

Toward Multidisciplinary Treatment & Training: Successes, Challenges, & Solutions

New England College Health Association
Annual Meeting
October 30, 2014

Williams College Health Service

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Psychological Counseling Services

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PCS Staff Therapist

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Clinical PhD Candidate
Pacifica Graduate Institute



Multidisciplinary?

What prompted this presentation?

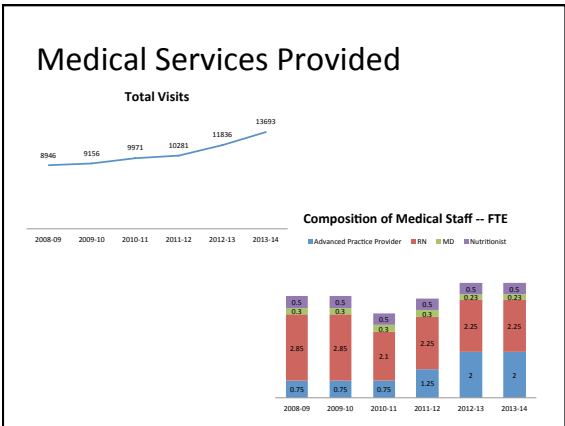
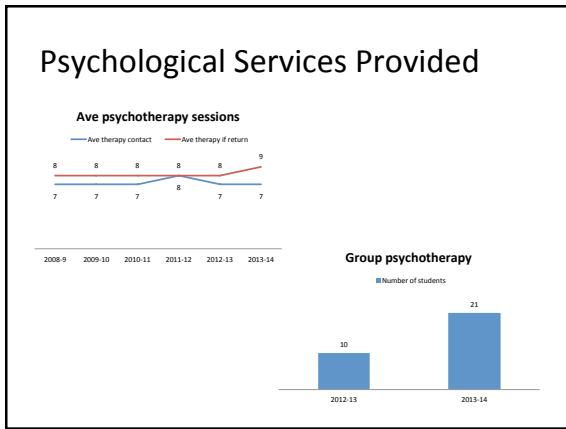
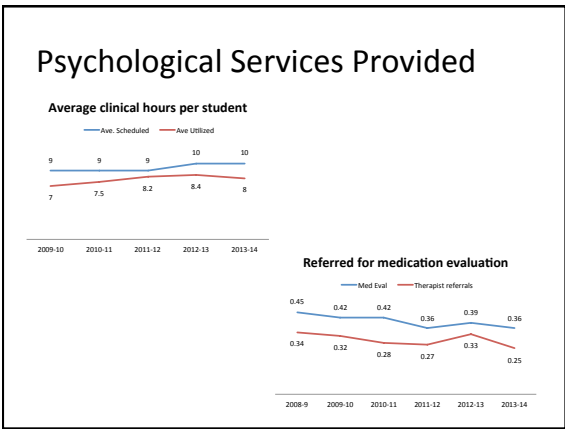
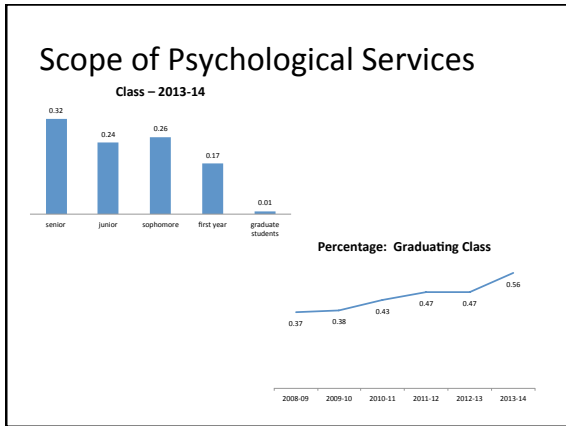
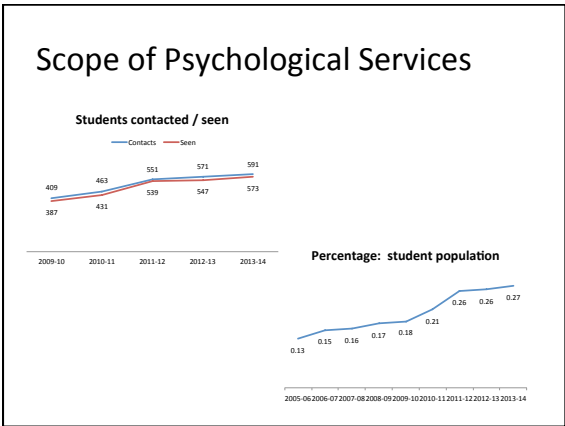


Necessity, who is the mother of invention.

