Center for Personal Development

“Know yourself to lead others”

Donna Wiener-Levy, Ph.D.
Clinical Director, CPD
August 2010
CPD Mission

Behavioral health asset for Corps of Cadets
  Counseling for cadets
  Consultation and training for cadets, staff, and faculty
  Outreach for USCC

CPD Priorities

Serve as a force multiplier for Corps of Cadets
  Increase resilience
  Reduce the impact of stress
  Improve performance and readiness

Encourage cadets to use CPD proactively to address areas of development/concern

Respond to crisis situations
CPD ORGANIZATION

LTC Supplee
Director

Dr. Wiener-Levy
Clinical Director

CPT Hsiao
CCU Director

CPT Agnor
XO

Ms. Blue
Administrative Assistant
CPD FACTS

Accredited by International Association of Counseling Services, Inc. (IACS) since 1998
- Requires administrative neutrality (no FFD, initiation of separation actions, medical boards)
- Advocates for quality counseling, i.e. staff to student ratio

SOP c/w IACS, HIPAA standards, AMEDD standards, & APA’s Ethical Principles and Code of Conduct
- Confidentiality, with limitations defined
- Independent record management system; no permanent medical entry

Referrals
- Self; individual recommended by peer, instructor, CoC, or others
- Medical
- Command

No waiting list/same day appointments
- Sessions determined by need
Reasons Cadets Seek Services

- Personal development
- Interpersonal development
- Decision-making
- Adjustment/phase of life issues
- Mood-related issues
- Anxiety/worry/stress
- Trauma-related stress
  - Combat/non-combat
- Crisis
  - Suicidal/homicidal, other
- Eating issues (MDT)
- Healthy weight management
  - LEAP, After-SAP
- Sexual Assault Support / Advocacy
- In and Out-processing
• Visits have doubled since AY 2003-04
• Trends remain similar from year to year
• Most frequent reasons for visits
  • Depression
  • Interpersonal issues
  • Anxiety
• Continuing Concerns
  • Stigma
  • Confidentiality
  • Additional administrative staff
OUTHER CPD ACTIVITIES

Outreach

- BS&L courses
- After SAP
- Briefings (summer LTP, TAC)
- PME2 lectures
- CPD Newsletter
- Outreach interviews

Victim Advocacy

- Maintain 24/7 Sexual Assault Helpline
- Support Cadet through process including type of report
- Refer for counseling as needed

Suicide Prevention

- On call to hospital and CGR 24/7
  - assess and determine need for psychiatric hospitalization
  - provide support upon discharge from hospital
  - support post-wide suicide prevention activities
Referral for Psychiatric consultation
provided by BH; bi-monthly meetings.

Command Directed Referral

- Made by TAC Officer
  - TAC is “primary customer”; confidentiality lies with CoC
- IAW DoDD 6490.1
  - Requires formal counseling, rights advisement
- Appropriate for:
  - Evaluation of suicide/homicide risk
  - Command concern about psychological, emotional, and/or behavioral well-being of a cadet
OTHER CPD ACTIVITIES (continued)

MULTIDISCIPLINARY TREATMENT TEAM (MDT)

• Team includes:
  – Physician, registered dietitian and 4 clinical psychologists from CPD
  – Standard of care c/w civilian universities
  – Can be augmented by athletic trainer, coach, chaplain, psychiatrist, etc.
• Confidential with limitations (e.g., risk for self-harm associated with anorexia)
• Self-referral best
  – Mandatory referrals for medical screening if underweight IAW AR 600-9’s Cadet Weight Control Program requirements
  – Command referrals for disruptive purging
• Window of opportunity for getting better is at USMA
  – Limited medical care for eating disorders once commissioned
  – Limited availability in remote areas, OCONUS
Contacting CPD
Making an Appointment

• USCC Homepage
  • CPD Link (select date/time/counselor)

• Call 938-2360/3327

• In person (new location): Cullum Hall

• Email: cpd@usma.edu;
  – Or to the individual provider

• You can walk a cadet to CPD if they find that helpful
Cadet Counseling Unit
Overview

