

## **An Internship Model: The Life Skills Center**

Cost-Effective Mental Health Service Delivery on College Campuses

Presented to the CCC SMHP Campus Based Grant Meeting

*Bonnie Burstein, PhD, CBG Training Director*

*Deborah Tull, PhD, CBG Director*

LA College Consortium

Building Healthy Communities Initiative

Sacramento, California

April 24, 2013

**What is the Life Skills Center?** The Life Skills Center (LSC) is LAHC's mental health service site on campus. Personal, familial and environmental challenges and pressures can interfere with the ability to succeed academically and personally. Learning to master these challenges enhances a student's psychological, interpersonal, educational and career development while at LAHC and long after leaving college.

**The Life Skills Center's main goal** is to meet the mental health needs of LAHC students through a streamlined plan of crisis intervention, brief treatment, referral, psycho-educational support groups and educational workshops for the campus community.

### **Plan of Operation**

- The Center has had the following hours of operation: Mondays –Thursdays 8 am-8 pm, Fridays 8 am – 4 pm, and Saturdays 8 am -2 pm are the available times when students may be seen for services.
- With a full-time Clinical Psychologist Director, the Life Skills Center could support 12 Psychology Interns, each of whom would contribute between 10 and 20 hours per week, a total of 155 – 240 hours of counseling service to the College per week, at no cost to the College.
- Psychology interns, who are unpaid volunteers, work to accumulate the necessary supervised clinical hours necessary for state licensure, with appropriate professional supervision and consultation, are able to deliver the quantity and high quality of service necessary to really assist our student body toward achieving a productive future.
- On the open market, these services would cost anywhere from \$40 - \$125/ per hour and more. The value of these services to the college is between \$7200 - \$9600/ week or between \$288,000 and \$384,000 /year...all for the price of 1.0 FTE Counselor Position. ***This is a highly cost-effective service.***

**An Internship Model: The Life Skills Center**  
Cost-Effective Mental Health Service Delivery on College Campuses

*Bonnie Burstein, PhD, CBG Training Director*

*Deborah Tull, PhD, CBG Director*

LA College Consortium

Building Healthy Communities Initiative

Presented to the CCC SMHP Campus Based Grant Meeting

Sacramento, California

April 24, 2013

LAHC

Life Skills Center

Internship Goals

*The ultimate goal of the Life Skills Center Internship at Los Angeles Harbor College is to enable the student to integrate the theory and practice of humanistic-existential and positive psychology, during their year of apprenticeship with us, towards the end of becoming a well rounded, ethical, competent practitioner in the field.*

Particulars

Interns will learn to provide direct client services which include:

- Initial evaluations
- Crisis intervention
- Brief psychotherapy
- Individual, couple, family psychotherapy
- Consultation
- Psycho-educational groups
- Educational workshops
- Community outreach

To the following special groups among the college population:

- Adolescents
- Adults
- Older adults
- Nursing students
- Single parents
- Returning women
- Students with eating disorders
- Athletes
- Dually diagnosed

- Chronic mentally ill
- Physically disabled
- Learning disabled
- Court referred/mandated
- Probation referred
- DCFS involved/referred
- Immigrants
- GLBTQ
- Ethnic minorities
- Low income, GAIN and CalWorks students
- Homeless
- Every DSM IV diagnosis

Interns will receive:

- 1 hour of individual supervision per week
- 2 hours of group supervision per week
- 1 hour of clinical training instruction/ in-service training/ case conference per week
- 1 hour of administrative staff meetings per week

Interns' clinical work will be monitored by the following methods:

- Review of students' written clinical notes
- Students' report of clinical work in supervision
- Co-facilitation of groups or sessions with clinical staff
- Review of audio recordings of students' sessions
- Direct observation by clinical staff of students' clinical work

Interns will receive clinical training instruction in the following topics during the course of the year-long experience:

- Basic counseling skills
- Crisis intervention
- Ethical practice of psychotherapy and counseling
- Culturally competent counseling skills
- Effective, ethical and efficient record keeping, note taking
- College success skills
- Introduction to humanistic-existential theory and practice
- Introduction to positive psychology theory and practice
- Introduction to Speaking Peace: Nonviolent Communication – the Language of Life emphasizing the universality of human feelings and human needs
- How to offer workshops to the college community
- How to market workshops and other services to the community
- How to write about psychology for the public

