\$ Dan Esparaza, B.A.**

Mental Health Association of San Francisco

**Monica Martinez, B.A.**

Mental Health Association of San Francisco

Many times, cultural communities are providing mental health wellness through culturally appropriate means; however, many of the practices and activities are non-traditional and focus on a community as a whole, and sometimes without a capability for evaluation and measuring of outcomes. This session seeks to highlight a project that looks to identify mechanisms where stigma can be reduced, including understanding how individuals and communities within four cultural groups define and experience mental illness.

### PS21 **Students Directing Change for Suicide Prevention and Stigma Reduction**

**\$\$\$ Jana Sczersputowski, MPH**

Your Social Marketer Inc.

**Stan Collins**

Your Social Marketer Inc.

**Taisha Caldwell, Ph.D.**

University of California Office of the President

Directing Change is a statewide video contest for both high school and UC students, funded by counties through the California Mental Health Services Act and implemented by the Know the Signs suicide prevention campaign, in partnership with NAMI-California and the University of California system. Presenters will offer an overview of the contest, highlighting the model, implementation, evaluation, partnerships, and lessons learned. Participants will learn how they can get involved in the 2015 competition.

## POSTER PRESENTERS

### #1 **Strategies for Stigma Reduction and Community Engagement and Collaboration**

**\$\$ Monique Crandal, Ph.D.**  
University of California, San Diego

**Jerry Phelps, Ph.D.**  
University of California, San Diego

**Marissa Burgoyne, Psy.D.**  
University of California, Los Angeles

### #2 **#saysomething: UCSB Suicide Prevention Campaign**

**\$\$ Gladys Koscak, M.S.**  
University of California, Santa Barbara

**Janet Osimo Psy.D.**  
University of California, Santa Barbara

### #3 **Effective Campus Awareness Spotlight: May is National Mental Health Awareness Month**

**\$ Monique Crandal, Ph.D.**  
University of California, San Diego

**Koko Nishi, Psy.D.**  
University of California, San Diego

**Jerry Phelps, Ph.D.**  
University of California, San Diego

### #4 **Creating a Disability Ally Program**

**\$ Lori Palmerton, MFT**  
Disability Services Center

### #5 **Towards Best Practices in Mental Health Peer Programming: Highlights from this Year's Conference**

**\$\$\$ Negar Shekarabi, Psy.D.**  
University of California, Irvine

**Rodolfo Victoria, Ph.D.**  
University of California, Irvine

### #6 **Recovery In the House: Solutions for Students Struggling with Substance Use Issues**

**\$ Sharon Weber, MBA**  
Recovery Grads & The Haven at College

**Holly Sherman LL.B., J.D.**  
Recovery Grads & The Haven at College

**Nick Techentin, Ph.D.**  
Recovery Grads & The Haven at College

## POSTER PRESENTERS (CONTINUED)

### #7 **Prevention & Early Intervention Best Practices in the California Community Colleges**

\$ **Becky Perelli, RN, M.S.**  
City College of San Francisco & HSACCC

### #8 **Videos for Counseling Center Outreach: Engaging Best Practices**

\$\$ **Hannah Roberts, Psy.D.**  
Cal Poly San Luis Obispo

### #9 **Weaving a Caring Community: The Candlelight Event and Beyond**

\$ **Wei-Chien Lee, Ph.D.**  
San Jose State University

**Saryna Konczay, M.A.**  
San Jose State University

**Laurence Pedroni**  
San Jose State University

**Angelo Escudro**  
San Jose State University

### #10 **How to Implement a Successful "National Depression Screening Day" Event**

\$\$ **Tiffany O'Meara, Ph.D.**  
University of California, San Diego

### #11 **Animals as Accommodations in Higher Education**

\$ **Jan Serrantino, Ed.D.**  
University of California, Irvine

**Lori Palmerton, MFT**  
University of California, Irvine

### #12 **The Science and Power Behind Hope to the School Setting**

\$ **Margaret Nagib, Psy.D.**  
Timberline Knolls Residential Treatment Center

## POSTER PRESENTERS (CONTINUED)

### #13 **It's All About The Students: Mental Health Trends Among Community Colleges**

\$ **Brian Olowude, Ph.D.**  
State Center Community College District

**Arrie Smith, Ph.D.**  
Reedley College

**Michelle Scoggins, Psy.D.**  
Clovis Community College Center

**Julia Schomaker, M.A.**  
Fresno City College

### #14 **High-Tech College Mental Health: UC San Diego's strategies for integrating mobile applications**

\$\$ **Jerry Phelps, Ph.D.**  
University of California, San Diego

**Kevin Ramotar, Psy.D.**  
University of California, San Diego

### #15 **Working from Behind: First-Year Dorm Residents' Self-Reported Depression During the Transition to College**

\$ **Andrew Bower**  