CDT CPT Morghan McAleney
CIC, CCU, CBT 2010
• Organization of CCU
• Provide an overview of the CCU mission
• Present an outline of CCU training
• Highlight CCU Responsibilities
CCU 2010 ORGANIZATION

CPD DIRECTOR
LTC Supplee

ADMINISTRATIVE ASSISTANT
Ms. Blue

CCU DIRECTOR
CPT Hsiao

CADET-IN-CHARGE
CDT CPT Morghan McAleney

OFFICER SUPERVISORS
Dr. Wiener-Levy
CPT Ruscio

OFFICER SUPERVISOR
CPT Hsiao

OFFICER SUPERVISOR
CPT Agnor

OFFICER SUPERVISOR
LTC Supplee

A COMPANY
CDT SGT Andrew Wilhelm

C COMPANY
CDT SGT Lisa Ward

D COMPANY
CDT SGT Abigail Constantino

E COMPANY
CDT SGT Geoffrey Hansen

F COMPANY
CDT SGT Caitlin Adamowicz

G COMPANY
CDT SGT Russell Warren

H COMPANY
CDT SGT Nichole Siegrist
CCU Mission

• Support successful execution of the CBT mission by:
  • Preventing psychiatric casualties
  • Providing counseling services to New Cadets
  • Providing crisis management 24/7
  • Serving as mental health consultant
CCU Training

- Ethics in Counseling and Consultation
- Listening Skills
- Crisis Intervention/Suicide Prevention
- Decision Making Skills
- Intake Assessment
- Relaxation/Breathing Techniques
- Diversity in Counseling
- Sexual Assault
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>0500- 0525</td>
<td>Wake-up/Hygiene</td>
</tr>
<tr>
<td>0525- 0530</td>
<td>Reveille Formation</td>
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<tr>
<td>0530-0700</td>
<td>PT with Company</td>
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<tr>
<td></td>
<td>Sick Call Duty --1 counselor per day</td>
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<tr>
<td>0700-0725</td>
<td>Hygiene</td>
</tr>
<tr>
<td>0730-0800</td>
<td>Breakfast</td>
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<tr>
<td>0815-0830</td>
<td>CIC time</td>
</tr>
<tr>
<td>0830-0930</td>
<td>Small group Supervision w/ CCU Officer Supervisor at CPD</td>
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<tr>
<td>0930-1030</td>
<td>Large group supervision w/ CCU Director at CPD</td>
</tr>
<tr>
<td>1030-1230</td>
<td>Mission support (Attend Unit Training/ Hospital visits)</td>
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<tr>
<td>1230-1300</td>
<td>Lunch</td>
</tr>
<tr>
<td>1330-1800</td>
<td>Mission support (Attend Unit Training/ on-site Counseling as needed)</td>
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<tr>
<td>1800-1830</td>
<td>Dinner</td>
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<tr>
<td>1830-2200</td>
<td>Evening counseling/On-site Training</td>
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<tr>
<td>2200</td>
<td>New Cadet Taps</td>
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<tr>
<td>2300</td>
<td>CoC Taps</td>
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<tr>
<td>24/7</td>
<td>On call for Psychological Emergencies in Company or Sister-Company</td>
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Confidentiality between NC & Counselor

Limits to Confidentiality
-- Risk of harm to self or others
-- Counselors will not withhold this information

Counselors may encourage Authorization for Disclosure of Information but cannot guarantee it

Counselors must adopt and operate under same ethics as CPD clinical staff
• Squad Leader is first level in counseling
  – CCU is there to provide expertise and support as needed
• Counselors confirms NC accountability
• CCU takes a neutral stance on resignation
  – Counsel NCs to take sufficient time for a well thought-out, informed, and deliberate decision
• CCU is part of formal resignation process
  – NC will see Cadet Counselor after SL/PL
• Conducted over 400 official counseling sessions
  – Almost 200 new cadets seen
• Engaged in over 100 curbside counseling sessions
• Attended ER visits with New Cadets
• Neutralized potentially life threatening situations
  – 2 resulting psychiatric admissions
• Helped New Cadets in need of psychiatric help get the help they need
Questions?