**An Internship Model: The Life Skills Center**  
Cost-Effective Mental Health Service Delivery on College Campuses

*Bonnie Burstein, PhD, CBG Training Director*  
*Deborah Tull, PhD, CBG Director*  
LA College Consortium  
Building Healthy Communities Initiative

Presented to the CCC SMHP Campus Based Grant Meeting  
Sacramento, California  
April 24, 2013

## Examples of Life Skills Center Workshop Topics

- \_\_\_ Anger Management
- \_\_\_ Breaking the Cycle of Domestic Violence
- \_\_\_ Communicating in Close Relationships
- \_\_\_ Coping with Depression
- \_\_\_ Creating Balance and Harmony in your Life While Attending School Full Time
- \_\_\_ Communicating Cross Culturally
- \_\_\_ Cyber Bullying and How to Deal with It
- \_\_\_ Discovering your Learning Style to Succeed in College
- \_\_\_ Family Relationships – Conflict Resolution
- \_\_\_ Financial Literacy – Making and Sticking with a Budget
- \_\_\_ How to Motivate Yourself to Succeed in College
- \_\_\_ How to Succeed in College – Time Management
- \_\_\_ How to Talk with Instructors and Have Good Relationships
- \_\_\_ Introduction to “Assess for Success” for Entering Students
- \_\_\_ Keys to Becoming a Successful Student: Time Management and Prioritizing
- \_\_\_ Meditation for Stress Reduction, Better Sleep and Clearer Focus
- \_\_\_ Me First: Putting Your Needs First without Feeling Guilty
- \_\_\_ Overcoming Insomnia
- \_\_\_ Overcoming Math Anxiety
- \_\_\_ Overcoming Procrastination
- \_\_\_ Parenting – Age Appropriate Discipline
- \_\_\_ Preparing for a Career in Clinical Psychology
- \_\_\_ Preparing for a Career in Psychology

- \_\_\_ Preparing for Final Exams
- \_\_\_ Preparing for Finals and Managing Exam Anxiety
- \_\_\_ Preparing for Midterm Exams
- \_\_\_ Preparing to Transfer: Overcoming Fear and Doubt
- \_\_\_ Preventing and Coping with Sexual Assault
- \_\_\_ Setting and Achieving Academic Goals
- \_\_\_ Self Esteem
- \_\_\_ Single Parenting Issues
- \_\_\_ Staying on Track Despite Distractions: Maintaining Your 2.0
- \_\_\_ Stop Smoking
- \_\_\_ Stress Management
- \_\_\_ Stress Reduction and Managing Test Anxiety

**ADMINISTRATION**

**Marvin Martinez, *President***

**ACADEMIC AFFAIRS**

**Luis M. Rosas, *Vice President***

**Dr. Kristi Blackburn, *Dean of Research & Planning***

**Mark Wood, *Dean***

**Leige Doffoney, *Dean***

**ECONOMIC AND WORKFORCE DEVELOPMENT**

**Sandra Sanchez, *Dean***

**Susan Rhi-Kleiner, *Associate Dean of Grants  
Management & Resources Development***

**STUDENT SERVICES**

**Abbie L. Patterson, *Vice President***

**David Ching, *Dean of Admissions & Records and  
Evening Operations***

**Mercy Yanez, *Associate Dean of EOP&S/CARE/  
CalWORKs/Youth Source Center***

**ADMINISTRATIVE SERVICES**

**Dr. Ann Tomlinson, *Vice President***

**Nestor Tan, *Associate Vice President***

**BOARD OF TRUSTEES**

**Steve Veres, *President***

**Tina Park, *First Vice President***

**Nancy Pearlman, *Second Vice President***

**Kelly Candaele**

**Mona Field**

**Miguel Santiago**

**Scott J. Svonkin**

**Daniel Campos, *Student Trustee***

**DISTRICT ADMINISTRATION**

**Dr. Daniel J. LaVista, *Chancellor***

**Dr. Adriana D. Barrera, *Deputy Chancellor***

**Dr. Yasmin Delahoussaye, *Vice Chancellor for  
Educational Programs and Institutional Effectiveness***

**Dr. Felicito Cajayon, *Vice Chancellor for Economic and  
Workforce Development***

**Jeanette Gordon, *Chief Financial Officer/Treasurer***

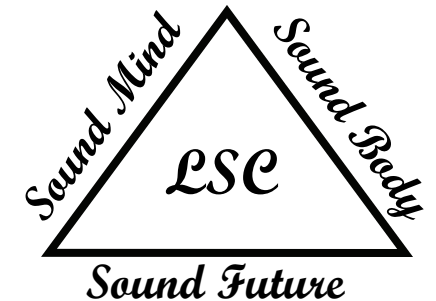
**Camille A. Goulet, *General Counsel***