University of California, Davis

### #16 **A Stigma-Free Road to Decreasing Risk for Suicide and Depression**

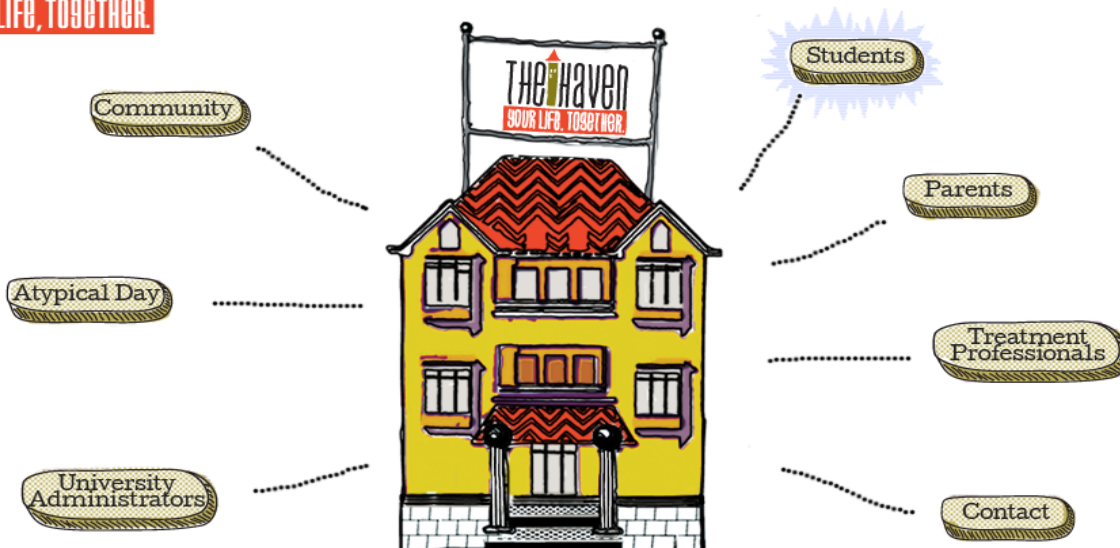
\$ **Kindra Edmonson, MFTI**  
San Bernardino Valley College

*"I pledge to offer opportunities for people to participate in their own healing and recovery through services that address the mind, body and spirit."*

This Each Mind Matters Pledge was made by Amy S.



## Welcome to the Haven at College



Residential living for college students in recovery from substance use disorder

[thehavenatcollege.com](http://thehavenatcollege.com)



### Point and Click Solutions

Specialized Systems for Student Health and Counseling

MEDICAL SOLUTIONS

COUNSELING SOLUTIONS

NEWS & EVENTS

ABOUT US

CONTACT



We are a world-class organization of talented and dedicated staff who share a mission of delivering the best possible technology, products and services to our customers in college health.

170+ college sites  
8000+ system users  
15 years of experience

[www.pointnclick.com](http://www.pointnclick.com)





*Making a real life difference.*

[www.timberlineknolls.com](http://www.timberlineknolls.com)

## A Private Residential Treatment Center



Timberline Knolls, a leading residential treatment center in the U.S. – helps women struggling with:

- [Eating disorders](#)
- [Alcoholism](#)
- [Co-occurring disorders](#)
- [Drug addiction](#)
- [Mood disorders](#)
- [Trauma & PTSD](#)



### **NASPA and eReadia LLC Partner to Bring “Just in Case” Suicide Prevention App to College Campuses**

eReadia LLC of Huntingtown MD and NASPA, the leading voice for the student affairs profession in higher education worldwide, announced a partnership to bring new mobile technologies to the fight against suicide and mental health crisis on college campuses.

The “Just in Case” mobile app will provide student affairs professionals at over 1,500 member institutions with a way to reach students on campus whenever they need information, support, and intervention services because of a mental health crisis that may result in suicide

[www.justincaseforcolleges.com](http://www.justincaseforcolleges.com)

EACH  
MIND  
MATTERS

California's Mental  
Health Movement

[www.eachmindmatters.org](http://www.eachmindmatters.org)



[www.mhwellnessworks.org](http://www.mhwellnessworks.org)



mob media inc

[mobmedia.com](http://mobmedia.com) | 949.222.0220



California Community Colleges  
Chancellor's Office

[www.cccco.edu](http://www.cccco.edu)



[www.disabilityrightsca.org](http://www.disabilityrightsca.org)



[www.namicalifornia.org](http://www.namicalifornia.org)

# Register Now



3rd Annual  
California Unified  
Collegiate Recovery Conference

## Branching Out

November 7–9, 2014

Hosted by the Healing Highlanders at UC Riverside

<http://healinghighlanders.weebly.com>

For more information and registration details, please visit  
[healinghighlanders.weebly.com](http://healinghighlanders.weebly.com)



## Building Healthy Academic Communities **National Summit**

**April 23-24, 2015**  
**University of California, Irvine**

Announcing the second national conference on best practices in promoting and sustaining wellness in academic settings, with tracks on creating cultures of wellness, marketing and communication for engagement, best practices, and mental and emotional well-being.

We welcome transdisciplinary leaders, faculty, students, and staff from academic institutions of all sizes, including administrators, directors of health promotion and wellness, researchers, medical center personnel, HR officers, as well as policymakers from professional organizations and academia who are committed to improving health and wellness outcomes in academic communities.

Universities are in a unique position to set the national agenda for health and wellness. Although many academic institutions have instituted wellness programs for students, faculty, and staff, few have implemented a comprehensive and integrated approach to health and wellness. The benefits of doing so cannot be overstated. Multiple studies show that wellness programs lead to reductions in health care costs and health insurance premiums and, more importantly, healthier and more engaged students, faculty, and staff.

### **TRACKS WILL INCLUDE:**

- Best practices
- Marketing and communication for engagement
- Creating cultures of wellness
- Mental and emotional well-being

For more information visit:

**[healthyacademics.org/2015-summit](http://healthyacademics.org/2015-summit)**

NOTES:

NOTES:



This program was funded 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](http://www.calmhsa.org)



FOR  
OUR  
FUTURE