



ILLINOIS

UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

2017 Big Ten Counseling Centers Conference

**Being Agents of Change:
Empowering Ourselves
and Our Communities**

February 15-17, 2017



150
ILLINOIS
100

1867-2017

Schedule at a Glance

Wednesday, February 15, 2017

12 - 5 pm	Registration in Illini Room B
3 - 4:30 pm	Area meetings (directors, clinical directors, training directors, outreach directors, eating disorders, diversity, trainees, and embedded staff) Please see page 14 for room locations.
5 - 7 pm	Welcome reception in Illini Room B
7 pm	Dinner on your own

Thursday, February, 16, 2017

7 - 8 am	BodyFlow Yoga in General Lounge (Room 210)
7:30 - 9 am	Breakfast in Illini Room A
8 - 9 am	Poster presentations (presenters are encouraged to be near posters at this time to answer questions and then leave them on display for the rest of the day so participants can peruse over breaks.) Illini Room B
9 - 9:15 am	Welcome Illini Room C
9:15 - 10:15 am	Keynote address--Dr. Brian Ogawa, Illini Room C
10:15 - 10:30 am	Break
10:30 - 11:30 am	Session one (See pages 6-7 for descriptions and locations.)
11:30 - 12:45 pm	Lunch on your own
11:30 - 1:45 pm	Big Ten Directors' Luncheon General Lounge (Room 210)
12:45 - 1:45 pm	Session two (See pages 8-9 for descriptions and locations.)
1:45 - 2 pm	Break
2 - 3 pm	Session three (See pages 10-11 for descriptions and locations.)
3 - 5 pm	Campus tour of choice/break (Meet in Illini Room B)
6 - 7 pm	Cocktail hour at Alice Campbell Alumni Center
7 - 11 pm	Banquet and entertainment at Alice Campbell Alumni Center

Friday, February 17, 2017

7 - 8 am	BodyFlow Yoga in General Lounge (Room 210)
7:30 - 9 am	Breakfast in Illini Room A
8 - 9 am	Big 10 Suicide Registry meeting in Room 404
9 - 10 am	Session four (See pages 12-13 for descriptions and locations.)
10 - 10:15 am	Break
10:15 - 10:30 am	Maryland 2018 preview in Illini Room C
10:30 - 11:30 am	Keynote address--Dr. Helen Neville, Illini Room C
11:30 am - 12 pm	Closing Remarks, Illini Room C

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Hospitality Suite

Please visit our hospitality suite and concierge table in **Illini Room B** for anything you might need. We have plenty of snacks, and our wonderful graduate assistants and paraprofessionals are there to:

- Safely store large items you may not want to carry with you.
- Charge electronic devices.
- Provide you with items you may need but don't have with you (pain medications, bandages, contact solution, sewing kits, etc.)
- Offer directions, give restaurant suggestions, and make dinner reservations for large groups on Wednesday evening.

Water Bottles

To better protect our environment, we've provided reusable water bottles for the conference. Water dispensers are available in the hospitality suite and throughout the Illini Union.

Technical Support

If you need any assistance with connecting to Internet, setting up your presentation, or have any equipment issues, please locate conference staff and we will assist you.

Welcome from Campus Leadership



Dear Big Ten Counseling Centers Conference Attendees:

Welcome to the University of Illinois at Urbana-Champaign! We're thrilled to host you on our campus and hope that you enjoy your time with us. As you know, counseling centers play an integral role in ensuring the well-being of college students and your role is becoming more important every day. It's critical for university counseling center clinicians to come together, learn from one another, and connect so that you can return to your own campuses energized with new ideas to assist students and make your centers stronger.

The theme of this year's conference, "Being Agents of Change: Empowering Ourselves and Our Communities" is especially timely given our current landscape. At Illinois, I have always been proud of the focus our center has reaching out to our campus community to promote social justice. Now more than ever, it's imperative that we do everything we can to ensure that all students feel included, safe, and empowered within our university communities.

Thank you for the important work you do. I hope you have a productive and enjoyable conference!

Sincerely,

A handwritten signature in black ink that reads "C. Renée Romano".

Dr. C. Renée Romano
Vice Chancellor of Student Affairs



Dear Conference Participants:

I'd like to welcome each of you to the Big Ten Counseling Centers Conference at the University of Illinois at Urbana-Champaign. The theme of this year's conference, "Being Agents of Change: Empowering Ourselves and Our Communities" is extra timely as we confront a time of national and global change. The Big Ten has always been a leader among universities, and our policies and beliefs have always focused on what is best for students.

My office would like to thank the many people who've made this conference happen. In particular, we'd like to thank Dr. Carla McCowan as the host director as well as the conference planning committee. Many thanks go to everyone who submitted presentations for this event. The additional time that the presenters have taken to document and share their ideas with us is greatly appreciated.

You, as leaders in your profession, have the vision, knowledge, wherewithal, and the experience to help universities pave our way into the future. Throughout this conference, I ask you to stay engaged, keep us proactive, and help us shape the future of the counseling field. My personal respect and thanks goes out to all of you. Enjoy the conference and Urbana-Champaign.

Warmest regards!

A handwritten signature in black ink that reads "Kenneth T. Ballom".

Ken Ballom
Dean of Students and Associate Vice Chancellor of Student Affairs

Dear Colleagues:

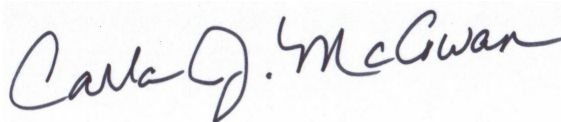
On behalf of the staff at the University of Illinois Counseling Center, it is my pleasure to welcome you to the 2017 Big Ten Counseling Centers Conference. We are excited to have you with us and hope you will find your conference experience to be engaging, informative and energizing.