**James D. O'Reilly, *Executive Director, Facilities***

**Los Angeles Harbor College  
Life Skills Center  
1111 Figueroa Place  
Wilmington, CA 90744**

**NEED HELP?**

**Life Skills Center**



**Los Angeles Harbor College**

**1111 Figueroa Place**

**Wilmington, CA 90744**

## WHAT IS THE LIFE SKILLS CENTER?

The Life Skills Center (LSC) is LAHC's mental health service site on campus. The mission of the LSC is to provide psychological counseling and related services to LAHC students.

Our goal is to enable LAHC students to meet the personal, familial, and environmental challenges and pressures which can interfere with the ability to succeed academically and personally.

Learning to master these challenges will enhance a student's psychological, interpersonal, educational, and career development while at LAHC and long after leaving the college.

## WHAT FREE SERVICES DOES THE LSC OFFER TO THE COLLEGE COMMUNITY?

- Crisis Intervention and Referral
- Information & Community Referrals
- Individual and Group Counseling
- Career Guidance
- Psycho-Educational & Support Groups
- Student Success Workshops
- Learning Disability Assessment, Referral, and Support
- Consultation with Faculty

## HOW IS THE LSC STAFFED?

The LSC is staffed by a licensed clinical psychologist and advanced graduate student interns from masters and doctoral level psychology programs in Los Angeles.

Strict adherence to the ethical standards of the American Psychological Association (APA) and the California State Board of Psychology are maintained. The staff is highly qualified and well-prepared to address the vast array of concerns facing L.A. Harbor College students.

## WHY SHOULD STUDENTS TALK TO A STRANGER ABOUT THEIR PROBLEMS?

Some people have family and friends they trust and feel comfortable talking to. However, some of the people closest to them have neither the training nor the objectivity to truly have their best interests at heart.

The highly skilled and trained LSC counselors can offer a fresh perspective and some proven tips for assisting LAHC students in achieving their academic and personal dreams.

## WHAT KIND OF PROBLEMS DO STUDENTS BRING TO THE LSC?

Problems related to academic concerns like test-anxiety, procrastination, motivation; difficulty in managing feelings, such as depression, anxiety, anger, hopelessness or low self-esteem.

Students also bring concerns about relationships with family members, girl or boyfriends, marital partners, friends, school mates or faculty; behaviors of concern like eating habits, drug or alcohol use/abuse.

Treatment and services responding to: suicide, sexual assault, domestic violence, and community violence are offered.

## CONFIDENTIALITY

It is essential that students feel free to talk openly about any concerns they may have. To encourage frank discussions, all communications are confidential as specified by the state laws regulating the practice of psychology.

## WHAT ARE THE HOURS OF OPERATION?

Appointments with the LSC staff can be made any time between the hours of 8:00 am-8:00 pm Monday through Thursday; and 8:00 am-2:00pm Friday and Saturday.

Walk-In Hours-No Appointment Necessary (Café 110, the Health Center):

- Monday and Friday: 10:00 am-12:00 pm
- Tuesday, Wednesday, and Thursday: 10:00 am-3:00 pm

**Crisis Intervention Services are available any-time during office hours. After hours call 911.**

Call to schedule a Non-Emergency Appointment: **(310) 233-4586** A staff member will return the call within 48 hours.

- Workshops, Appointments, Support Groups, and Administration are located in the SPS Annex Building adjacent to Café 108

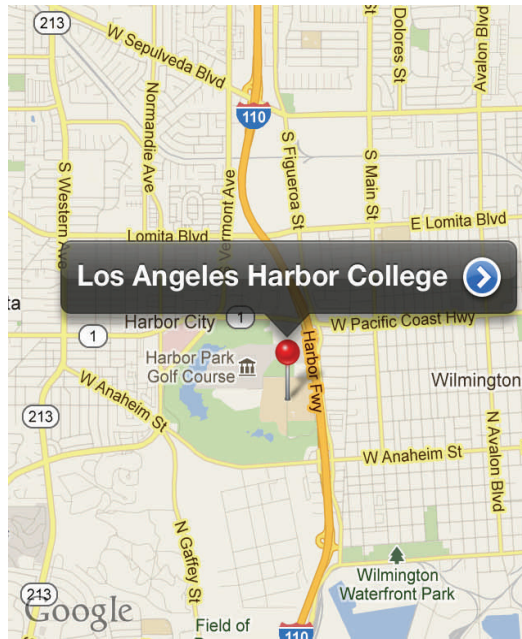
## Life Skills Center Administrative Staff

