

**CCNY 36<sup>th</sup> Annual Conference**  
**The College at Brockport, SUNY**  
**Agenda**

Start	End	
<b>Thursday, June 7<sup>th</sup>, 2018</b>		
8:00am	9:00am	<b>Conference and Residence Hall Registration</b> <i>(Seymour College Union Ballroom Lobby)</i>
8:00am	9:30am	<b>Buffet Breakfast</b> <i>(Union Ballroom)</i>
9:00am	9:15am	<b>Welcome and Opening Remarks</b> <i>(Union Ballroom)</i>  <b>Darlene Schmitt</b> , Associate Director Counseling Center <b>Sara Engel</b> , Associate Director Prevention and Outreach Services, Hazen Center for Integrated Care-NYSCHA
9:15am	9:30am	<b>Dr. Heidi Macpherson, PhD, President of The College at Brockport, SUNY</b>
9:30am	10:45am	<b>Keynote Address</b> <i>(Union Ballroom)</i> <b>Mark Thompson, PhD</b> <u><b>“Cultivating Staff and Lessons Learned: Reflections on 30 years in College Counseling”</b></u>  <i>Our work in the college and university counseling center has always been challenging, and is becoming only more so with each passing year. Providing first-rate services requires an excellent staff and a healthy work environment. While there are many components to the process of establishing both, this presentation will focus on the mentoring and supervision of staff, and more general reflections of important lessons learned during the presenter's 30 years in college counseling. Participant perspectives will be encouraged and solicited.</i>
10:45am	11:00am	<b>BREAK</b> <b>“Drop in and Drum” Circle</b> <b>(Union Lobby)</b>

**CCNY 36<sup>th</sup> Annual Conference**  
**The College at Brockport, SUNY**  
**Agenda**

11:00am	12:15pm	<b>BREAKOUT SESSION I</b> <b>Thursday June 7<sup>th</sup></b> <b>11am-12:15pm</b>
11:00am	12:15pm	<p style="text-align: center;"><b><u>Coordinated Specialty Care for Adolescents and Young Adults with Early Psychosis: Developing a Partnership between OnTrackNY and Counseling Centers throughout New York State</u></b></p> <p style="text-align: center;"><b>Hong Ngo, Ph.D.</b>  <b>Clinical Trainer, and Outreach and Recruitment Specialist, OnTrackNY</b>  <b>Assistant Professor of Clinical Psychology (in Psychiatry)</b>  <b>Columbia University Medical Center</b></p> <p style="text-align: center;"><b>Julie Aspenleiter, NYS Office of Mental Health</b></p> <p><i>OnTrackNY is an innovative treatment program for adolescents and young adults who have had unusual thoughts and behaviors, or who have started hearing or seeing things that others don't. OnTrackNY helps people achieve their goals for school, work, and relationships. Programs are located throughout New York State. OnTrackNY teams provide services to all referred individuals meeting clinical admission criteria, without wait lists and regardless of their insurance status or ability to pay.</i></p> <p style="text-align: center;"><b>(Union Ballroom)</b></p> <p style="text-align: center;"><b>**NOTE: This program is not eligible for CEU's</b></p>
11:00am	12:15pm	<p style="text-align: center;"><b><u>The Evolution of a Counseling Center: From Traditional to Triage</u></b></p> <p style="text-align: center;"><b>Beth Cholette, PhD and Madeline Velazquez, LMSW, CASAC-T</b>  <b>SUNY Geneseo</b></p> <p><i>This session will review the evolution of a counseling center over the years, describing how services have gradually evolved from a more traditional intake model to increased triage and crisis-based intervention. The presenters will include information on what is working/not working in the present model; will solicit feedback from the audience; and allow time for questions.</i></p>

