

# California Community College Mental Health & Wellness Association

## Spring 2014 Conference Agenda

### Thursday, March 20, 2014

6:00 pm to 8:00 pm | MHWA Executive Board Meeting

### Friday, March 21, 2014

**Location for all Friday meetings: Building 6, Room 6202**

8:30 am to 9:00 am

#### **Registration & Continental Breakfast**

*Breakfast courtesy of Medicat, healthcare information technology for colleges and universities*

#### **Morning Presentation: Legal & Ethical Issues in the Community College Setting**

Daniel Taub, Ph.D., J.D. (3 CE)

Professional mental health ethics codes, case law and regulations are ever changing. The purpose of this course is to assist Community College mental health professionals to maintain competence in this vital area, and help them think through some of the complex situations they face. It will do so by providing a review of key ethical and legal concepts, and delineating recent ethical, regulatory and other legal changes that affect professional practice. The course will be taught at an intermediate level, and is appropriate for currently licensed or certificated professionals. It should meet and exceed the Board of Psychology's mandated ethics and law update requirement, and meet half the Board of Behavioral Sciences' 6 hour update requirement.

9:15 am to 12:15 pm

*Learning Objectives* On completion of this course, participants will be able to:

1. Describe 2 areas of personal and professional boundary blurring
2. List 3 ways to improve multicultural service delivery
3. Discuss the nature of "digital trails" in communications regarding students of concern
4. Describe 2 aspects of HIPAA-FERPA interactions in community college settings
5. Name two recent changes in the Tarasoff standards.

12:15 pm to 1:30 pm

#### **Lunch (provided) & Connect**

#### **MHWA Business Meeting & Roundtable Discussion**

1:30 pm to 2:45 pm

Key topics: Bridging the gap between demand & resources; Getting out & about to engage students with outreach; Behavioral Intervention Teams.

**\*\*Invited vendors will present products and services relevant to community college mental health services.\*\***

#### **Afternoon Presentation: Enhancing College Students' Motivation to Change**

Kristen Dempsey, MFT (2 CE credits)

3:00 pm to 5:00 pm

This course will outline and demonstrate methods to engage and focus college students in the process of change, mobilizing students' own motivation towards healthy behaviors.

*Learning Objectives* On completion of this course, participants will be able to:

1. Discuss applications of Motivational Interviewing in time-limited settings.
2. Describe strategies to promote change while disengaging from resistance.
3. Explain how to elicit and apply a student's own motivations to move towards healthy behavior.

5:00 pm to 5:30 pm

#### **Break**

5:30 pm to 8:00 pm

#### **Dinner Keynote: Community College Mental Health: A Statistical Analysis of CCC vs. California Traditional University Data**

Daniel Katz, Psy.D. (2 CE credits)

To develop and implement effective community college mental health programs and services we must understand

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## Spring 2014 Conference Agenda

the needs and issues of community college students. However, most of the literature on the MH needs of students reflects the experience of students at four-year institutions, not community colleges.

What do the available data on community college student mental health issues and needs tell us? What differences are there between the MH issues and needs of community college students and those of university students? What are the implications of these differences for community college MH providers, faculty and administrators? Relevant literature on community college mental health issues and the results of statistical analyses of the spring 2010 American College Health Association-National College Health Assessment indicating significant differences in reported mental health issues and needs will be presented and implications for clinical practice, instruction and administrative policy will be discussed.

*Learning Objectives* On completion of this course, participants will be able to:

1. List key differences between community colleges students bodies and those of traditional universities
2. Describe the results of a study comparing California community college vs. California 4-year university student mental health needs
3. Discuss implications for the design and delivery of mental health services at CCCs

### Saturday, March 22, 2014

8:00 am to 8:30 am	<b>Location for Saturday's Meeting: Building 4, Room 4170</b> <b>Registration &amp; Continental Breakfast</b>
8:30 am to 5:00 pm	<b>All-day Workshop: Trauma Informed Campus: Creating Physical &amp; Emotional Safety</b> <i>A California Community College Student Mental Health Program Regional Training, provided by CCCSMP &amp; CARS</i> Gabriella Grant, MA (6 CE credits) Recent research into trauma and trauma-informed services give community college staff and faculty new approaches when working with students who have substance abuse, mental health, and behavioral issues. Trauma-informed schools focus on safety, improve well-being and health of students, engage students in programs, address problematic or unsafe behaviors in effective ways and measure program effectiveness. Trauma informed practices, care and services are quickly becoming essential aspects of service provision.
Lunch 12:00 to 1:00	Please note: <u>All staff</u> currently working with students will benefit from understand the interconnection between trauma, substance abuse and other unsafe behaviors as well as how to add safety in to all messages related to behavioral change. There is no requirement for any background in mental health services; all are encouraged to attend.
30 minute breaks in the morning & afternoon	<i>Objectives</i> At the completion of the training, participants will be able to: <ol style="list-style-type: none"><li>1. Cite current trauma-informed concepts, research and resources.</li><li>2. Describe trauma-informed approaches to address challenging student behavior: anger, substance abuse, suicide and self-harm.</li><li>3. Apply specific trauma-informed approaches when working with students engaging in unsafe coping strategies, such as substance abuse, dropping out, running away, fighting, or isolating.</li><li>4. Discuss how to make community colleges trauma-informed and how to use safety as a key component in strengths-based counseling.</li></ol>

