



Center for Personal Development

“Know yourself to lead others”

Donna Wiener-Levy, Ph.D.
Clinical Director, CPD
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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

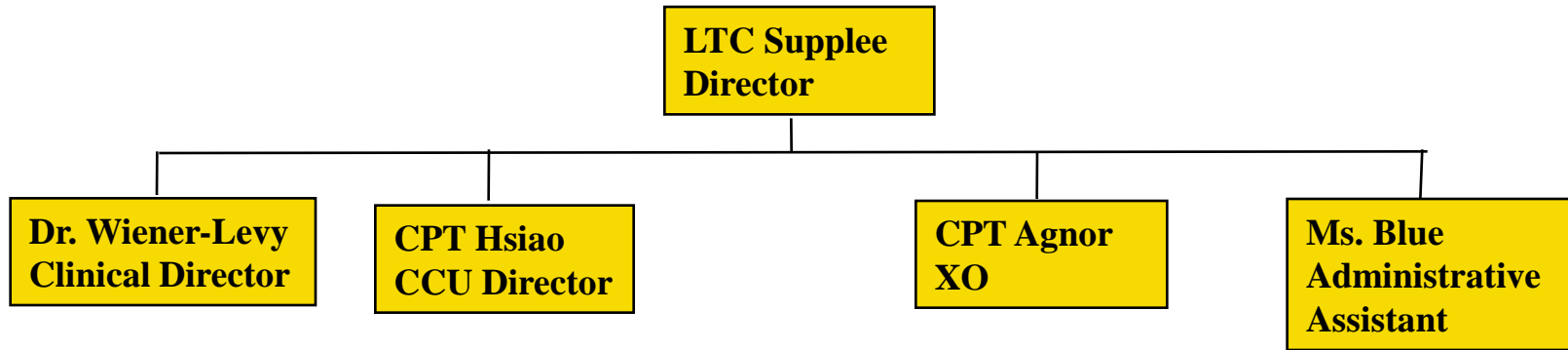
Increase resilience

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;
 - Or to the individual provider
- You can walk a cadet to CPD if they find that helpful

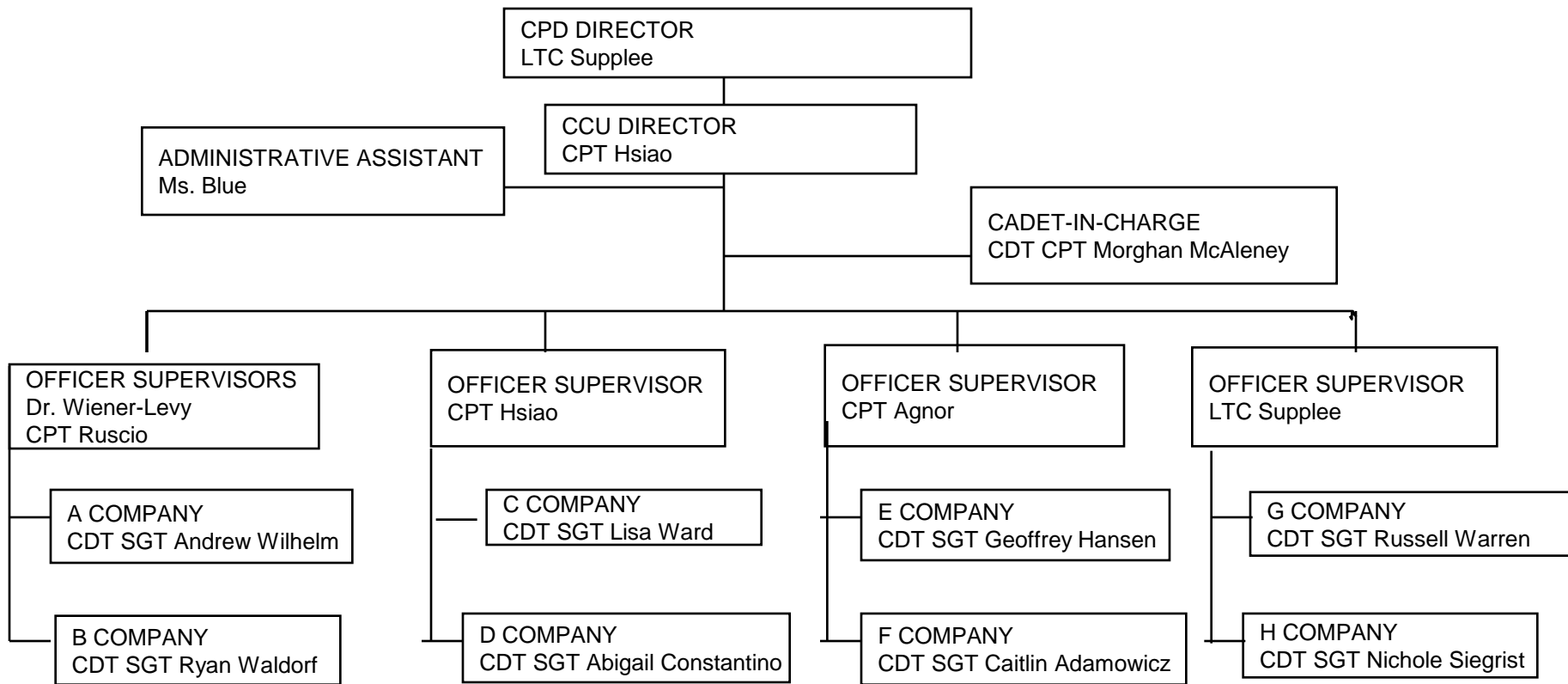


Cadet Counseling Unit Overview

**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?