**CCNY 36<sup>th</sup> Annual Conference**  
**The College at Brockport, SUNY**  
**Agenda**

		<p><b>LEARNING OBJECTIVES:</b></p> <ol style="list-style-type: none"> <li>1. <i>Participants will demonstrate understanding of the difference between an intake-focused model of services versus a triage-based model.</i></li> <li>2. <i>Participants will be able to describe the current service model at their institution and compare to the model presented.</i></li> <li>3. <i>Participants will be able to identify the systematic benefits of a triage-based model.</i></li> <li>4. <i>Participants will be able to identify 1-3 ways to enhance or update services at their institution.</i></li> </ol> <p><i>Target Audience: All Staff <b>especially directors, assistant directors, and clinical directors</b></i></p> <p style="text-align: center;"><b>(Union Room 185)</b></p>
11:00am	12:15pm	<p style="text-align: center;"><b><u>Connect Program: A Therapeutic Peer Support Group Model for College Students Who Struggle Socially</u></b></p> <p style="text-align: center;"><b>Vince Markowsky, LCSW, MS and Patrick Devendorf, MA</b>  <b>SUNY Oswego</b></p> <p><i>The Connect Program at SUNY Oswego is a program that is original and is not primarily based on any other formal group format or pre-existing curriculum. Facilitators will share the logistical components of The Connect Program and practical activities that are commonly facilitated within this group, as well as potential challenges that may occur during the process of forming and facilitating a group such as The Connect Program.</i></p> <p><b>LEARNING OBJECTIVES:</b></p> <ol style="list-style-type: none"> <li>1. <i>Participants will learn assessment and screening skills/criteria used in identifying students who may benefit from a support group program that promotes social and relationship skills.</i></li> <li>2. <i>Participants will learn about potential goals that students can create for themselves as part of their overall efforts within such a support group in improving their ability to make social connections and advocate for themselves.</i></li> </ol>

**CCNY 36<sup>th</sup> Annual Conference**  
**The College at Brockport, SUNY**  
**Agenda**

		<p>3. <i>Participants will learn about the logistical components of The Connect Program and will learn about practical activities that are commonly facilitated within this group for members to improve their social and relational skills.</i></p> <p>4. <i>Participants will learn about potential challenges and roadblocks that may occur during the process of forming and facilitating a college support group such as The Connect Program.</i></p> <p><i>Target Audience: All Staff</i></p> <p style="text-align: center;"><b>(Union 119)</b></p>
11:00am	12:15pm	<p><b><u>Mental Health First Aid: Coming to a College Campus Near You: How to Build a Mental Health Training Program, Practical Applications, and the Importance of Leveraging Community Partnerships.</u></b></p> <p style="text-align: center;"><b><i>Lisa French, SUNY Erie Community College (City Campus)</i></b>  <b><i>Kim Cruell-Munn, SUNY Erie Community College (South Campus)</i></b>  <b><i>Heather Cruz, MEd, SUNY Erie Community College (South Campus)</i></b>  <b><i>Cherie Alvarez, Compeer of Buffalo</i></b></p> <p><i>SUNY Erie Community College, in conjunction with Compeer of Buffalo Inc. received Project AWARE monies in 2015 through SAMSHA to implement Mental Health First Aid Training to faculty, staff, and students. This program will discuss program implementation, identifying potential trainees, project improvement, and identified strengths in collaborating with a community organization.</i></p> <p><b>LEARNING OBJECTIVES:</b></p> <ol style="list-style-type: none"> <li>1. <i>To engage in conversations about the importance of Mental Health First Aid Training and the potential benefits to colleges campuses and the community in which it serves.</i></li> <li>2. <i>To identify subsets of populations for training. Recruitment strategies, data collection tools and requirements, and potential challenges are discussed.</i></li> <li>3. <i>To understand program implications upon the campus community and evaluation of outcomes.</i></li> </ol>

**CCNY 36<sup>th</sup> Annual Conference**  
**The College at Brockport, SUNY**  
**Agenda**

		<p>4. <i>To understand training expectations for both facilitators and trainees.</i></p> <p>5. <i>Learn how to leverage community partners in order to bring Mental Health First Aid to your campus.</i></p> <p><i>Target Audience: All Staff</i></p> <p style="text-align: center;"><b>(Union B116)</b></p>
11:00am	12:15pm	<p style="text-align: center;"><b><u>Promoting Behavioral Health and Reducing Risk among College Students: New Opportunities for Counseling Centers</u></b></p> <p style="text-align: center;"><b><i>M. Delores Cimini, PhD., Joyce Dewitt-Parker, PhD., Estela Rivero, PhD., and Karen Sokolowski, PhD.</i></b></p> <p style="text-align: center;"><b><i>University at Albany, SUNY</i></b></p> <p><i>In light of national data indicating that college students are coming to campuses with increasingly complex behavioral health needs, and the associated demands on counseling center professionals to address these issues, the proposed program will offer an innovative examination of the practices and processes that underscore effective leadership, collaboration, and harmonization of primary care, counseling, and health promotion services in a manner that supports the growth of evidence-based practices based on translational research while maintaining the delivery of high-quality student mental health services as a top priority.</i></p> <p><b>LEARNING OBJECTIVES:</b></p> <ol style="list-style-type: none"> <li><i>1. Describe the links among alcohol and other drug misuse and mental health concerns and academic performance.</i></li> <li><i>2. Identify the benefits associated with the harmonization of primary care, counseling, and prevention and health promotion services on college campuses.</i></li> <li><i>3. Articulate how they might implement evidence-based practices within a harmonized and integrated primary care, counseling, and health promotion service delivery model.</i></li> </ol>