We have chosen the historic Illini Union as our conference venue. Located on our main Quad and situated conveniently in the heart of campus town, “The Union” is a focal point for many campus and social events and serves as a touchstone of our university. The Union is a multi-use facility that includes student study spaces, meeting rooms, student and staff offices, a bookstore, restaurants and coffee shops.

The theme for our conference is “Being Agents of Change: Empowering Ourselves and Our Communities” and could not be more timely. College counseling centers are valued for their leadership and guidance in times of crisis on college campuses like never before. Our communities are impacted by events at national and global levels. As counseling center staff, we have a role to provide support to our student and campus communities. While the services we deliver are invaluable and incredibly gratifying, they can also be complicated and demanding. This year we have endeavored to offer a conference experience that will allow us to examine our role as agents of change within our context as clinicians, providers of outreach and prevention, and/or providers of supervision. We are looking forward to many thought-provoking and useful discussions and trust that you will depart with new ideas for innovative programs on your campus.

Again, thank you for joining us! If you have any needs or questions, please see one of our Big Ten Conference Committee members.

Sincerely,



Carla J. McCowan, Ph.D.
Director, University of Illinois at Urbana Champaign Counseling Center



Keynote Speaker Information



Dr. Brian Ogawa Washburn University

“Ecology and Engagement: Redesigning a More Inclusive
Counseling Template”

Thursday, February 16, 9:15 am
Illini Room C

About Dr. Ogawa’s Presentation

Eurocentric/Western counseling approaches have long been dominated by cognitive-based, psychotropic-aligned, mental health therapies, focusing on attitudinal shifts and symptom control/reduction to elicit behavioral and emotional changes in individual clients. These modalities have been more recently supplemented by holistic perspectives, mindfulness meditation, discoveries in modern neuroscience research, and expressive therapies. Still, the increasing urgency for distinct multicultural competencies and evolved ethical treatment to prevent/correct oppressive, injurious, ineffective, or inappropriate intervention have helped to spur the search for a more progressive template for counseling, including redefining misery mechanisms, healing processes, and health outcomes. Implicit in this endeavor has been a renewed openness to Global, Indigenous, and Eastern traditions, specifically the standards of collective lifeway, Nature engagement, full sensory consciousness, and spirit-rituals. Counseling, whether in higher education or community settings, is energized when contextual identity and ecological immersion are featured in theory and method.

About Dr. Ogawa

Dr. Brian Ogawa has taught in the Department of Human Services at Washburn University since 2001 and served as department chair from 2006-2015. Dr. Ogawa is a frequent international presenter and trainer at medical schools, universities, and conferences on Eastern therapies, post-trauma healing, hate and bias crimes, victimology, and multicultural competencies. He is also the Director of the Morita Counseling Education Center, and is recognized as the foremost Morita Therapy instructor and practitioner in the United States. Dr. Ogawa’s past appointments include Director/Division Chief of the Crime Victims’ Institute for Policy and Research, Office of the Texas Attorney General; Director of the National Academy for Victim Studies, Department of Criminal Justice, University of North Texas; and Director/Division Chief of Victim/Witness Assistance and Expert Testimony for the Maui County, Hawaii Prosecuting Attorney.

He has served on numerous international and national boards and committees, including the National Advisory Council on Violence Against Women for the U.S. Department of Justice and Department of Health and Human Services; Diversity Committee, Center for Substance Abuse Prevention of the U.S. Substance Abuse and Mental Health Services Administration; Executive Committee of the National Organization for Victim Assistance; National Victim Assistance Standards Consortium; Chair, Multicultural Dimensions and Final Signatory, “New Directions From the Field,” US Department of Justice; and International Committee of Morita Therapy. In 1995, Dr. Ogawa received the National Crime Victim Service Award, presented by President Bill Clinton at ceremonies in the Oval Office at the White House, followed by a reception in the Roosevelt Room hosted by Attorney General Janet Reno. Dr. Ogawa’s advocacy for multicultural services and post-trauma counseling incorporating Morita Therapy were specifically noted.

Dr. Ogawa is the author of a number books, chapters, and journal articles.

Dr. Helen Neville
University of Illinois at Urbana-Champaign

“Radical Healing: The Role of Counseling Centers in Promoting Wellbeing and Social Justice”

Friday, February 17, 10:45 am
Illini Room C



About Dr. Neville’s Presentation

The hard truth about oppression in all of its forms is the capacity to leave scars for those who are dehumanized. Despite these social realities, people persist and thrive. Counseling Centers can play a role in healing such scars by working to transform college campuses to challenge the reproduction of oppression and to promote radical healing. In this presentation, I define radical healing or the process in which wellbeing is promoted through creating social justice spaces. Radical healing fosters justice, a sense of connection and belonging, struggle and resilience, self-knowledge, and hope. Practices to assist in radical healing at the system, group, and individual levels also will be discussed.

About Dr. Neville

Dr. Helen Neville is a professor of Educational Psychology and African American Studies at the University of Illinois at Urbana-Champaign. She currently chairs the counseling psychology program and in the past she was a Provost Fellow at the same institution. Prior to coming to Illinois, she was on the faculty in Psychology, Educational and Counseling Psychology, and Black Studies at the University of Missouri-Columbia where she co-founded and co-directed the Center for Multicultural Research, Training, and Consultation.

She is the president-elect of the Society of the Psychological Study of Culture, Ethnicity and Race (APA Division 45), the lead editor of the Handbook of African American Psychology, and a past Associate Editor of The Counseling Psychologist and of the Journal of Black Psychology. Dr. Neville has been recognized for her research, teaching, and mentoring efforts including receiving the American Psychological Association (APA) Graduate Students Kenneth and Mamie Clark Award for Outstanding Contribution to the Professional Development of Ethnic Minority Graduate Students and the Charles and Shirley Thomas Award for mentoring and contributions to African American students and community. She was also honored with the Association of Black Psychologists’ Distinguished Psychologist of the Year award and the Dalmas Taylor Distinguished Scholar award.

