

Palo Alto University, Pacific Graduate School of Psychology
Diversity and Community Mental Health (DCMH) Area of Emphasis

The following document is subject to change

The Diversity and Community Mental Health (DCMH) area of emphasis at PAU provides students the opportunity to develop competency in the provision of psychological services within the public mental health sector through a combination of coursework, research, and clinical training. Community mental health involves a perspective of care that addresses challenges on both an individual and systemic level, and revolves around philosophies of wellness, recovery and consultation. CMH services are often atypical of traditional clinical psychology training; community mental health care involves the consumer and family members, and is integrated with the community in collaborative interdisciplinary teams.

Not only is CMH work embedded within unique approaches to care, but it is devoted to the service of clients dealing with a unique combination of mental health problems (e.g., co-occurring disorders, chronic and serious mental illness) from diverse underserved and unserved communities (e.g., homeless, disability, LGBT, racial and linguistic ethnic minorities, indigent, elderly, rural). In addition, issues of crisis and risk management are particularly important. The DCMH track provides students with the specialized skills and knowledge to assume a variety of roles – not only as CMH clinicians, but also consultants, researchers, policy advocates, community organizers, and administrators.

Philosophy

Training in community mental health is typically learned piecemeal and on-the-job; it is the aim of this area of emphasis to provide a systematic program of education. Curriculum will focus on the following competency areas:

- Theories and practice models of community mental health
- Vulnerable populations and special diagnoses (e.g., substance abuse, co-occurring disorders, chronic and serious mental illness, homelessness, monolingual clients)
- Cultural competence as related to mental health disparities and underserved communities. Discrimination and stigma reduction.
- Risk management: suicidality, homicidality, child and elder abuse
- Organizational, economic, advocacy, and policy issues in the public mental health system
- Program evaluation and organizational research

Not only do we aim to prepare students to be public sector professionals, but we also recognize that many of our students will become leaders in the field. As such, DCMH students will be exposed to the skills and mentorship necessary for these leadership roles. The DCMH program prepares students for early career options that qualify for application to the National Health Service Corps Scholarship or Loan Repayment Program (<http://nhsc.bhpr.hrsa.gov/>).

Objectives

Overall objectives of the DCMH track include the following:

- Recruit, train, and mentor psychologists proficient in the unique theoretical bases, models of practice, and organizational and policy issues of community mental health.
- Prepare students to become competent clinicians, researchers, and future leaders in the public mental health sector.
- Prepare a cohort of psychologists to serve the diverse needs of unserved and underserved communities.
- Prepare culturally competent public and community mental health-focused clinical psychologists able to meet the needs of the diverse communities in the public mental health sector.

DCMH Scholarship Program: California Department of Mental Health

The DCMH area of emphasis is partnered with a scholarship program sponsored by the California Department of Mental Health through the Workforce, Education and Training (WET) efforts of the Mental Health Services Act (MHSA) Prop 63. Each student who applies to the DCMH area of emphasis should strongly consider a simultaneous application to the scholarship program. Currently, only students who will graduate by 2014 are eligible to apply; these requirements may be constantly changing. Please contact Joyce Chu (jchu@paloinfo.org) for information about recent eligibility requirements.

The aim of the scholarship program is to support emerging clinical psychologists committed to working in the public mental health system. Recipients of the scholarship receive an educational tuition stipend of up to \$20,772. The stipend amount awarded will depend on number of selected recipients during that year. Please see the document below "PAU / California Department of Mental Health Diversity and Community Mental Health (DCMH) Scholarship Program" for details about eligibility, requirements, and application procedures.

Students who wish to complete the DCMH track without participating in the California Department of Mental Health scholarship program may do so. Such students may include those who applied but were not accepted as a scholarship recipient, or those who do not wish to complete the postdoctoral year of work in community mental health that is required by the scholarship. The DCMH track is a required component of the scholarship – scholarship recipients *must* complete the DCMH track.

Curriculum

Coursework

Following are courses already required by the Ph.D. Program that are also requirements of the DCMH curriculum.

E 212A	Psychopathology and Psychodiagnosis I
E212B	Psychopathology and Psychodiagnosis II
T303B	Psychological Science III: Biological Bases of Behavior II: Psychopharmacology
T300	Cultural Differences: Cross-Cultural Issues in Psychology
T301A	Psychological Science I: History and Systems

The DCMH area of emphasis is comprised of 15 units of coursework completed over the course of two years (the 2nd and 3rd or 3rd and 4th years of the Ph.D. program). These 15 units are encompassed within the 18 units of elective coursework required of students in the Ph.D. program. The coursework sequence is designed to supplement the Ph.D. program's general clinical psychology training with a specialization in diversity and community mental health. Brief descriptions of core courses are provided below.