**CCNY 36<sup>th</sup> Annual Conference**  
**The College at Brockport, SUNY**  
**Agenda**

		<p>4. <i>Identify two challenges and strategic solutions associated with implementing evidence-based practices in the context of competing service demands.</i></p> <p><i>Target Audience: All Staff</i></p> <p style="text-align: center;"><b>(Union 220)</b></p>
12:15pm	1:15pm	<p style="text-align: center;"><b>LUNCH</b> <b>(Union Ballroom)</b></p>
1:30pm	2:45pm	<p style="text-align: center;"><b>BREAKOUT SESSION II</b> <b>Thursday June 7<sup>th</sup></b> <b>1:30pm-2:45pm</b></p>
1:30pm	2:45pm	<p style="text-align: center;"><b><u>3 Years Later...Moving from a Multiculturally Competent Agency to a Socially Just One</u></b></p> <p style="text-align: center;"><b><i>Kizzie P. Walker, Ph.D.; Tekhara D. Watson, LMFT; and Jasmin N. Allen, Ph.D.</i></b> <b>Syracuse University</b></p> <p><i>The presenters will provide an overview of the Social Justice Committee's efforts of providing in-service training to all staff members. The attendees will learn about the process of moving from an agency of being multiculturally competent to socially just. The presenters will discuss the journey involved with redefining the agency's identity. This process will also detail steps the social justice committee implemented in bringing light and awareness into fostering the agency's identity.</i></p> <p><b>LEARNING OBJECTIVES:</b></p> <ol style="list-style-type: none"> <li>1. <i>Gain the understanding about the importance of Vulnerability and Authenticity.</i></li> <li>2. <i>Highlight aspects of the importance of allyship and mentorship.</i></li> <li>3. <i>Gain a deeper understanding in the power of sharing.</i></li> <li>4. <i>Learn about the process, challenges, and successes with fostering allyship in a system where you might be the only one.</i></li> </ol> <p><i>Target Audience: All staff</i></p> <p style="text-align: center;"><b>(Union 220)</b></p>

**CCNY 36<sup>th</sup> Annual Conference**  
**The College at Brockport, SUNY**  
**Agenda**

1:30pm	2:45pm	<p style="text-align: center;"><b><u>Balancing Act: Strategies for Working with Athletic Departments and Student-Athletes</u></b></p> <p style="text-align: center;"><b><i>Joe Monserrat, PsyD. &amp; Joyce Dewitt-Parker, Ph.D.</i></b>  <b><i>SUNY at Albany</i></b></p> <p><i>This program will focus on the complex challenges that clinicians face when consulting with student-athletes. Presenters will provide an overview of the unique needs and increasingly more serious mental health issues faced by student-athletes. In addition, this program will address the, at times, difficult relationship between the athletic department and mental health care providers. Case examples will be shared to highlight the growing complexity involved with supporting the competing demands of student-athletes and athletic departments.</i></p> <p><b>Learning Objectives:</b></p> <ol style="list-style-type: none"> <li><i>1. Attendees will gain understanding about the increased need for mental health services for student-athletes</i></li> <li><i>2. Participants will be able to recognize the challenges consultants to athletics face in their complex role(s).</i></li> <li><i>3. Attendees will learn about effective early-intervention strategies that have been utilized to identify and treat student-athletes with psychological concerns.</i></li> </ol> <p><i>Target Audience: All Staff</i></p> <p style="text-align: center;"><b>(Union 119)</b></p>
1:30pm	2:45pm	<p style="text-align: center;"><b><u>Counselors' Perspectives: The Impact of the 2016 U.S. Presidential Election on College Student Mental Health</u></b></p> <p style="text-align: center;"><b><i>Sharon Mitchell, Amy Reynolds and Ji Sun Jeong</i></b>  <b><i>University at Buffalo, SUNY</i></b></p> <p><i>The outcome of the 2016 U.S. Presidential Election was a surprise to many, and college campuses like other sectors of society felt its reverberations then and now. A research team from the University at Buffalo used quantitative and qualitative research methods to look at the ways in which college students who were counseling clients at a large university counseling center were impacted by the election outcome. During this seminar, particular attention will be paid</i></p>