Session One (Thursday, 10:30 - 11:30 am)

Feminist Therapy in the Current Sociopolitical Environment

Location: Illini Union 405

Paula M. Keeton, Ph.D.—University of Iowa

As we, our clients, and our trainees seek to make sense of the personal and communal impact of the 2016 elections and subsequent sociopolitical environment, the role of taking a feminist therapy stance has become increasingly relevant. Let's revisit feminist therapy's foundational tenets and applicability in the 21st Century.

Based on this program participants will be able to:

1. Readily define feminist therapy and its applicability to both clinical and supervisory work in the era of evidence-based practice.
2. Identify clinical and supervisory strategies consistent with feminist therapy tenets.
3. Participants will be able to list ethical issues that may arise in taking a feminist therapy stance and identify personal strategies to manage potential ethical issues.

Tools for Troubling Times: Fostering Resilience When Current Events Create Trauma and Division

Location: Illini Union 407

Kelly Bickel, LLMSW and Mishelle Rodriguez, Ph.D.—University of Michigan

Many students experience distress related to current events on campus, nationwide, and globally. To help students navigate these difficulties, it is vital that we (1) understand the impact on students (e.g., collective trauma, moral distress) with consideration for their intersecting identities, and (2) equip ourselves with effective intervention strategies.

Based on this program participants will be able to:

1. Assess for the impact of current events on individual students and overall campus climate including the implications of acute stress, collective trauma and moral distress.
2. Utilize a variety of techniques to address various levels of distress through outreach, group therapy, and individual client sessions.
3. Evaluate multi-cultural considerations and tailor interventions to the unique needs of individual students and student groups.
4. Understand the importance of this type of intervention for counseling center's social justice efforts and in creating more resilient campus communities.

Enhancing Prevention Through Peer Education

Location: Illini Union 314B

Elora Orazio, MPH, CHES and Jeffrey Graham, MA—University of Illinois at Urbana-Champaign

Successful peer education programs can enrich the outreach efforts of Counseling Centers. Through training and practice, peers become agents of change to benefit their communities on micro and macro scales. Because of their inherent connections to the community, peers are able to provide networks resulting in more diverse campus collaborations.

Based on this program participants will be able to:

1. Describe the components necessary to create a successful peer program.
2. Identify concrete examples of counseling center peer outreach.
3. Integrate peers into current outreach efforts in order to increase community empowerment.
4. Enhance cultural proficiency and campus collaboration through the use of peer educators.

Time for a New Narrative: Using the 2016 CCMH Annual Report to Advocate for Resources on Your Campus

Location: Illini Union 314A

Ben Locke, Ph.D.—Pennsylvania State University

Dominant narratives about college student mental health are surprisingly unhelpful to counseling centers seeking to advocate for resources. This presentation will explore how to utilize research (CCMH and others) to pivot towards a new narrative that empowers both the counseling center and the community to successfully advocate for needed resources.

Based on this program participants will be able to:

1. Identify dominant/unhelpful narratives.
2. Explain how recent research can be used to establish new narratives.
3. Discuss strategies for establishing a new narrative on campus that support expansion of services.

Session Two Information (Thursday, 12:45 - 1:45 pm)

Wake the F#@% Up, Stand the F#@% Up: Be an Agent of Change

Location: Illini Union 314A

Christine Asidao, Ph.D.; Jamye Banks, Ph.D.; Ed Huebner, LMSW; Tyler Perala, LLMSW; Dwaine Campbell, Ph.D. and Sheryl Kelly, Ph.D.—University of Michigan

This presentation will address how we as counseling center professionals weave social justice into our work (clinical, training, outreach, administrative roles, balancing the ethics of our profession while working at public institutions) and how the current climate has influenced how we navigate social justice both professionally and personally.

Based on this program participants will be able to:

1. Identify the importance, value, and responsibility of engaging in social justice and activism as counseling center professionals.
2. Identify what social justice/activism means for themselves professionally as well as personally and explore issues of privilege in being social justice advocates.
3. Apply social justice/activism within their work and on campus.
4. Balance professional ethics/counseling center values with the constraints of working at a public university/college.
5. Identify self-care strategies while engaging in social justice/activism.

Improving Treatment Outcomes with Screening and Brief Interventions for Co-Occurring Mental Health and Substance Use Disorders

Location: Illini Union 405

Michelle L. Drapkin, Ph.D. and Lisa Laitman, MEd, LCADC—Rutgers, The State University of New Jersey

Substance use disorders (SUDs) are a common, co-occurring condition we treat in our counseling centers. Identifying SUDs early in the treatment process improves clinical outcomes. We will provide helpful information on screening and brief intervention (SBI) for SUDs that can empower the clinicians to have a productive discussion with students.

Based on this program participants will be able to:

1. Identify evidence-based alcohol and other drug screening instruments appropriate to their setting and their individual clients.
2. Utilize alcohol and other drug screening instruments effectively and confidently.
3. Have a productive discussion about a client's alcohol and other drug use, including potential referral to another treatment provider.

Post-Hospitalization Care for International Students: Maximizing Change, Maintaining Gain

Location: Illini Union 407

Chiaothong Yong, Psy.D; Meera Menon, M.D. and Kayi Hui, Ph.D.—The Ohio State University
Min Ji Yang, Ph.D.; Asmita Pendse, M.A. and Reena Sheth, Ph.D.—University of Michigan
Tzu-An Hu, Ph.D.—University of Illinois at Urbana-Champaign

This session will address the unique challenges faced by international students following psychiatric hospitalization, needs for formal and informal resources to stabilize them after they are hospitalized, and the importance of developing mental health professionals' multicultural competency and sensitivity when working with this population in a multidisciplinary setting.

