



# **Center for Personal Development**

**“Know yourself to lead others”**

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## **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**

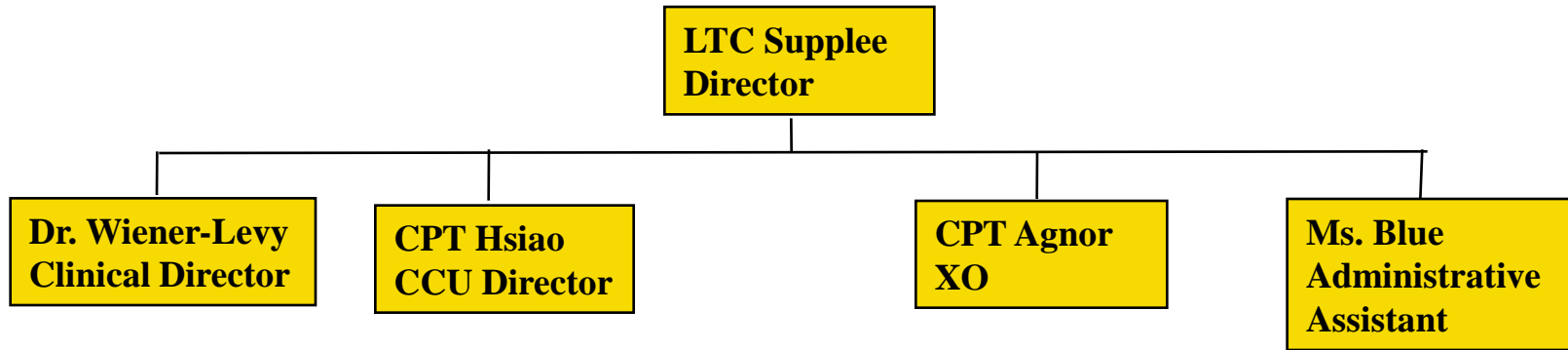
Increase resilience

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 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



# OTHER 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



## **OTHER CPD ACTIVITIES** (continued)

### **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 and USCC 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](mailto:cpd@usma.edu);
  - Or to the individual provider
- You can walk a cadet to CPD if they find that helpful

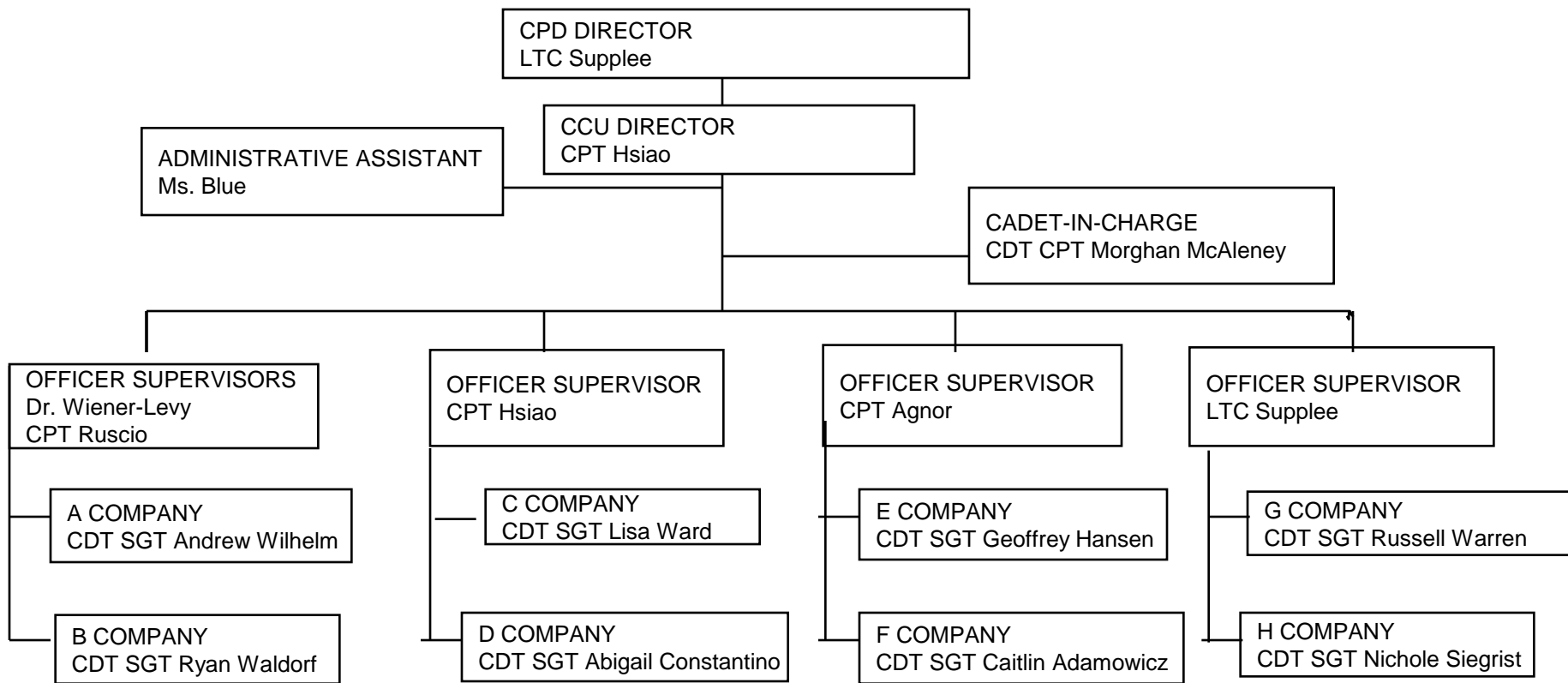


# Cadet Counseling Unit Overview

**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





- 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



- Ethics in Counseling and Consultation
- Listening Skills
- Crisis Intervention/Suicide Prevention
- Decision Making Skills
- Intake Assessment
- Relaxation/Breathing Techniques
- Diversity in Counseling
- Sexual Assault



0500- 0525	Wake-up/Hygiene
0525- 0530	Reveille Formation
0530-0700	PT with Company Sick Call Duty --1 counselor per day
0700-0725	Hygiene
0730-0800	Breakfast
0815-0830	CIC time
0830-0930	Small group Supervision w/ CCU Officer Supervisor at CPD
0930-1030	Large group supervision w/ CCU Director at CPD
1030-1230	Mission support (Attend Unit Training/ Hospital visits)
1230-1300	Lunch
1330-1800	Mission support (Attend Unit Training/ on-site Counseling as needed)
1800-1830	Dinner
1830-2200	Evening counseling/On-site Training
2200	New Cadet Taps
2300	CoC Taps
24/7	On call for Psychological Emergencies in Company or Sister-Company





- 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?