**CCNY 36<sup>th</sup> Annual Conference**  
**The College at Brockport, SUNY**  
**Agenda**

		<p><i>to the relationship between students' salient identities such as race, gender, sexual orientation, religion, and immigration status and the emotional, cognitive, and behavioral impacts of the election. In addition, a nationwide counselor survey data will be used to examine how counselors' own identities impacted their ability to provide culturally-informed and ethically-grounded mental health care to college students.</i></p> <p><b>LEARNING OBJECTIVES:</b></p> <ol style="list-style-type: none"> <li><i>1. Participants will gain insight on how public policy affects college student mental health</i></li> <li><i>2. Participants will explore ways to address issues of social justice in the counseling context</i></li> <li><i>3. Participants will discuss how to balance taking care of students and themselves when they, also, are being emotionally impacted by societal events.</i></li> </ol> <p><i>Target Audience: All Staff</i></p> <p style="text-align: center;"><b>(Union Room B116)</b></p>
1:30pm	2:45pm	<p style="text-align: center;"><b><u>TRANSforming the perspective: An introduction to the transgender experience</u></b></p> <p style="text-align: center;"><b><i>Joe Paddock, MS, CMHC-P., Genesee Community College</i></b></p> <p><i>This program introduces participants to the lives and experiences of transgender people and transgender students. Counselors, educators, and administrators may feel unprepared and uncertain about how to relate to the transpeople they encounter in their lives. Many in the field of education have expressed their desire to develop a familiarity and understanding of the experiences of transpeople and report that there is a need for information that provides appropriate guidance about promoting an inclusive learning environment for transgender students. In addition to learning about the lives of transgender people, the session will provide opportunities to ask questions or discuss their concerns in a non-judgmental forum that allows for open dialog on the subject and provides appropriate and informed guidance. Attendees will be introduced to the lives and experiences of transgender students, provided training about relating to transgender students and creating a gender inclusive learning environment for all students. Additionally, this program will help to ensure staff and faculty are knowledgeable about</i></p>



**CCNY 36<sup>th</sup> Annual Conference**  
**The College at Brockport, SUNY**  
**Agenda**

		<p><i>Title IX regulations as they relate to transgender students and campus services.</i></p> <p><b>LEARNING OBJECTIVES:</b></p> <ol style="list-style-type: none"> <li>1. <i>Increase familiarity with the experiences of transgender and gender non-conforming people.</i></li> <li>2. <i>Improve understand of creating inclusive environment for transgender students</i></li> <li>3. <i>Develop insight into the needs of trans students by developing an understanding of the journey of identity development</i></li> <li>4. <i>Enhance familiarity with the Title IV regulations and NYS laws as they pertain to transgender students</i></li> </ol> <p><i>Target Audience: All Staff</i></p> <p style="text-align: center;"><b>(Union 114)</b></p>
2:45pm	3:15pm	<p><b>Break</b>  <b>Refreshments</b>  <b>"Drop in and Drum Circle"</b>  <b>(Union Ballroom Lobby)</b></p>
3:15pm	4:30pm	<p><b>BREAKOUT SESSION III</b>  <b>Thursday June 7<sup>th</sup></b>  <b>3:15pm-4:30pm</b></p>
3:15pm	4:30pm	<p style="text-align: center;"><b><u>DBT: Not just for our clients</u></b></p> <p style="text-align: center;"><b><i>Alison Franklin, LCSW, Utica College</i></b></p> <p><i>Dialectical Behavior Therapy (DBT) has been proven to be very effective with an array of mental health and substance use related disorders, but it can also assist clinicians become more self-aware and mindful. DBT has not only made me a better clinician, but a better colleague, supervisor, friend, and parent. Expand on your knowledge of DBT and learn how to implement some of these exercises into your personal and professional life.</i></p>