Based on this program participants will be able to:

1. Recognize unique needs and challenges international students often face after being hospitalized for psychiatric reasons.
2. Identify the roles and responsibilities for multidisciplinary treatment team as well as partnership with different campus offices to stabilize and maximize treatment gains for international students.
3. Engage in group discussion to enhance competency in providing culturally sensitive care for international students after hospitalization.

The Art of Coping: Building Emotional Resilience Group Using DBT and Self-Compassion

Location: Illini Union 314B

Kulkiran Kaur Nakai, Psy.D.—University of Michigan

The Art of Coping is a structured group that teaches DBT and self-compassion to nurture emotional resilience. It is designed for empowering distressed students to be a personal change agent. Experiences and logistics will be shared, followed by an open discussion of creatively implementing this group in other centers.

Based on this program participants will be able to:

1. Review central tenants of DBT and self-compassion as well as highlight effectiveness of each approach in college counseling centers.
2. Introduce “The Art of Coping: Building Emotional Resilience” group that teaches DBT and self-compassion by reducing life interfering/target behaviors and building emotional resilience to live a life worth living.
3. Share clinical experiences and discuss creative ways to implement this idea into other counseling centers based on campus needs and appropriate utilization of center resources.

Session Three Information (Thursday, 2-3 pm)

The Personal is Political: How Do We Be Authentic and Boundaried Clinicians at the Same Time?

Location: Illini Union 314B

Stephanie Michaels, MA, PsyD Candidate; Lauren Scholder, M.A., Psy.D. Candidate; Jennifer Dillon, M.A., Psy.D. Candidate and Michael S. Butchko, M.A., Ph.D. Candidate—University of Minnesota

This program will explore the unique challenges clinicians faced in the current political climate including self-care and how counseling centers responded to student needs surrounding the election. We hope to facilitate a discussion around emotional responses and challenges encountered by clinicians, as well as generate ideas for action and advocacy.

Based on this program participants will be able to:

1. Understand how other counseling centers have responded to the current political climate which includes both individual clinician's and the center as an institution.
2. Voice their own emotional response to the election and the challenges they faced with the blurring of personal and professional identities.
3. Generate ideas and actions for advocacy specific to the election outcome in their own centers.
4. Foster a better understanding of the nuanced challenges we face as clinicians when the political becomes personal.

Being Agents of Change for Students with Eating Disorders: Empowering and Equipping the Generalist Clinician with Effective Eating Disorder Interventions

Location : Illini Union 407

Holly Davis, Ph.D. and Kate Adkins, Ph.D., IMFT-S, PCC—The Ohio State University

Generalist clinicians in university and college counseling centers can often feel disempowered or ill equipped to treat students with specialized concerns, such as eating disorders. Presenters aim to empower generalists with training on specific interventions that can increase self-efficacy in implementing eating disorder treatment from evidence-based approaches.

Based on this program participants will be able to:

1. Identify several evidenced based approaches to eating disorder treatment.
2. Implement specific evidence-based eating disorder treatment interventions applicable to brief therapy settings.
3. Identify strategies to implement as generalist clinicians when serving students with eating disorder presentations.

Gender Identity & Letter Writing: Therapist Roles and Tasks

Location: Illini Union 405

Elizabeth Gonzalez, LMSW; and Natasha Nadasdi, Psy.D.—University of Michigan

This presentation will empower attendees to be agents of change for transgender and gender-expansive students. Covering a history of trans* care, assessment, WPATH standards, letter writing, and therapist roles, we offers skills and resources for attendees to begin or expand the services they offer in support of their trans* students.

Based on this program participants will be able to:

1. Understand the history of the mental health field's impact on transgender and gender expansive care.
2. Know what questions to ask during a psychological assessment.
3. Understand the requirements for letter writing set forth by WPATH Standards of Care.
4. Understand the impact of social systems on trans* people and how this impacts the roles of the therapist.

Examining the Referral Process at a University-Based Counseling Center: A Multidisciplinary Perspective

Location: Illini Union 314A

R. Ryan Patel, DO, FAPA; Numan Turan, M.S.; Kayi Hui, Ph.D. and Danielle Henn, MSW, LISW-S LICDC-III—The Ohio State University

This presentation aims at empowering our community to take an clinical and evidence based approach to making successful referrals in light of limited resources and increasing demands and acuity at college counseling centers.

Based on this program participants will be able to:

1. Understand differences in the referral process for counseling center providers of different disciplines.
2. Understand the usefulness of making successful referrals and creative problem solving in helping providers become effective agents of change to empower our students with diverse backgrounds and concerns to follow through with provider recommendations.
3. Identify possible challenges in following providers' recommendations for diverse student populations like first generation, minorities or international college students.
4. Identify innovative strategies to improve referral process to advocate for students who need resources within and outside of the university setting.
5. Overview of multidisciplinary provider's perspective of student experience of the referral process.
6. Participate in a discussion of successes and challenges of the referral process at different counseling center.

Session Four Information (Friday, 9-10 am)

Putting the Puzzle Together: Therapy and Advocacy

Location: Illini Union 314B

Bianca Stepanyan, B.A. and Sara Marino, LLMSW, LLMFT, ADS—Michigan State University

This workshop will integrate information about trauma-informed approaches for working with student survivors of sexual violence. We will address the importance of a collaborative approach to inclusive advocacy services, individual and group therapy, and partnerships within the University. This approach reduces barriers and establishes an environment of empowerment, healing, growth.