Year 1:	Community Mental Health I (3 units) Community Mental Health II: Organizational Management and Consultation (3 units) Serious Mental Illness (3 units)
Year 2:	Substance Abuse (3 units) Mental Health Disparities (3 units)

Consumer-driven education is a key component of training in Diversity and Community Mental Health. Students in the DCMH track will be required in the context of different DCMH courses to work with or visit different community mental health organizations to learn experientially from consumers and families themselves. Consumers are also invited as speakers in DCMH curriculum to share their experiences and offer invaluable perspectives, through organizations such as NAMI and Momentum for Mental Health.

Research Training

DCMH coursework will be paired with both research and clinical training. Students will be required to complete dissertation work with one of PAU's numerous research groups that support an emphasis in community mental health topics. Research focused on cultural diversity issues, serious mentally illness, substance abuse, systems-based interventions, or other special populations are only a small example of

acceptable research topics. Program evaluation or organizational research is typically needed in community mental health leadership, and is particularly encouraged in the DCMH area of emphasis. Qualifying dissertation research projects will be approved by the DCMH Director.

Clinical Training: Practicum requirements

All DCMH students, like other Ph.D. students, will participate in their 2nd year practicum at the Gronoswki Clinic. During their 3rd or 4th year, students are strongly encouraged to participate in at least one community mental health practicum training site.

Eligibility

1st, 2nd, or 3rd year Ph.D. students at PAU may apply for admission into the DCMH area of emphasis.

Applications

Students applying to the DCMH Area of emphasis should contact Dr. Joyce Chu, Director of DCMH, to state their interest in the track before submitting an application. Applicants should submit 1 electronic copy of the following to Dr. Joyce Chu via email (jchu@palloatou.edu) by the last Friday of April each year.

- Application cover sheet (see below)
- Curriculum Vitae
- PAU transcript (unofficial is fine)
- 250 to 1000 word statement discussing your past experience with or interest in the area of Diversity and Community Mental Health. Please share your specific clinical and research interests in DCMH. *Please note that this basic 250-1000 word statement is briefer than the more involved essay asked of the DCMH scholarship application. If you are applying for the DCMH track only, this more concise statement will suffice for your application.*

If you are applying for both the DCMH track AND scholarship, please ignore the above instructions. Instead, follow application instructions listed under the document "PAU / California Department of Mental Health Diversity and Community Mental Health (DCMH) Scholarship Program"

Core Course Descriptions

Community Mental Health I (3 units)

This course is the first of a two-course sequence covering the history, theory, research, and practice of community mental health. Students will learn about the historical emergence and future directions of community mental health in the field. Theoretical, research, and clinical foundations central to working in community mental health will be covered, including systems and ecological models, empowerment, wellness and recovery approaches, community organizations, the wraparound process, strength-based work, self-help, and psychoeducation. We will also discuss the unique role of psychologists in community mental health, addressing research and organization-based knowledge needed in such roles as consultant, administrator, researcher, director, or supervisor.

Community Mental Health II: Organizational Management and Consultation (3 units)

This course is the second of a two-course sequence covering the history, theory, research, and practice of community mental health. Students will learn about the new roles and skills psychologists are expected and required to have to operate in the 21st century community mental health setting. Psychologists are often viewed as change agents in the community necessitating a diversity of skills to be effective in their roles. These skills include but are not limited to administrative, fiscal and procurement, policy development, advocacy, consultation and supervision, research, organizational analysis and strategic thinking. Embracing the '2nd curve' opportunities, psychologists are poised to be organizational leaders needing administrative and management skills not traditionally taught in traditional clinical programs. Conceptual and applied multileveled administrative skills will be explored and practiced. Prerequisite: Community Mental Health I.

Mental Health Disparities (3 units)

This course will engage students with the literature of mental health disparities in underserved and unserved communities, including ethnic and racial minorities, recent immigrants and refugees, sexual minorities, elderly, and individuals with disability, limited English proficiency, or low socioeconomic status. Students will learn extant knowledge about emic versus etic symptom expression, diagnosis, and treatment. We will attend to special issues in culturally diverse individuals, including the influence of stigma, acculturation, identity, and other culturally specific values and practices. The course will also cover common practices and models of working with and engaging underserved communities, with the aim of effectively serving the needs of these individuals, often within the context of community mental health.

Substance Abuse (3 units)

This course covers the foundations of prevention, assessment, and treatment of substance abuse, dependence, and co-occurring disorders. Students will be exposed to knowledge about prevalence, assessment, and clinical presentation of substance abuse, dependence and co-occurring disorders. Students will understand basic theories, models, and common practices in substance abuse treatment, including not only abstinence and harm reduction programs, but also techniques of Motivational Interviewing. Special considerations of co-occurring disorders and the criminal justice system will also be covered.