**CCNY 36<sup>th</sup> Annual Conference**  
**The College at Brockport, SUNY**  
**Agenda**

		<p><b>LEARNING OBJECTIVES:</b></p> <ol style="list-style-type: none"> <li>1. <i>Gain a better understanding of the DBT model</i></li> <li>2. <i>Learn how to implement these skills into their own clinical practice and personal life</i></li> <li>3. <i>Be connected to additional resources for further DBT trainings/information</i></li> </ol> <p><i>Target Audience: All Staff</i></p> <p style="text-align: center;"><b>(Union 114)</b></p>
3:15pm	4:30pm	<p style="text-align: center;"><b><u>Making the Practice Possible: Adaptations to the traditional group therapy framework for students of color</u></b></p> <p style="text-align: center;"><b><i>Felicia Reed-Watt, LCSW, M.S, University of Rochester</i></b>  <b><i>Kwasi Boaitey, MSW Intern, University of Rochester</i></b></p> <p><i>There is no one road to diversity, equity, and inclusion that is right for every university or community counseling center; however, all mental health practitioners must approach their work from a strategic vantage point that includes advocacy, outreach and flexibility. In this interactive seminar participants will learn how the University Counseling Center have been able to respond to the multicultural needs of UR students spanning from the spring 2011 and the death of a African American male student due to violence, to the present day realities of the marginalization of DACA/Undocumented students and sexual harassment, by creating, co-facilitating, and sustaining non-traditional therapy groups on a predominantly white campus. Participants will learn how being flexible and utilizing outreach and advocacy with stakeholders and students provides the building block which supports the integration of an inclusive community and safety in a university or community mental health agency.</i></p> <p><b>LEARNING OBJECTIVES:</b></p> <ol style="list-style-type: none"> <li>1. <i>Discuss methodology of creating persons of color process group</i></li> <li>2. <i>Discuss retention</i></li> <li>3. <i>Discuss outreach and advocacy</i></li> </ol> <p><i>Target Audience: All Staff</i></p> <p style="text-align: center;"><b>(Union B116)</b></p>

**CCNY 36<sup>th</sup> Annual Conference**  
**The College at Brockport, SUNY**  
**Agenda**

3:15pm

4:30pm

**"The Student Is Always Right!"**  
**When Clinical Care Becomes Retail Therapy**

***Holly Vanderhoff, Ph.D., SUNY Upstate Medical University***  
***Michael J. Miller, Ph.D., SUNY Upstate Medical University***

*Colleges and universities have slowly but surely adopted a business-driven, customer-oriented approach in their efforts to attract and retain students. Identifying higher education primarily as a business and students as customers may make for successful marketing; however, this approach has been criticized as threatening the academic integrity and educational missions of these institutions. We explore the particularly corrosive effect the "student as customer" model has on student mental health services. We also explore how counseling centers might counteract this impact in interactions with students, other divisions, and institutional administration.*

**LEARNING OBJECTIVES:**

- 1. Learn the brief history of the movement toward viewing students as customers and education and affiliated services as consumable goods*
- 2. Identify the deleterious effects of this "retail" model on clinical care and student mental health*
- 3. Identify strategies for overcoming these negative impacts in counseling/therapy*
- 4. Identify strategies for overcoming these negative impacts in service administration and institutional communication*