Based on this program participants will be able to:

1. Identify unique differences and similarities between the roles of advocates and therapists.
2. Demonstrate increased knowledge about how the collaborative relationship between advocates and therapist creates healthier boundaries for the survivor and reduces ethical conflicts.
3. Identify how the collaboration provides significant positive outcomes for the therapeutic relationship and advocacy services.
4. Identify how clearly defined roles helps reduce overlapping services.
5. Understand the concept of trauma informed client centered treatment in both a therapeutic and advocacy environment.

Protocol for Providing Culturally Appropriate Mental Health Services for Hispanic/Latinx Students

Location: Illini Union 405

Gabriel Pagán-Llorens, Psy.D.—The Ohio State University

The presentation will focus on identifying potential barriers Hispanic/Latinx student encounter when attempting to access mental health services at College Counseling Centers in the Big Ten. In addition, a culturally appropriate protocol design to facilitate the access to psychological services for Hispanic/Latinx students will be presented.

Based on this program participants will be able to:

1. Understand needs of Hispanic/Latinx students and identify potential cultural barriers that are present in College Counseling Centers
2. Understand organizational and clinical barriers faced by Hispanic/Latinx students who seek mental health services at College Counseling centers in the Big 10.
3. Learn about a culturally appropriate protocol will provide participants with the information and knowledge required to provide culturally appropriate service to Hispanic/ Latinx students.

Meeting Students Where They Are: Evaluation and Discussion of University Counseling Center Embedded Models As Emerging Agents of Change

Location: Illini Union 314A

Alison Asarch, Psy.D.—University of Maryland

Todd Sevig, Ph.D.—University of Michigan

Jen Smith, Psy.D.; Michael Lute, Psy.D. and Shawn Levstek, Psy.D.—The Ohio State University

Stephanie Stama, Psy.D. and Jason Yoder, MSW, LCSW—Pennsylvania State University

Patrick Galligan, Ph.D. and Cari Anderson, LMSW—University of Iowa

This presentation introduces the Embedded Model being used among University Counseling Centers. Presenters discuss the extent to which Embedded programs met goals of increased support and accessibility and relevance of services in creating a more resilient student body. Presenters share about how programs may incorporate similar models to target underserved populations, combat stigma, and create change on campus. Panelists encourage audience participation and discussion.

Attendees of this presentation will :

1. Obtain an overview of Embedded Model programs used in various university counseling settings to explore options for developing or modifying such a model in their institutions and centers.
2. Learn how these programs are meeting goals of promoting wellness and satisfaction on campus, highlighting what has worked well, what can be improved and what to be aware of in implementing similar programs.
3. Be able to access to multiple sources of data in analyzing and discussing how this can be useful in creating change to meet the mental health needs of college students.

Partnerships for Mental Health: Engaging Faculty and Staff as Agents of Change

Location Illini Union 407

Alyssa Levy-Hussen, MS, LPC, MA, Ph.D.—University of Wisconsin-Madison

(Please note: Alyssa Levy-Hussen is the author of this presentation, but Andrea Lawson, LCSW will be presenting.)

This presentation introduces Partnerships for Mental Health, a psychoeducational seminar designed to engage faculty and staff as key actors in campus response to student mental health concerns. PMH uses an experiential pedagogical framework that historicizes and socially contextualizes mental health issues while giving participants practical skills for supporting affected students.

Based on this program participants will be able to:

1. Describe a model for engaging faculty and staff in outreach programming that supports improved response to student mental health concerns.
2. Consider potential applications for similar faculty/staff-focused programming on their own campuses.
3. Identify resources for developing content for such programming.

Area Meetings and Poster Presentations

Area meetings will occur Wednesday, February 15 from 3 - 4:30 pm throughout the Illini Union. Below is a list of where each meeting will be held.

Directors	Illini Union 210	Eating Disorders	Illini Union 404
Clinical Directors	Illini Union 211	Diversity	Illini Union 405
Training Directors	Illini Union 314A	Trainees	Illini Union 406
Outreach Directors	Illini Union 314 B	Embedded Staff	Illini Union 407

Poster Sessions will begin at 8 am on Thursday in **Illini Room B**. Presenters are encouraged to be present from 8 -9 am to answer questions and then display posters for the rest of the day so that attendees can browse over breaks. Below are the posters that will be on display:

From ZZs to Degrees: Helping Students Get More Sleep—Lauren David, B.A., The Ohio State University

Converting Clinical Forms to an Integrated Mental Health Model—Gail Anderson M.S.; Lindsey W. Sherd, M.A.; Ian Gackowski, M.A. and Brian Bruijn, B.A., Michigan State University

Infusing Emotional Justice Into Student Activism—Romero Huffstead, Ph.D. and Angel Yiting Cheng, Ph.D. - Northwestern University

Sociocultural Factors and Referral Outcome: An Exploratory Investigation—Michael Gale, M.S.; Marisa Franco, M.S.; Heidi Hutman, M.A.; Erin Reese, M.A., University of Maryland

Outreach Program Initiative: COPE MINDFULLY—Numan Turan, M.S. and Sadi Fox, Ph.D., The Ohio State University

Transitions and Empowerment Through Education: Refugee University Students in Germany—Carin Molenaar, M.Ed.; Arellys Aguinaga, M.S.; Halley Farwood, M.A. and Anna Hoffman, B.A., University of Illinois at Urbana-Champaign

Using Gratitude Interventions to Build Resilience among College Students—Nicole Gabana, M.S., CC-AASP, the Ohio State University

Spirituality and Wellness Workshop—Kruti Patel, M.S. and Patrick J. Rettig, B.S., The Ohio State University

Examining the Effectiveness of Outreach Programming for Incoming Chinese International Students—Kayi Hui, Ph.D.; Lauren Wright, M.S. Ed.; Numan Turan, M.S.; Rahul “Ryan” S. Patel, D.O., FAPA, The Ohio State University

Creating Brotherhood: Innovative Practices—Kipp Pietrantonio, Ph.D. and Jon Weber, Psy.D., The Ohio State University

Finding Empowerment with the Power You Have: Advocating for Change as a Trainee—Courtney Payne, M.A.; Abigail Brown, M.A. and Asmita Pendse, M.A., University of Michigan

Kamau Grantham



We'd like to thank our resident DJ and music lover, Dr. Kamau Grantham for putting together fun, eclectic, and mellow mixes for our welcome reception and banquet cocktail hour. When he's not busy in his role Assistant Director of Clinical Services for our center, Kamau, along with his partner DJ Funk, has started a local venue in Champaign called "Dance Music Therapy," which provides a safe space for all people to come together to dance and socialize.

