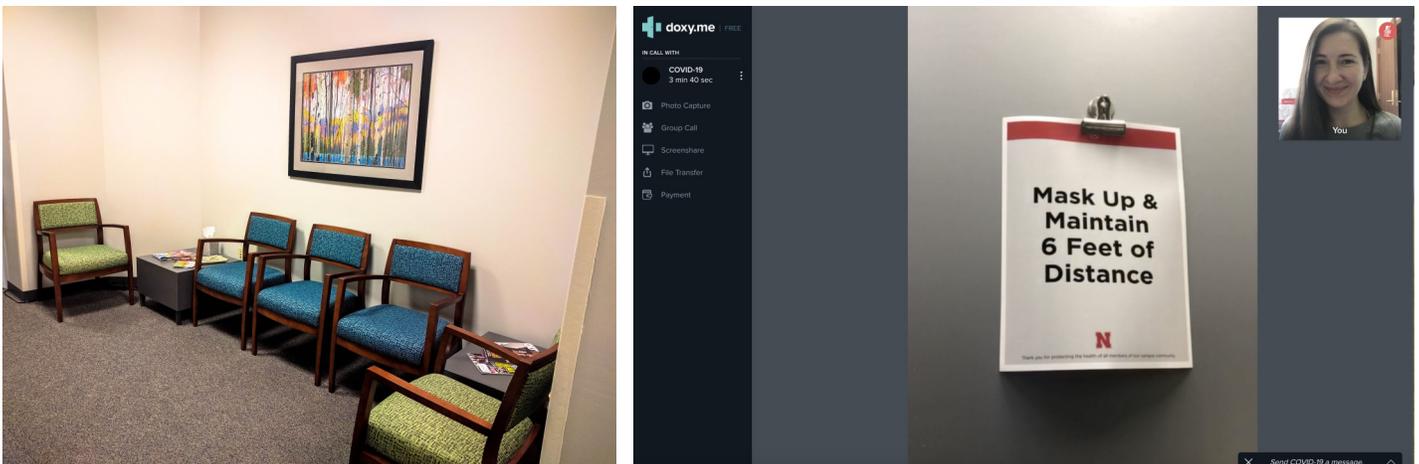




Psychological Consultation Center

Annual Report

July 1, 2020 to June 30, 2021



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, co-directed by David DiLillo, Ph.D. and Anna Jaffe, Ph.D., is a growing specialty clinic whose therapists **assess and provide services** to individuals who have experienced trauma. The TRC saw **3** clients over the reporting period and will continue to take referrals for the next academic year.
- › Jaffe, A. E., Kaysen, D., Smith, B. N., Galovski, T., & Resick, P. A. (2021). **Cognitive processing therapy for substance-involved sexual assault: Does an account help or hinder recovery?** *Journal of Traumatic Stress*, 34(4), 864-871.
- › Kumar, S. A., Jaffe, A. E., Brock, R. L., & DiLillo, D. (2021). **Resilience to suicidal ideation among college sexual assault survivors: The protective role of optimism and gratitude in the context of posttraumatic stress.** *Psychological Trauma: Theory, Research, Practice, and Policy*. Advance online publication.

Family Interaction Skills Clinic (FISC)

- › FISC, co-directed by Dave Hansen, Ph.D., Mary Fran Flood, Ph.D., and Corrie Davies, Ph.D., continues its **collaborative partnerships** with Community Action Head Start (HS) and Early Head Start, and the Child Advocacy Center (Project SAFE).
- › Project SAFE served **42** clients during the reporting year. Mental Health consultants provided psychological services for **339 children & families** enrolled in center-based & home-based programs in Lincoln and Wahoo, Nebraska, throughout the reporting year.
- › McCoy, K., Sonnen, E., Mii, A. E., Huit, T.Z., Meidlinger, K., Coffey, H. M., Flood, M. F., & Hansen, D. J. (2021). **Helping families following sibling sexual abuse: Practical challenges, treatment recommendations, and policy advocacy.** *Aggression and Violent Behavior*.
- › Mii, A. E., McCoy, K., Coffey, H. M., Flood, M. F., & Hansen, D. J. (2021). **Pathway to expectations of child functioning following sexual abuse: Caregiver maltreatment history and depressive symptoms.** *Journal of Interpersonal Violence*.
- › Schreier, A., Coffey, H. M., May, G., & Hansen, D. J. (2021). **Financing mental health services at Child Advocacy Centers for victims of child sexual abuse and their families.** *Aggression and Violent Behavior*.
- › Mii, A. E., Coffey, H. M., Huit, T. Z., McCoy, K., May, G., Meidlinger, K., Sonnen, E., Flood, M. F., & Hansen, D. J. (2021). **Adolescent sexual re-offending within the family: Challenges in risk assessment, prevention of recidivism, and family reunification.** *The Behavior Therapist*, 44(5), 231-236.