*Target Audience: All Staff*

**(Union 119)**

**CCNY 36<sup>th</sup> Annual Conference**  
**The College at Brockport, SUNY**  
**Agenda**

3:15pm	4:30pm	<p style="text-align: center;"><b><u>Holistic Coaching: When your 'game-face' is not enough</u></b></p> <p style="text-align: center;"><b><i>Najla Hrustanović, PhD, MS and Christian Beck, MA</i></b>  <b><i>Colgate University</i></b></p> <p><i>Student-athletes are often perceived as tough, gritty, and highly competitive. When they are faced with mental health issues, they are encouraged to put on their "game-face" and "suck it up". Student-athletes are expected to endure the burden of balancing rigorous academics, demanding sport schedules, and their social lives. Many times the competing priorities become oppressive and students may suddenly find themselves amidst uncharted waters, gasping for air. Coaches and athletic trainers are positioned in a unique role that lends itself to intervening when they observe signs of a student in distress. This interactive presentation is designed to help counselors and student affairs professionals assist coaches and athletic staff in effectively and quickly identifying student-athletes at risk.</i></p> <p><b>LEARNING OBJECTIVES:</b></p> <ol style="list-style-type: none"> <li><i>1. Collaborating with your Athletics department to become partners in student-athlete mental health</i></li> <li><i>2. Promoting a culture of supportive care within athletics</i></li> <li><i>3. Teaching preventative care/training the coaches to foster an environment that promotes holistic wellness</i></li> </ol> <p><i>Target Audience: All Staff</i></p> <p style="text-align: center;"><b>(Union 185)</b></p>
3:15pm	4:30pm	<p style="text-align: center;"><b><u>FUBU (For Us By Us) - How to survive in a system where you are the only one?</u></b></p> <p style="text-align: center;"><b><i>Kizzie P. Walker, Ph.D.; Tekhara D. Watson, LMFT; and Jasmin N. Allen, Ph.D.</i></b>  <b><i>Syracuse University</i></b></p> <p><i>This program is for providers who identify as a person of color of all intersecting identities. The presenters, who are PEOPLE of color of intersecting identities, will share their own narrative of the journey of moving from an agency of being multiculturally competent to socially just. The presenters will discuss the journey involved with redefining their own professional identity,</i></p>

**CCNY 36<sup>th</sup> Annual Conference**  
**The College at Brockport, SUNY**  
**Agenda**

		<p><i>which encompasses aspects of vulnerability, authenticity, and mentorship. Presenters ask that you show up with an open heart and an open mind. Although not required, presenters recommend attendees participate in the program "3 Years Later...Moving from a Multiculturally Competent Agency to a Socially Just One".</i></p> <p><b>LEARNING OBJECTIVES:</b></p> <ol style="list-style-type: none"> <li>1. <i>Gain the understanding about the importance of vulnerability and authenticity.</i></li> <li>2. <i>Highlight aspects of the importance of allyship and mentorship.</i></li> <li>3. <i>Gain a deeper understanding in the power of sharing.</i></li> <li>4. <i>Learn about the process, challenges, and successes with fostering allyship in a system where you might be the only one.</i></li> </ol> <p><i>Target Audience: All Staff</i></p> <p style="text-align: center;"><b>(Union 220)</b></p>
4:30pm	5:30pm	<b>Break</b>
5:30pm	6:30pm	<p><b>Cocktail Hour</b>  <b>Cash Bar; light snacks</b></p> <p><b><u>"Drop in and Drum" circle</u></b>  <b>hosted by Ellen Gooch, LCSW, SUNY Oswego</b>  <b>(Union Ballroom)</b></p>
6:00pm	8:00pm	<p><b>Dinner</b>  <b>(Union Ballroom)</b></p>
8:00pm	10:00pm	<p><b>Social Activities</b>  <b>Alumni House</b>  <b>Bring music, snacks, beverages, and games for all to enjoy!</b></p>

**CCNY 36<sup>th</sup> Annual Conference**  
**The College at Brockport, SUNY**  
**Agenda**

Start	End	
		<b>Friday, June 8<sup>th</sup>, 2018</b>
7:30am	9:00am	<b>Buffet Breakfast</b> <i>(Seymour Union Fireside Lounge)</i>
7:30am	8:45am	<b>CCNY Directors' Meeting</b> <i>(Union 185)</i>
9:00a	10:15a	<b>BREAK-OUT SESSION IV</b> <b>Friday June 8<sup>th</sup></b> <b>9:00am-10:15am</b>
9:00a	10:15a	<p style="text-align: center;"><b><u>Foundations of Support: Building a Campus-Wide Mental Health Task Force From the Ground Up</u></b>  <b><i>Laura Swanson, LCSW and Samuel Cardamone (Associate Director of Study Abroad) - SUNY Geneseo</i></b></p> <p><i>How can various departments on campus share the work of supporting student mental health? This session will review steps taken at SUNY Geneseo to form a campus-wide mental health task force and a mental health strategic plan. We will chart the development of the task force over the past three years and explain how we went from a grassroots group of individuals to a recognized committee with increased institutional buy-in. Let us tell you about our steps and missteps to help you figure out what might work on your campus.</i></p> <p><b>LEARNING OBJECTIVES:</b></p> <ol style="list-style-type: none"> <li><i>1. Participants will learn strategies for developing a campus-wide mental health task force.</i></li> <li><i>2. Participants will gain ideas for increasing inter-departmental and institutional collaboration.</i></li> <li><i>3. Participants will increase awareness of resources for mental health strategic planning on college campuses.</i></li> <li><i>4. Participants will brainstorm how to build support systems on their own campuses.</i></li> </ol> <p style="text-align: center;"><b>(Union B116)</b></p>