(Plato)

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- ### Processes and Structures for Integrated Services
- Direct Psychiatric Consultations
 - Medication Refills
 - Monthly Prescriber Meetings
 - Walk-In, Triage, Crisis Hours
 - Attendance at PCS Staff Meetings
 - Multidisciplinary Staff Seminars
 - Eating Disorder Advisory Group
 - Multidisciplinary Treatment Teams

Eating Disorder Advisory Group

- Advance Practice Providers (3)
- Nutritionist (1)
- Athletic Trainer Representative (1)
- Psychiatrist / Administrator of PCS (1)
- Trainees (1-2)

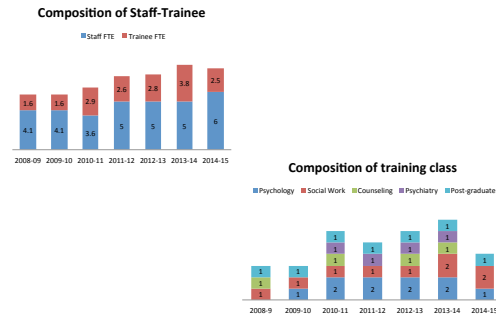
Multidisciplinary Treatment Teams

Team 1	Team 2	Team 3
Psychotherapist (2)	Psychotherapist (2)	Psychotherapist (2)
Advanced Practice Provider	Advanced Practice Provider	Advanced Practice Provider
Trainee (2)	Trainee (2)	Trainee (3*)
Psychiatrist	Psychiatric CNS	Psychiatry Resident (*)

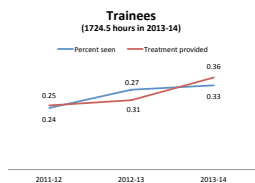
Multidisciplinary Training Program

- Clinical
 - Individual psychotherapy
 - Group psychotherapy
- Education
 - Individual supervision
 - Group supervision
 - Case conferences
 - In-service
 - Staff Seminar
 - Training Seminar
- Outreach
- Post-graduate fellowship

Multidisciplinary Training Program



Clinical Contribution



Evolution of Outreach 2001-2014: Joining the Community

- Out of the office: “close to the street”
- Students’ involvement
- Break the Silence
- Responding to distressing events
- Changing campus culture
- Collaboration and partnering with other stakeholders
- Education

**Synergy and Cross Fertilization:
Trainees & Vibrant College Setting**

- Trainees’ program requirements
- Trainees’ research interests
- Unique skill sets
- Connected to people, ideas, resources, institutions
- Curiosity and enthusiasm for learning opportunities
- Beginner’s mind and *carpe diem*

**Counting our Serendipitous Blessings:
Examples**

- **Creative workshop** on identity and vocation
- **Open forum** “Breaking the Barbie Tyranny”
- **Open forum** “Pressures on EveryBODY: Body Image and the Williams Culture”
- **Group** “Mindful Living”
- **In-service discussion and public presentation** Middle East expert and Country Director Save the Children Syria

**Counting our Serendipitous Blessings:
Examples**

- **Facilitated student panel** CHAS conference “Barriers to Counseling for Underrepresented Students”
- **White Identity Workshop** for student leaders
- **Allies Group**
- **Racial Mindfulness Workshop**
- **Let’s Talk Walk-In** Student Center

Benefits to PCS’s Outreach and the College

- Fuller integration of PCS, visibility
- Collaborative linkages
- Changing the campus culture
- Enhancing students’ resilience, emotional skills, and developmental capacities
- Facilitating diversity

**Information, Transparency, and
Informed Consent**

- Information Document
- Notification of Trainee Status
- Integrated Health Center Care
- Limits to Confidentiality
- Informed Consent

Information Document

Welcome to Psychological Counseling Services (PCS). The following information is a summary of how PCS functions and works with students who have sought assistance and treatment at PCS. It highlights some of our operational policies, some of our expectations of you and our policy on Confidentiality and Exceptions to Confidentiality.