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 most are seen via telehealth, though some clients are seen in person in the PCC. The telehealth clinic is involved in the interdisciplinary network of providers across the state to help coordinate services. The telehealth clinic saw **10** 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 **13** clients during the reporting period.
- › Holt, N. R.,+ Ralston, A. L.,+ Hope, D. A., Mocarski, R., & Woodruff, N. (in press). **A systematic review of recommendations for behavioral health services with transgender and gender diverse adults: The three-legged stool of evidence-based practice is unbalanced.** *Clinical Psychology: Science and Practice*. +co-first authors
- › Mocarski, R., Eyer, J. C., Hope, D. A., Meyer, H., Holt, N. R., Butler, S. & Woodruff, N. (in press). **Keeping the promise of Community-Based Participatory Research: Integrating Applied Critical Rhetorical methods to amplify the community's voice for Trial Development.** *Journal of Community Engagement and Scholarship*.
- › Holt, N. R., King, R. E., Bell, R., Mocarski, R., Woodruff, N. & Hope, D. A. (in press). **Specialists in name or practice? The inclusion of transgender and gender diverse identities in online materials of gender specialists.** *Journal of Gay and Lesbian Social Services*.

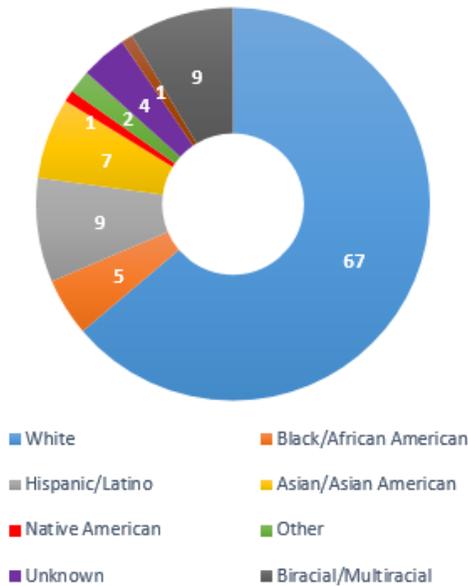
Substance Abuse Clinic (SAC)

- › 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 **1** client during the reporting period.
- › Guenzel N. & McChargue D (in press). **Testing the use of a social networking app for American Indians recovering from addiction.** *Journal of Technology in Behavioral Science*.
- › Tuliao AP, Landoy, BVN, Mullet MD, Canoy N, Klanecky AK & McChargue DE. (in press). **A cross-cultural comparison of the role of sexual objectification as a mediating mechanism in the relations between alcohol use and sexual assault perpetration.** *Journal of Interpersonal Violence*.
- › Edwards S, Tuliao A, Kennedy J* & McChargue DE (2020). **Weekend text messages increase protective behavioral strategies and reduce harm among college drinkers.** *Journal of Technology in Behavioral Science* 5 (4), 395-401.
- › Hawkins LG, Mullet ND, Tuliao AP, Gudenrath T, Holyoak D, Landoy BVN, Klanecky AK & McChargue DE (2020). **Alexithymia, prior trauma, alcohol use and sexual assault perpetration: A cross-cultural comparison of a moderated mediation model.** *Sexual Abuse* 1-20.
- › Klanecky AK, Tuliao AP, Landoy BVN & McChargue DE (2020). **Desire to Dissociate Scale: Factor analysis, cross-cultural findings and link to substance induced dissociation.** *American Journal of Drug and Alcohol Abuse* 46 (4), 390-400
- › King SC, Richner KA*, Tuliao, AP, Kennedy JL*, McChargue D (2020). **A comparison between telehealth and face-to-face delivery of a brief alcohol intervention for college students.** *Substance Abuse* 41(4), 501-09.

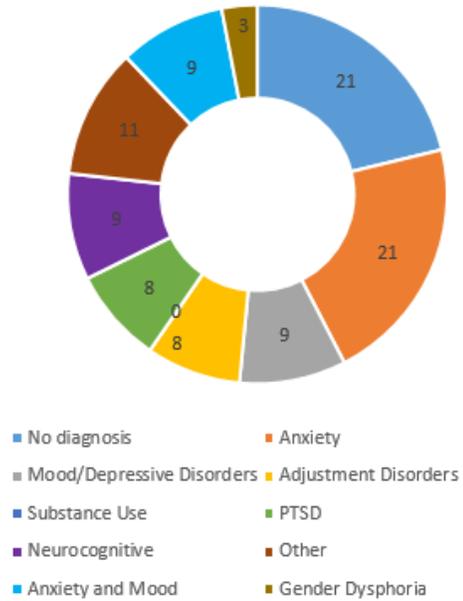
Clients and Services

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.