**CCNY 36<sup>th</sup> Annual Conference**  
**The College at Brockport, SUNY**  
**Agenda**

9:00a

10:15a

**How Did We Get Here? The Many Paths to Becoming a College Counseling Center Administrator**

***Sharon Mitchell, PhD., University at Buffalo, SUNY***

***Estela Rivero, PhD., University at Albany***

***David Reetz, PhD., Rochester Institute of Technology***

***Kate Wolfe-Lyga, LMHC, ACS, SUNY Oswego***

*Most college mental health professionals have no formal training in administration or organizational leadership development. In general, college counseling center organizational charts are pretty flat. Whether it be the director or other roles, there is no tried and true path to acquiring skills and experiences needed for leadership roles in the college counseling center setting. This panel of discussants will describe their own personal paths to assuming leadership positions within a college counseling center. They will also offer suggest creating a climate for leadership development opportunities within participants' current work setting. This program is appropriate for counselors who are interested in developing leadership skills and for directors who are looking for ideas about to create opportunities to develop leaders on their staffs.*

**LEARNING OBJECTIVES:**

- 1. Participants will identify 3 key skills needed in counseling center administration*
- 2. Participants will identify 3 ways to acquire skills and experiences that will better prepare them to assume leadership roles in a college counseling center*
- 3. Participants problem solve barriers to acquiring leadership skills needed in a college counseling center.*

*Target Audience: Administrative/Supervisory focus; All Staff*

**(Union 119)**

**CCNY 36<sup>th</sup> Annual Conference**  
**The College at Brockport, SUNY**  
**Agenda**

9:00a	10:15a	<p style="text-align: center;"><b><u>Coming Out in College: How Counselors Can Support LGBTQ Identity Development and Self-Acceptance</u></b></p> <p style="text-align: center;"><b><i>Emma Hager, LCSW-R, Roberts Wesleyan College and Charlene Vetter, PhD., Buffalo State College</i></b></p> <p><i>Participants will gain a deeper understanding of the coming out process for LGBTQ students, internal and external barriers to self-acceptance, clinical implications of working with clients in various stages of the coming out process, recommendations for facilitating effective coming out groups, and information about national resources.</i></p> <p><b>LEARNING OBJECTIVES:</b></p> <ol style="list-style-type: none"> <li><i>1. Participants will be able to identify a minimum of 2 barriers/challenges associated with coming out/self-acceptance</i></li> <li><i>2. Participants will be able to identify a minimum of one clinical strategy to use with clients</i></li> <li><i>3. Participants will be able to identify one strategy for effectively facilitating coming out groups</i></li> <li><i>4. Participants will be able to identify a minimum of one national informational resource related to LGBTQ+ topics</i></li> </ol> <p><i>Target Audience: All Staff</i></p> <p style="text-align: center;"><b>(Union 114)</b></p>
9:00a	10:15a	<p style="text-align: center;"><b><u>iRest© Meditation on the College Campus</u></b></p> <p style="text-align: center;"><b><i>Sheila Figliotti, LCSW-R, University at Buffalo, SUNY</i></b></p> <p><i>iRest is a trauma-informed meditation practice that Dr. Richard Miller PhD adapted from yoga Nidra meditation. It is offered in a variety of community settings and has been named a Complementary Alternative Medicine (CAM) by the US Army Surgeon General for PTSD. As such, it is viewed as an excellent support for treatment in a clinical setting and has increasingly gained attention of the college community. Moving gradually from the more tangible (body and breath) to the more subtle, (cognitions and emotions) clients cultivate interoceptive awareness, which can lead to a stronger sense of feeling secure and safe with themselves. During this program, the history of iRest will be reviewed,</i></p>