Serious Mental Illness (3 units)

This course follows the foundational Psychopathology and Psychodiagnosis courses to provide more in-depth coverage of serious mental illness (SMI) with a focus on psychotic and affective disorders. This Serious Mental Illness course is also part of a Diversity and Community Mental Health course sequence covering the history, theory, research, and practice of community mental health. We will examine literature on diagnosis, symptom presentation, and best treatment practices in working with clients with chronic and serious mental illness. The course will focus particularly on providing a broad survey of evidence based treatment for serious mental illness focusing on the dissemination and transportation of evidence based treatment programs in real world community settings.

Prerequisites: Psychopathology and Psychodiagnosis I.

**PAU Diversity and Community Mental Health (DCMH) Scholarship Program and Area of emphasis
Application Cover Sheet**

Name: _____

1. I am applying for: _____ DCMH Area of emphasis only
_____ Both the Area of emphasis and the Scholarship Program

2. Current Year in the Ph.D. Program: 1st 2nd 3rd 4th

Where is your 3rd year practicum placement? _____ N/A

Where is your 4th year practicum placement? _____ N/A

Which community mental health practica do you plan to apply for next year? N/A

3. Year you entered PAU: _____

4. Current advisor: _____

5. Are you currently in any other PAU area of emphasis? Yes No

If Yes, which one: _____

6. What county (not country) do you currently live in: _____

7. Your ethnicity or race (Check all that apply):

- Non-Hispanic White or Caucasian American
 Asian American (Please specify: _____)
 Native Hawaiian or other Pacific Islander
 Black or African American
 Hispanic or Latino/a American (Please specify: _____)
 American Indian or Alaskan Native
 Russian
 Other or mixed race (Please specify: _____)

8. Please list any language proficiencies, if any, other than English. Please rate your proficiency for each language on the following scale:

1=Minimal proficiency

2=Somewhat proficient

3=Adequate proficiency but not fluent: With practice could provide services in this language

4=Fluent enough to provide services in this language

- a) Language: _____ Proficiency Rating: _____

b) Language: _____ Proficiency Rating: _____

c) Language: _____ Proficiency Rating: _____

d) Language: _____ Proficiency Rating: _____

9. Please list the names and contact information for two references:

a. _____

b. _____

For Scholarship Program applicants only:

10. What is your current US citizenship or permanent residency status? _____

11. Have you ever been convicted of a felony or misdemeanor that may disqualify you from field placement or employment in a county public mental health agency, or a community-based organization under contract to a county public mental health agency: Yes No

If Yes, please provide details: _____

12. Will you be able to maintain the use of a personal automobile as necessary for field placement, valid driver's license, and auto liability insurance at all times during Program participation? Yes No

Applications and Eligibility

For students applying to the DCMH Area of emphasis only

Students applying to the DCMH Area of emphasis should contact Dr. Joyce Chu, Director of DCMH, to state their interest in the track before submitting an application. Applicants should submit 1 electronic copy of the following to Dr. Joyce Chu via email (jchu@paloinfo.org) by the last Friday of April each year.

- Application cover sheet (see below)
- Curriculum Vitae
- PAU transcript (unofficial is fine)
- 250 to 1000 word statement discussing your past experience with or interest in the area of Diversity and Community Mental Health. Please share your specific clinical and research interests in DCMH. *Please note that this basic 250-1000 word statement is briefer than the more involved essay asked of the DCMH scholarship application. If you are applying for the DCMH track only, this more concise statement will suffice for your application.*

For students applying to both the Scholarship and Area of emphasis:

DCMH Area of emphasis and Scholarship recipients will be selected for their qualifications, interests, and fit with the objectives of the program. Interested students should submit the following to Dr. Joyce Chu (jchu@paloinfo.org), Director of the DCMH Area of emphasis/Scholarship Program. Applicants should submit 1 electronic copy and 6 hard copies of the following to Dr. Joyce Chu by the last Friday of April each year. Hard copies can go to Joyce Chu's Palo Alto University faculty mail box. **NOTE: The scholarship in 2011 is currently on hold, subject to announcement and granting of funds from the California Department of Mental Health. Contact Joyce Chu for further updates about the status of this scholarship.**

- Application cover sheet (see below)
- Curriculum Vitae

- Names and contact information for two references (listed on cover sheet)
- Undergraduate and graduate transcripts – unofficial copies are fine.
- Maximum 1000-word essay discussing your past experience with the area of Diversity and Community Mental Health. Please share your specific clinical and research interests in DCMH. The essay should include a statement of career objectives as they fit with DCMH goals. *Please note that this essay should be longer than the more basic statement asked of the DCMH track application.*

If you are applying for the scholarship, your scholarship application materials will serve as an application for both the scholarship and the track.

Final round Scholarship Program applicants will be interviewed. A scholarship selection committee comprised of PAU faculty, mental health family and community consumers, and California county leadership (e.g., from Santa Clara, Marin, and El Dorado counties) will evaluate applications and select scholarship recipients.