PCS offers a comprehensive range of mental health services that are provided by our staff, who have extensive training and experience. These services are designed to address the full range of developmental, emotional and psychological/psychiatric problems that can arise in college students. These services can include psychological and psychiatric assessment, counseling and psychotherapy, medication treatment, group therapy, education groups and outreach services.

PCS serves as a training site for advanced, graduate and post-graduate candidates in the field of college mental health services, whom we have accepted into our supervised training program. Your assigned clinician may be such an individual and, if so, will disclose that information to you during the course of your evaluation and intake. If, for any reason, you would prefer not to work with a training professional, simply ask for a change, which will be honored.

Psychological Counseling Services offer students an opportunity to address personal problems or concerns, to understand oneself better, to learn new and more effective coping strategies, examine interpersonal situations and difficulties and make changes in your life. It involves sharing private and sensitive information with a clinician, with whom you can develop a relationship that facilitates this learning process. We, at PCS, have great respect for this process and strive to ensure that it is helpful in the personal and developmental needs of college students.

PCS is administratively integrated within the Department of Health Services. As such, we work with all of the other Health Service professionals at the College, when clinically indicated, in accordance with our belief that integration and consolidation of all aspects of the person is a crucial developmental task of young adulthood and health and wellness.

Notification of Trainee Status

PCS serves as a training site for advanced, graduate and post-graduate candidates in the field of college mental health services, whom we have accepted into our supervised training program. Your assigned clinician may be such an individual and, if so, will disclose that information to you during the course of your evaluation and intake. If, for any reason, you would prefer not to work with a training professional, simply ask for a change, which will be honored.

Integrated Health Center

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Limits to confidentiality

As an integrated Health Center, all of the professionals working at the Center may share pertinent health information when clinically indicated. All clinical information is kept in your health and counseling records, which are never part of your educational records and are handled confidentially, like all health care records.

As a general matter, information concerning your contact with PCS will not be made available to anyone outside of Health Services, including College personnel, parents, family members, friends, or outside agencies, without your explicit permission.

There are, however, certain exceptions to this general rule, which you should be aware of when entering into a treatment relationship with us. They are listed below. In all of these exceptions, we will attempt to inform and discuss with you the likelihood of sharing information before we proceed, using our judgment in emergency situations.

Information concerning your contact with Psychological Counseling Services may be made available to others in the following circumstances:

Information will likely be shared with College officials and may be shared with your family in the event of any critical health event or hospitalization.

If your clinician determines that you pose a direct threat of harm to yourself or to another person, we may disclose information in an effort to prevent the potential harm from happening. This may include, for example, contacting College officials, your family, other professionals or local officials.

If College officials have occasion to review and determine whether you pose a direct threat of harm to yourself or another person, we may disclose clinical information or lend other assistance needed to make that determination.

In the event you are experiencing psychological, learning or other health conditions that appear to be substantially interfering with your ability to successfully participate as a student at the College, we may disclose limited information to College officials in order to facilitate the consideration of remedies, supports or academic accommodations.

If you report information indicating that a child, or a disabled or elderly person is currently suffering abuse or neglect, your clinician may be required to report the information to law enforcement or other authorities.

A court order could require us to release information contained in your records or could require a clinician to testify in a judicial proceeding.

Limits to confidentiality

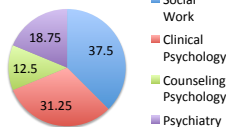
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Multidisciplinary Training: Survey

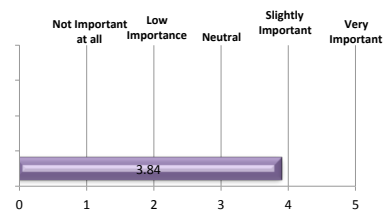
- Former trainees were recruited via email and phone and asked to participate in an online survey