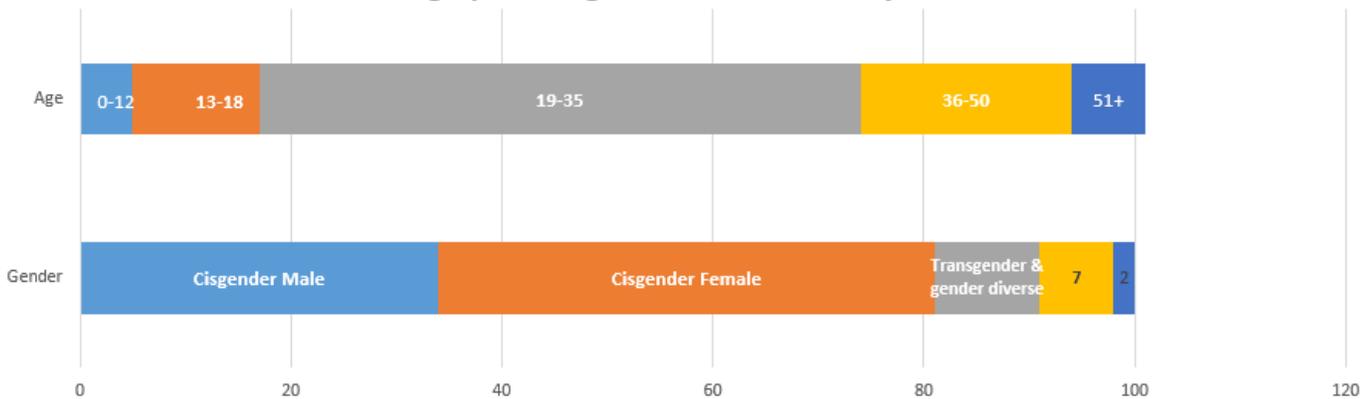
Race/Ethnicity



Diagnosis



Demographics - Age and Gender Identity



- > The PCC, including all specialty clinics, served **100 clients** during the reporting period (7/1/2020-6/30/2021).
- > Although the PCC does serve UNL students, **82%** of PCC clients are from the larger community of southeastern Nebraska.
- > Though some clients were seen up to 47 times during this reporting year, clients were seen for an average of **13 sessions**. Due to COVID-19 pandemic, in-person evaluations were not completed during the reporting period.
- > The PCC was responsive to hardship requests during the reporting year and reduced barriers to obtaining reduced fees for services. **82** 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, other professionals, from being previously treated in the PCC, and Nebraska AIDS Project.

Trainings and Updates

The PCC would like to share some COVID-19 related updates and express thanks to the many folks that kept the clinic up and running throughout the year:

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 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.



Dr. Deb Hope supervising Brenna Lash, M.A.

Throughout the reporting year, the PCC has made modifications to serve clients via remote sessions to ensure the safety of clients and therapists as part of UNL's response to the COVID-19 pandemic. AD Hanna Grandgenett provided numerous trainings and updated clinic procedures to ensure client confidentiality while therapists continued to pursue therapeutic training goals consistent with PCC aims. Doxy.me was utilized for HIPAA-compliant telehealth sessions. Both in-person and remote supervision was provided to Intervention and advanced students.

Dr. Corrie Davies & Dr. Deb Hope Featured in Nebraska Today

- › “We’re going to have a whole new generation of therapists, all of whom have had this experience and will be able to use it,” Hope said. “I think that will provide services for a lot of people who couldn’t access it before.”
- › “I think it made our clients feel reassured that they weren’t losing their services,” Davies said.

PCC Advisory Committee

The PAC committee met twice and made progress toward the following goals:

- › Develop and distribute therapist feedback surveys
- › Enhance inclusive excellence at the clinic level
- › Streamline procedures for return to in-person services

Upcoming for 2021-2022

- › Procedures for providing clients options for both in-person and telehealth services
- › Return of evaluation team for students 3rd year or beyond
- › Noon talks and clinical resources related to inclusion and diversity
- › Filling office administrator position

Thank you!

Very special thank you to our student workers: Rachel Stein, Josselyn Telule, Ashley Carroll and numerous graduate students helping with front desk coverage as we transition from office administrators.

Thanks to Corrie A. Davies, Ph.D, Director and Hanna Grandgenett, M.A., Assistant Director, 2020-2021, for leadership in navigating COVID-19 procedures.

Thank you James Berg, Office Administrator 2014-2021 and Frannie Calkins, M.A., Assistant Director 2021-2022 for their help in preparing the PCC annual report.