Dr. Bonnie Burstein, Clinical Director (310) 233-4586

Dr. Deborah Tull, Administrative Director (310) 233-4621

## Directions

Los Angeles Harbor College is located just off the 110 freeway, on the southwest corner of L St and Figueroa Pl intersection, in Wilmington, CA.



**L I F E   S K I L L S  
C E N T E R**

Los Angeles Harbor College  
1111 Figueroa Pl  
Wilmington, CA  
90744

Phone: 310-233-4586  
Fax: 310-233-4633  
E-mail: bursteb@lahc.edu

## Who We Are Looking For

*Passionate, caring, energetic, creative, self-starters, and future leaders in the field with prior exposure and commitment to the values of humanist worldview, interested in translating theory into real world practice, ready to take on the challenges of building a system-wide intervention in the largest Community College system in the world.*

### Flexible Schedule Available

MASTERS level students are asked to make at least a one-year, 15-20 hour per week commitment; some evenings or weekends.

PRE AND POST-DOCTORAL students are asked for a one-year, 20-hour per week commitment; some evenings or weekends.

## How To Apply

**We accept applications for the training cycle beginning in August in early March of each year.**

**Please send cover letter and resume to:**

Bonnie Burstein PhD, Director  
Clinical Psychology and MFT Training Programs  
Los Angeles Harbor College  
1111 Figueroa Place  
Wilmington, CA 90744  
Phone: 310-233-4586  
Fax: 310-233-4633  
E-mail: bursteb@lahc.edu

### ADMINISTRATION

**Marvin Martinez**, President

### ACADEMIC AFFAIRS

**Luis M. Rosas**, Vice President

**Dr. Kristi Blackburn**, Dean Research and Planning

**Mark Wood**, Dean

**Leige C. Doffoney**, Dean Academic Affairs

### ECONOMIC AND WORKFORCE DEVELOPMENT

**Sandra Sanchez**, Dean

**Susan Rhi-Kleinert**, Associate Dean of Grant Management and Resource Development

### STUDENT SERVICES

**Abbie L. Patterson**, Vice President

**David Ching**, Dean Admissions & Records and Evening Operations

**Mercy Yanez**, Associate Dean EOP&S/CARE/CalWORKS/Youth Source Center

### ADMINISTRATIVE SERVICES

**Dr. Ann Tomlinson**, Vice President

**Nestor Tan**, Associate Vice President

### BOARD OF TRUSTEES

**Steve Veres**, President

**Tina Park**, First Vice President

**Nancy Pearlman**, Second Vice President

**Kelly Candaele**

**Mona Field**

**Miguel Santiago**

**Scott J. Svonkin**

**Daniel Campos**, Student Trustee

### DISTRICT ADMINISTRATION

**Dr. Daniel J. LaVista**, Chancellor

**Dr. Adrianna D. Barrera**, Deputy Chancellor

**Dr. Yasmin Delahoussaye**, Vice Chancellor for Educational Programs and Institutional Effectiveness

**Felicito Cajayon**, Vice Chancellor for Economic and Workforce Development

**Jeanette Gordon**, Chief Financial Officer/Treasurer

**Camille A. Goulet**, General Counsel

**James D. O'Reilly**, Executive Director, Facilities Planning and Development



# THE PSYCHOLOGY TRAINING PROGRAM at LOS ANGELES HARBOR COLLEGE



**Los Angeles Harbor College  
1111 Figueroa Place  
Wilmington, CA 90744**



## Program Overview

The Clinical Psychology Internship/ Traineeship at Harbor College has its value-base in the humanist world view of education as a transformational process that can minimize human suffering by giving individuals and communities the tools to help themselves and each other.

Training is offered in empirically validated and state-of-the-art individual, small group and community interventions for masters and doctoral level Clinical psychology graduate students looking for an alternative to the medical model of training and practice.