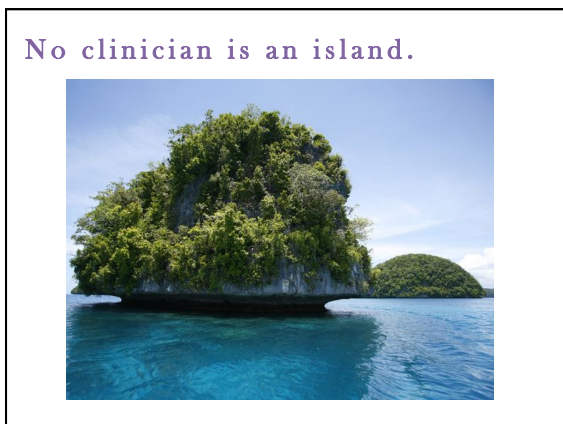
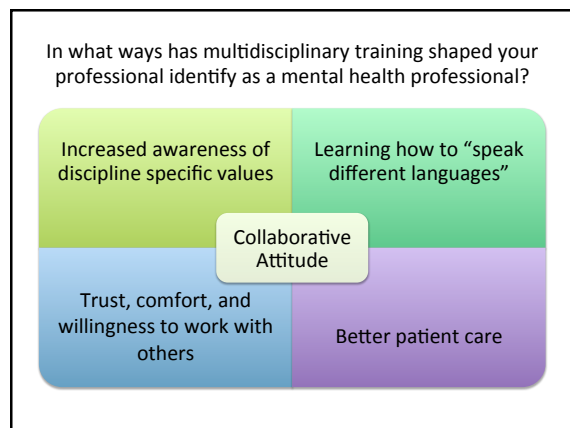
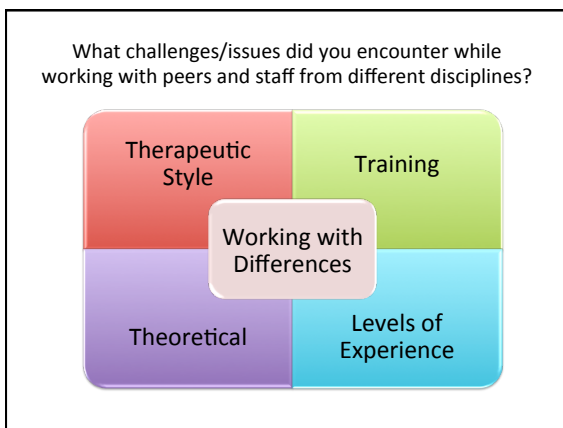
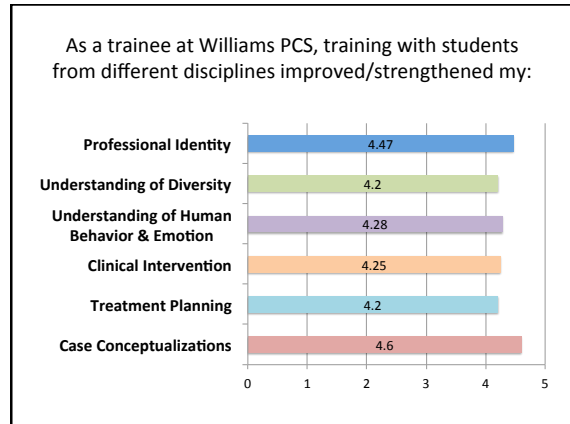
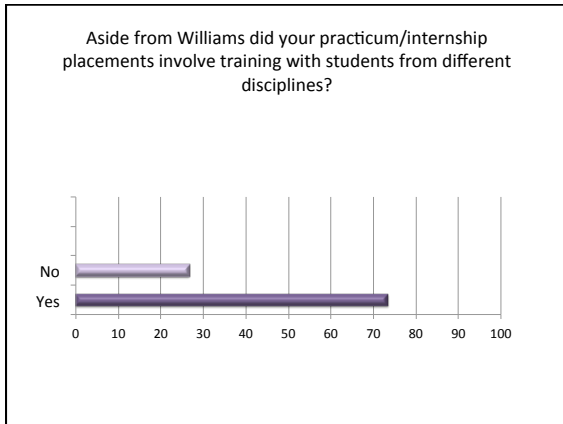
- 16 participants:

- 6 Social Work
- 5 Clinical Psychology
- 3 Psychiatry
- 2 Counseling



How important was the multidisciplinary training model (i.e. the opportunity to work with peers and staff from other disciplines) in your decision to train at Williams?





- Conclusions and Implications for Supervisors and Trainees
- Define your multidisciplinary model: What is the mission? How does it function? Strengths/Weaknesses?
 - Establish a collaborative environment that models effective communication, trust, and conflict resolution
 - Embrace and encourage diverse perspectives
 - Meet trainees where they are at and consider their experience with multidisciplinary treatment
 - Introduce the collaborative structure through showing trainees how to use other clinicians as resources

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Discussion