**CCNY 36<sup>th</sup> Annual Conference**  
**The College at Brockport, SUNY**  
**Agenda**

		<p><i>along with the 10-Step protocol as it has been offered at the UB Counseling Center. Key concepts of the meditation approach will also be described and participants will be invited to engage in an abbreviated iRest meditation.</i></p> <p><b>Learning Objectives:</b></p> <ol style="list-style-type: none"> <li>1. <i>Understand the origins of iRest as a trauma-informed meditation based on the ancient teachings of Yoga Nidra</i></li> <li>2. <i>Have a general sense of the iRest 10-step protocol and its principal concepts of Welcoming, Messengers and Awareness/Ground of Being</i></li> <li>3. <i>Learn how iRest is offered in a college counseling center setting in a way that supports distress tolerance, emotional regulation and resilience.</i></li> </ol> <p><i>Target Audience: All Staff</i></p> <p style="text-align: center;"><b>(Union 185)</b></p>
10:15a	10:30a	<p><b>Break</b></p>
10:45a	12:15p	<p><b>BREAK-OUT SESSION V</b>  <b>Friday June 8<sup>th</sup> 10:45am-12:15pm</b></p>
10:45a	12:15p	<p style="text-align: center;"><b><u>*Assisting Clients with Self-Esteem and Self-Care</u></b></p> <p style="text-align: center;"><b>Ruth A. Larson, MA, LMHC, SUNY-ESF</b></p> <p><i>Participants will experience how it feels, as a client, to create a list of 30 things they like about themselves and a Self-Care List and learn how to use these two techniques with clients. These two techniques are often used with depressed and anxious clients as a part of a solution-focused, short-term therapy model.</i></p> <p><i>Target Audience: New and Intermediate Professionals</i></p> <p style="text-align: center;"><b>(Union 185)</b></p> <p style="text-align: center;"><b>**NOTE: This program is not eligible for CEU's</b></p>

**CCNY 36<sup>th</sup> Annual Conference**  
**The College at Brockport, SUNY**  
**Agenda**

10:45a

12:15p

**Building and Sustaining a Peer Education Program within  
a University Counseling Center**

*Research indicates that, among college students, outcomes related to peer education programs include health and wellness benefits for both the peer-educators and for those students who are receiving peer education services. Given the increasing clinical demands placed on college and university counseling centers, it is essential to consider alternate services that address health and wellness of our student populations. In this program, presenters will describe a large, well-established peer-education program that is housed in a university counseling center. Presenters will describe: (a) theory and research-based underpinnings; (b) the core programs and operations that have been developed; (c) recruitment, training, and ongoing supervision of the peer educators; (d) integration of doctoral-level trainees into the training and supervision model; (e) ongoing efforts to assess and build the program based on the changing needs of the students; and (f) challenges and lessons learned. There will be ample opportunity for participants to discuss how they might implement similar programs on their own campus.*

**LEARNING OBJECTIVES:**

1. *Participants will learn about the development, structure, and operation of one campus-based peer-education program, including its focus areas and service mission.*
2. *Participants will learn about one model of training and supervising peer-educators and doctoral students in a large-scale peer education program.*
3. *Participants will learn how to apply concepts and program elements discussed in this presentation on their own campuses.*

*Target Audience: All Staff*

**(Union 119)**

**CCNY 36<sup>th</sup> Annual Conference**  
**The College at Brockport, SUNY**  
**Agenda**

10:45a	12:15p	<p><b><u>Eating Disorder Treatment Teams</u></b></p> <p><b><i>Niki Keating, PhD, Colgate University</i></b>  <b><i>Carissa Uschold, LCSW, University at Buffalo, SUNY</i></b>  <b><i>Susan Pasco, PhD, LCSW-R, Syracuse University</i></b></p> <p><i>Clients with EDs are best supported by a multidisciplinary team consisting of counselors, medical professionals, dietitians, and athletic trainers for student athletes. This panel will discuss the necessity, composition, and functioning of ED treatment teams on college campuses. We will also explore benefits and challenges unique to different campuses, as well as creative configurations and placement of treatment team members within a campus system. The session will end with time for discussion and networking.</i></p> <p><b>LEARNING OBJECTIVES:</b></p> <ol style="list-style-type: none"> <li><i>1. Participants will learn about ED treatment necessity, composition, and functioning</i></li> <li><i>2. Identify benefits and challenges of treatment teams on different university campuses</i></li> <li><i>3. Network with other colleagues involved in ED treatment on their campuses</i></li> </ol> <p><i>Target Audience: All Staff</i></p> <p style="text-align: center;"><b>(Union 114)</b></p>
12:15p	1:15p	<p><b>Boxed Lunch and Departure</b>  <b>(Union Lounge)</b></p> <p><b><i>Thank you for joining us for the 36<sup>th</sup> Annual CCNY Conference at The College at Brockport, SUNY!!!</i></b></p>