Kamau began making mix tapes for friends and DJing some events on campus in college. While pursuing his Ph.D. in New York, record shopping, DJing loft parties and poetry venues, and dancing became outlets for him to manage the stressors of graduate school. In his work with students, he often uses music as a metaphor, quotes musicians and song lyrics, and encourages his students to see music and dance as forms of mindfulness that can be incorporated into their daily self-care practices.

INNER VOICES Social Issues Theatre



INNER VOICES Social Issues Theatre is a unique collaboration between the University of Illinois at Urbana-Champaign and the Department of Theatre. INNER VOICES addresses timely and often difficult social and health issues through performances followed by post-performance dialogues. Additionally, the program provides an opportunity for students to be actively engaged in the process of creating and performing social issues theatre through four courses that students may enroll in for academic credit. INNER VOICES is led by Program Coordinator Lisa Fay. The group typically produces four to five original shows each academic year and performs them across campus. The excerpts they will be performing at the welcome reception highlight the conference theme, "Being Agents of Change: Empowering Ourselves and Our Communities."

University of Illinois Black Chorus



The Black Chorus is a mixed chorus at the University of Illinois. Founded in 1968, the following year it received the co-sponsorship of the African-American Cultural program and the School of Music Choral Division. Originally organized by four students, and later under the direction of School of Music faculty with student officers, the Black Chorus has achieved and maintained a reputation for presenting inspiring concerts and demonstrating high standards of musical performance.

The Black Chorus maintains an active performance schedule, with formal and informal appearances on and off campus. The Chorus has performed at the National Black Gospel College Choir Workshop (held annually in Atlanta, Georgia), and in concerts at universities throughout the Midwest. In addition, the Black Chorus has performed with the Champaign-Urbana Symphony Orchestra and as special guests at an Orchestra Hall concert in Chicago. They are led by Dr. Ollie Watts Davis.



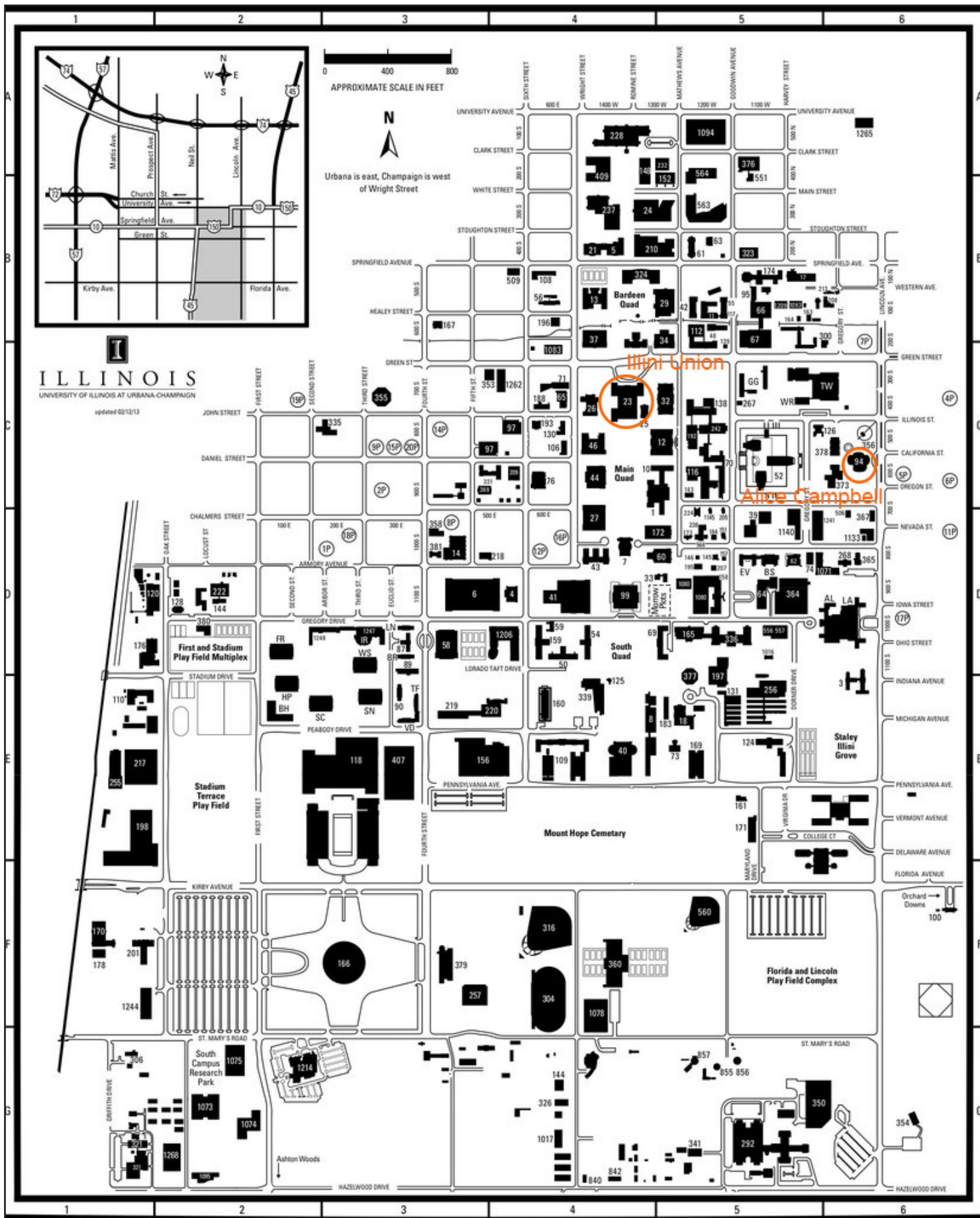
We want to ensure it's as easy as possible for you to get around campus and Champaign-Urbana while you are here. All conference activities are in the Illini Union except for Thursday's banquet, which is in the Alice Campbell Alumni Center. We'll offer shuttle service from the Union to Alice Campbell from 5-7 pm on Thursday. However, if you prefer to drive to Alice Campbell, parking in campus lots is free after 5 pm, and there's plenty of parking near Alice Campbell. If you'd like to drive, the address is: **601 S. Lincoln Avenue, Urbana.**

