Overview

The Psychological Consultation Center serves as the teaching and research clinic of the University of Nebraska-Lincoln Clinical Psychology Training Program. As part of their training, doctoral-level clinical psychology students provide outpatient intervention and assessment services under the supervision of licensed psychologists.

Aims

- Provide state-of-the-art, evidence-based psychological assessment and intervention services for individuals and families
- Provide excellent professional development and clinical training for CPTP doctoral students in a behavioral health outpatient clinic that serves the general population
- Conduct clinically relevant research that contributes to the broader knowledge of psychopathology, clinical assessment, and treatment across the lifespan
Specialty Clinics

In addition to the general mental health clinic, the PCC is home to several specialty clinics aiming to serve specific populations and communities. Each of these clinics strives to uphold the tenants of evidence-based practice, which includes ongoing development and maintenance of state-of-the-art technology and research.

Trauma Recovery Clinic (TRC)
› The TRC, directed by David DiLillo, Ph.D., is a new specialty clinic whose therapists assess and provide services to individuals who have experienced trauma. The TRC saw 2 clients over the reporting period and will continue to take referrals for the next academic year.

Substance Abuse Clinic (SAC)
› The SAC, directed by Dennis McChargue, Ph.D., continues to provide treatment and evaluations for UNL students and Lincoln community members with substance related concerns. Both brief and intensive outpatient treatment is provided. The team also has expertise in treating those with co-occurring mental health concerns. The SAC saw 5 clients during the reporting period.

Telehealth Clinic
› The telehealth clinic, directed by Deb Hope, Ph.D., serves individuals living with HIV/AIDS throughout the state of Nebraska. Clients are referred through Nebraska AIDS Project caseworkers and the majority are seen via telehealth, although some clients are seen in person within the PCC. The telehealth clinic is involved in the interdisciplinary network of providers across the state to help coordinate services. The telehealth clinic saw 15 clients during the reporting period.

Rainbow Clinic
› The rainbow clinic, directed by Deb Hope, Ph.D., serves local LGBTQA communities and serves as one of the few providers in the Lincoln area that provides affordable and evidence-based services for individuals who identify as transgender and gender diverse. The rainbow clinic saw 10 clients during the reporting period.

Family Interaction Skills Clinic (FISC)
› FISC, directed by Dave Hansen, Ph.D., continues its collaborative partnerships with Community Action Partnership, Head Start and Early Head Start, and the Child Advocacy Center (Project SAFE).
› Project SAFE served 35 clients during the reporting year.
› FISC Early Head Start and Head Start Mental Health consultants provided psychological screening and services for 478 children & families enrolled in center-based & home-based programs in Lincoln and Wahoo, Nebraska, throughout the year.

Publications from our Therapists
Clients and Services

The PCC serves individuals, families, and couples across the lifespan. Evidence-based assessment and intervention are available to UNL students, but the PCC primarily serves the broader community. Clients are referred from a number of sources for a range of mental health concerns.

The PCC, including all specialty clinics, served 124 clients during the reporting period (7/1/19-6/30/20).

Although the PCC does serve UNL students, 80% of PCC clients are from the larger community of southeastern Nebraska.

Though some clients were seen up to 44 times during this reporting year, clients were seen for an average of 12 sessions. The PCC also provided 8 comprehensive evaluations during the reporting period.

Over half of clients utilized the sliding scale fees at the PCC, paying as little as five dollars per session.

Most referrals to the PCC came from word of mouth, internet searches, local agencies, and the UNL Health Center.
Trainings and Updates

The PCC would like to share some COVID-19 related updates. The PCC also hosted a variety of training opportunities for students including Noon Talks and Webinars.

COVID-19 Related Updates
-Throughout the COVID-19 pandemic, the PCC has made modifications to increase safety and minimize the spread of COVID-19. During this time, the PCC has operated with two overarching goals: 1) to continue to provide needed mental health services to our clients and community; 2) to provide continued clinical supervision and additional training about telehealth and technology to clinical psychology graduate students.

-In March 2020, as part of UNL’s response to the COVID-19 pandemic, the PCC made changes within one week to move all client services to remote sessions to ensure the safety of clients and therapists. Telehealth procedures were updated to ensure client confidentiality while therapists delivered services from home and received telesupervision. Doxy.me was utilized for HIPAA-compliant telehealth sessions and encrypted email messaging was implemented. When the University reopened on a limited basis in June 2020, social distancing guidelines were developed so therapists could return to the clinic as needed.

Clients seen via telehealth in the PCC during the 2019-2020 year:
- 11 clients were utilizing telehealth services before the COVID-19 pandemic
- 46 clients transitioned from in person sessions to telehealth sessions at the onset of the COVID-19 pandemic
- 6 new clients initiated services via telehealth due to the COVID-19 pandemic

Trainings

Noon Talks/Panels:
- “A Brief Introduction to Addressing Sexual Wellbeing in Therapy and Assessment: Trust me, it’s way less awkward than you think ” by Dr. Tierney Lorenz
- Internship Panel hosted by outgoing interns: Kyle Siddoway, Natalie Holt, Jessie Tibbs, and Sarah Fisher

Upcoming for 2020-2021
- Continued telehealth and remote services
- New training procedures related to continued remote services
- Noon talks and clinical resources related to inclusion and diversity
- Multiple newly released assessment materials and measures

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