### Presenter Bios

#### Daniel Taube, PhD, JD

Dan Taube, PhD, JD, is a professor in the Clinical Psy.D. program at Alliant International University, specializing in family and child clinical, legal and ethical issues. He has been an Appeals Hearing Panelist for the American Psychological Association Ethics Committee for 20 years. Dr. Taube's areas of interest include ethical and legal issues in professional practice and research, and prevention and intervention into child maltreatment. He consults regularly with mental health professionals and attorneys regarding ethics and standards of care in professional practice, and has published research and commentary on these issues.

# California Community College Mental Health & Wellness Association

## Spring 2014 Conference Agenda

### Kristen Dempsey, MFT

Kristen Dempsey, MFT, is a lecturer, trainer, consultant, clinical supervisor and psychotherapist with expertise in Motivational Interviewing, CBT, the treatment of substance abuse, trauma treatment for women, children and adolescents, severe mental illness, training for cultural competence, and program management. Ms. Dempsey is Senior Associate at the California Institute for Mental Health, Adjunct Faculty in Counseling Psychology at Dominican University and previously was San Mateo County's BHRIS Workforce Development Director. She also maintains a psychotherapy and consultation practice in the San Mateo and San Francisco area, and has published articles and chapters on behavioral health and clinical supervision topics.

### Daniel Katz, Psy.D.

Daniel Katz, Psy.D, is a Post-Doctoral Resident at Sam Houston State University's Counseling Center. A recent graduate of the Wright Institute, Dr. Katz's dissertation research focused on the mental health needs of students at California's community colleges as compared to students at four-year universities. His clinical experience includes positions at Penn State University's Counseling and Psychological Services, and Santa Rosa Junior College Student Psychological Services.

### Gabriella Grant, MA

Gabriella Grant, MA, is the Director of the California Center of Excellence for Trauma Informed Care. Ms. Grant trains professionals in the social services on an array of topics, including trauma, substance abuse, PTSD, eating disorders, problem gambling, domestic violence, sexual assault and child abuse. As a trained policy analyst, she has worked with criminal justice agencies, the courts, social service agencies and public health departments to understand the neurobiological effects of trauma, safety and coping, and apply that understanding to effective programming. Ms. Grant has worked with Lisa Najavits, Ph.D., originator of Seeking Safety since 2006, coordinating the trainings on Seeking Safety and helping to guide and evaluate its implementation within domestic violence shelters. She currently conducts Seeking Safety in a community setting.

## Continuing Education & ADA Accommodations

### MHWA is a CE provider

- **CPA:** MHWA is approved by the California Psychological Association to provide continuing professional education for psychologists. Provider Number CAL 133.
- **BBS:** Courses meet the qualifications for 13 credits of continuing education credit for MFTs, LPCCs, LEPs, and/or LCSWs as required by the California Board of Behavioral Sciences. Provider Number PCE 5505.
- **BRN:** Provider approved by the California Board of Registered Nursing, Provider Number CEP 16254, for 13 contact credits.

### Important Notice

Those who attend these training presentations in full and complete the appropriate evaluation forms will receive CE credits. Please note that credit will only be granted to those who attend the entire presentation. Those arriving more than 15 minutes after the start time or leaving before the training is completed will not receive CE credit.

### Cancellation & Refund Policy

If you find you are unable to attend a workshop, a full refund may be requested up to one week before the event. After that point, you may elect to apply the full amount to future workshops, or request a 50% refund from Dianne Avelar, MFT, at [diavelar@cabrillo.edu](mailto:diavelar@cabrillo.edu).

### Accommodations

If you will require special accommodations at the conference, please contact Beverly Muse, MFT, [museb@smccd.edu](mailto:museb@smccd.edu) in advance.

**MHWA maintains responsibility for this program and its content.**