### **Socialization into the profession and practice of Humanistic/Positive psychology provided through integrated modalities including:**

- ◇ Mentoring by senior humanistic psychologists
- ◇ Didactic exposure including ongoing study of the current issues in the field as presented in topical journals, role modeling, observations/ vicarious learning, and consultative guidance.

### **Creativity Encouraged**

Interns have the opportunity to individually design certain aspects of their own program with special emphasis on creative interventions enabling retention of Harbor College students and their transfer to four-year colleges.

## Interns Receive

- ◇ One hour of face-to-face supervision per week.
- ◇ Two hours of group supervision per week.
- ◇ Seminars on a variety of topics.
- ◇ Ongoing training in humanistic/ positive psychology:

Crisis Intervention  
Referrals  
Learning Disabilities Assessment  
Violence Prevention  
Community Programs  
More...

- ◇ Case Conferences
- ◇ In-Service Training
- ◇ Teaching Opportunities
- ◇ Research Opportunities
- ◇ Grant Development Opportunities

Los Angeles Harbor College Life Skills Center was awarded the California Community Colleges Board of Governor's Award for Best Practice  
*Exemplary Program of the Year - 2004*

Life Skills Center 2012 – 2014 Recipient  
CalMHSA – CCC – Student Mental Health Program  
Campus Based Grant – L.A. College Consortium  
Building Healthy Communities Initiative

## Interns Learn In a Setting of Great Diversity

Harbor College has an unusually diverse, multicultural, environment with a myriad of opportunities for creative clinical and community interventions.

Students at Harbor College range in age from 14-80, with a fairly even balance of men and women, ethnic distribution and high-middle to lower socio-economic status.



## Specialty Programs

Learn about special programs for a variety of sub-groups in the general college population such as:

- **Single Parents**
- **Returning Women**
- **Physically Challenged Students**
- **Mental Health “Consumers”**
- **Learning Disabled Students**
- **GAIN and CalWorks Students**
- **Nursing Students**
- **Teens**
- **Young Adults From Foster Care Placement**
- **Athletes**
- **Students with Eating Disorders**
- **Recovering Substance Abusers**
- **International Students**
- **Veterans**

## Program Faculty

### Administrative Director

#### **Deborah Tull, Ph.D**

A 30-year veteran of the Los Angeles Community College District, she has taught Counseling and Psychology-related classes, as well as administering a wide variety of programs at Harbor college and elsewhere. She is currently Coordinator of Special Programs & Services at Harbor College. Awareness of the need for the internship grew out of Dr. Tull's groundbreaking “Mental Health Education and Consortium Project”. She was instrumental in garnering seed money from the College's “Partnership for Excellence” program to provide the funding for the program's first year of operation, 2001-02.

### Training Director

#### **Bonnie Burstein, Ph.D**

A licensed Clinical psychological (CPL#007961). She received her Doctorate from UCLA in 1982 in Clinical and Community Psychology. Her original research is in the areas of interpersonal skills training, group training, and human sexuality. She helped develop the original graduate student supervision course at the UCLA Psychology Clinic where she was supervisor for 14 years. She was also Program Director at the California Self-Help Center for 6 years in the 1980's. Currently, Dr. Burstein is on the faculty of Saybrook University.



The Building Healthy Communities Initiative (BHCI) is a Consortium Project with Los Angeles Harbor as the lead college, with the following consortium members:

Los Angeles City College  
Los Angeles Mission College  
Los Angeles Pierce College  
Los Angeles Southwest College  
Los Angeles Trade Tech College

The Building Healthy Communities Initiative is a part of the Prevention and Early Intervention programs supported by CalMHSAs-Prop. 63-funds aimed at preventing suicides, reducing stigma and discrimination, and improving student mental health.

#### **Project Purpose:**

Develop campus climates which support mental health wellness, safety, and timely identification and referral of at-risk students for help.