After the banquet, we'll be offering continuous shuttle service back to the Illini Union Hotel and TownPlace Suites beginning at 8:30 pm. The last pick-up from Alice Campbell will be at 11 pm.

For Conference Attendees Staying at Home 2

We'll be running a shuttle service back and forth between campus and Home 2 throughout the conference. Below is the schedule for the Home 2 shuttle:

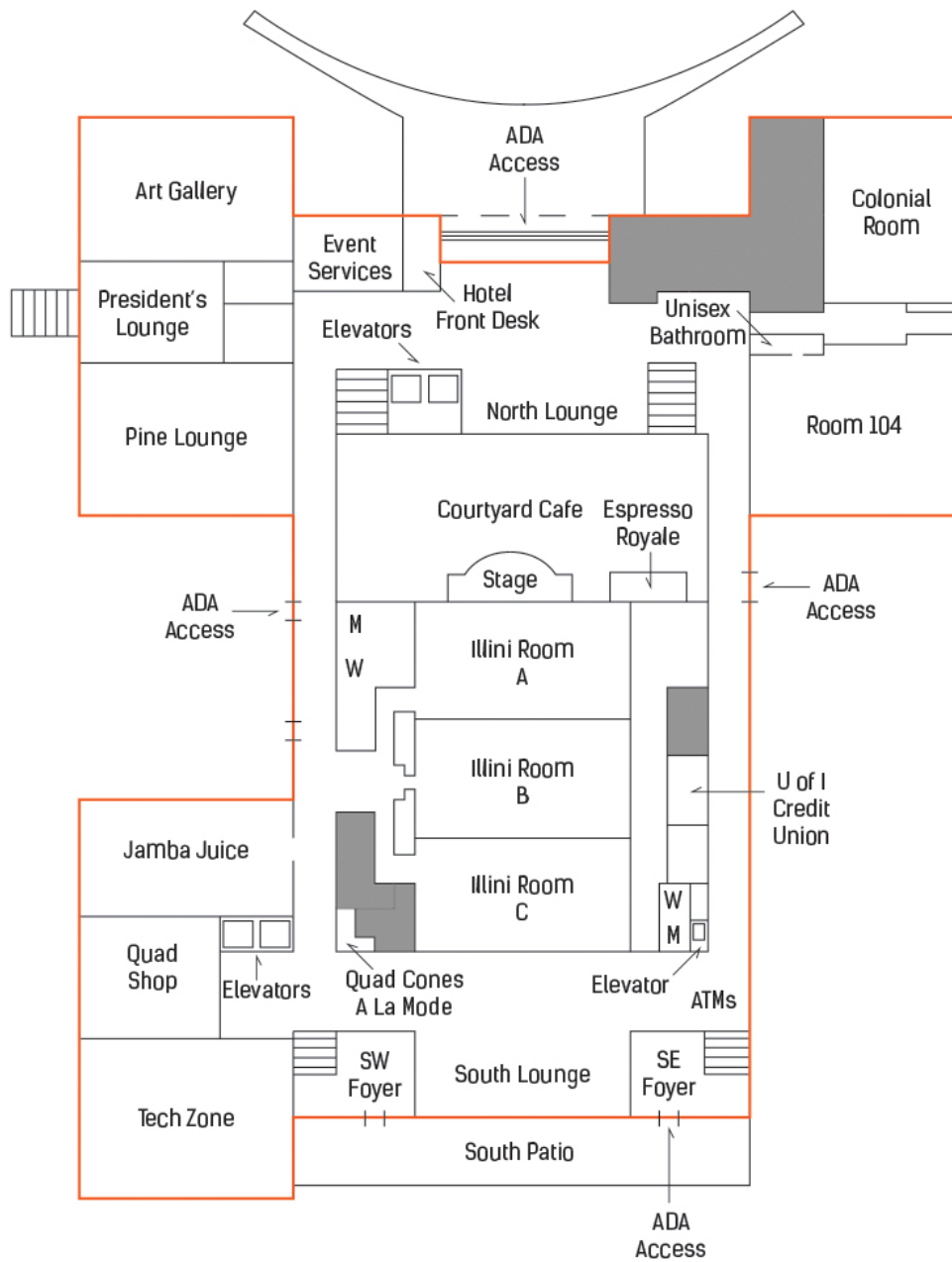
	Home 2 to Illini Union	Illini Union to Home 2
Wednesday, 2/15	3 pm	3:30 pm
	4 pm	4:30 pm
	5 pm	7:15 pm
Thursday, 2/16	Home 2 to Illini Union	Illini Union to Home 2
	7 am	3 pm
	7:45 am	4 pm
	8:30 am	5 pm
	Home 2 to Alice Campbell	Alice Campbell to Home 2
	5:30 pm	9 pm
	6:30 pm	10 pm
		10:30 pm
	Friday, 2/17	Home 2 to Illini Union
7 am		10:15 am
7:45 am		12:15 pm
8:30 am		