## **LOS ANGELES HARBOR COLLEGE**

### **ADMINISTRATION**

**Marvin Martinez**, President

### **ACADEMIC AFFAIRS**

**Luis M. Rosas**, Vice President

**Kristi Blackburn**, Dean of Research & Planning

**Mark Wood**, Acting Dean of Academic Affairs

**Leige Doffoney**, Dean of Academic Affairs

### **ECONOMIC AND WORKFORCE**

#### **DEVELOPMENT**

**Sandra Sanchez**, Dean of Economic and Workforce Development

**Susan Rhi-Kleiner**, Associate Dean of Grants Management & Resources Development

### **STUDENT SERVICES**

**Abbie L. Patterson**, Vice President

**David Ching**, Dean of Admissions & Records and Evening Operations

**Mercy Yanez**, Associate Dean of EOPS/CARE/CalWORKs/Youth Source Center

### **ADMINISTRATIVE SERVICES**

**Dr. Ann W. Tomlinson**, Vice President

**Nestor Tan**, Associate Vice President

### **BOARD OF TRUSTEES**

**Steve Veres**, President

**Tina Park**, First Vice President

**Nancy Pearlman**, Second Vice President

**Kelly Candaele**

**Mona Field**

**Miguel Santiago**

**Scott J. Svonkin**

**Daniel Campos**, Student Trustee

### **DISTRICT ADMINISTRATION**

**Dr. Daniel J. LaVista**, Chancellor

**Dr. Adriana D. Barrera**, Deputy Chancellor

**Dr. Yasmin Delahoussaye**, Vice Chancellor for Educational Programs and Institutional Effectiveness

**Dr. Felicito Cajayon**, Vice Chancellor for Economic and Workforce Development

**Jeanette Gordon**, Chief Financial

## **L.A. College Consortium: Building Healthy Communities Initiative**



## **Meeting the Mental Health Needs of Community College Students**



Compassion. Action. Change.

# BUILDING HEALTHY COMMUNITIES INITIATIVE

## MEETING THE MENTAL HEALTH NEEDS OF COLLEGE STUDENTS



### GOALS:

- Provide mental health sensitivity and awareness training for faculty, staff, administration, and students.
- Provide student peer-to-peer activities which support academic success with outreach to special populations such as Veterans and LGBTQ.
- Provide Kognito interactive web-based customized suicide prevention training to all consortium colleges.
- Develop up-to-date resource networks.

### LEARNING PATHWAYS:

- Project website includes 24/7 availability of training materials, webinars, workshops, film festivals, and on-site advisement.
- Faculty FLEX Credit will be available.

### OUTCOMES:

- Greater understanding of how to identify and refer at-risk students.
- Increased numbers of students accessing mental health services.
- Reduced levels of stigma and discrimination.
- Reduced incidents of suicide, suicide attempts, relationship violence, and bullying.
- Increased retention and success rates of at-risk students.
- Greater understanding of how to develop and maintain safe and secure learning environments for at-risk students.
- Incorporation of college policies and procedures which reward help-seeking behavior.
- Existence of Project website which will allow for sustainability, 24/7 access to materials, and cost-effective dissemination of Project deliverables.

### PROJECT HEADQUARTERS

**Location:** Los Angeles Harbor College  
1111 Figueroa Place  
Wilmington, CA 90744  
SPS Annex Building  
Adjacent to SPS (Café 108)  
310-233-4094 Phone  
310-233-4625 Fax

**Website:** Coming Soon

**Project Director:** Dr. Deborah Tull  
[tulld@lahc.edu](mailto:tulld@lahc.edu)  
310-233-4621

**Training Director:** Dr. Bonnie Burstein  
[bursteb@lahc.edu](mailto:bursteb@lahc.edu)  
310-233-4586

### **Consortium College Campus Leaders:**

**LACC:** Dr. Randy Anderson  
[andersr@lacitycollege.edu](mailto:andersr@lacitycollege.edu)  
323-953-4000 ext. 2285

**LAMC:** Cathy Brinkman  
[BrinkmCJ@lamission.edu](mailto:BrinkmCJ@lamission.edu)  
818-364-7723

Maria I. Granados  
[GranadMI@lamission.edu](mailto:GranadMI@lamission.edu)  
818-364-7600 ext. 7135

Monica M. Moreno  
[Morenomm@lamission.com](mailto:Morenomm@lamission.com)  
818-364-7867

**LAPC:** Elizabeth A. Benne  
[BenneEA@piercecollege.edu](mailto:BenneEA@piercecollege.edu)  
818-710-4270

**LASC:** Celeste Phelps  
[phelpscm@lasc.edu](mailto:phelpscm@lasc.edu)  
323-241-5483

**LATTC:** Ashraf Hosseini  
[hosseia@lattc.edu](mailto:hosseia@lattc.edu)  
213-763-7157