Illi Union

Alice Campbell

Illini Union First Floor

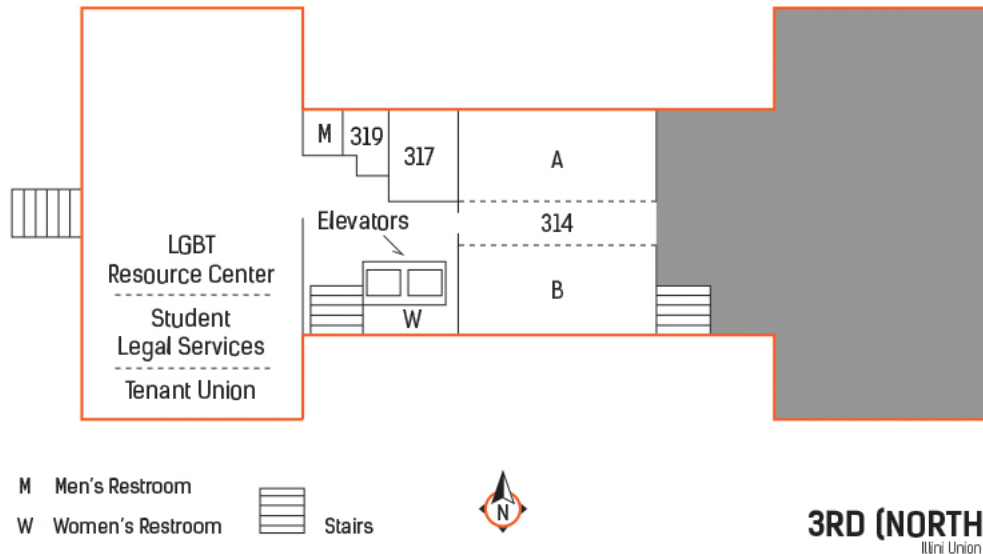


M Men's Restroom
W Women's Restroom

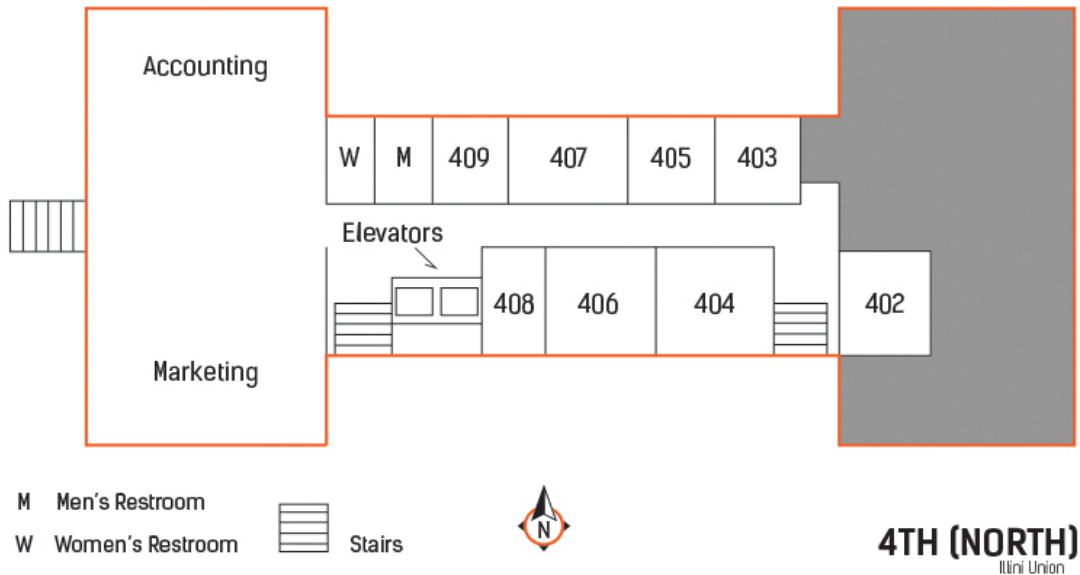


MAIN LEVEL
Illini Union

Illini Union Third Floor



Illini Union Fourth Floor



Dining Options Near Campus & Urbana-Champaign

At the Illinois Counseling Center, we really like to eat. Pretty much everything we do as a staff revolves around food. While you're here, we want to make sure that you're well-fed! Below are some of staff recommendations for the best places to check out in town. If you need directions or help making reservations, please stop by our concierge table!

Suggestions for Wednesday Evening Dinner

I love Radio Maria for a group dinner—they do tapas/small plates and it's perfect for sharing lots of food. Their slow-roasted pork tacos and their garlic shrimp and sourdough are delicious.

—Luke Henke

119 N. Walnut Street, Champaign
radiomariarestaurant.com
217-398-7729

Golden Harbor has delicious, authentic Chinese cuisine. The dinner portions are huge and tasty. Go with your group and order a little bit of everything to share. My personal favorites are the garlic green beans, crispy tofu, basil eggplant, and anything they make with okra.

—Sarah Miller

505 S. Neil Street, Champaign
rgoldenharbor.weebly.com
217-398-8988

Black Dog has some of the best barbecue anywhere! I love their on the bone roasted chicken, smoked sweet potato (after 5PM only), roasted turkey, Carolina red BBQ sauce, well pretty much everything they have. This place is worth the hype!

—Theresa Benson

320 N. Chestnut Street, Champaign
blackdogsmoke.com
217-954-0465

Destihl is one of my favorite dinner places in Champaign. It has a really nice, chill vibe, and their food is awesome! The beer-battered bacon is amazing, and their pot roast is comfort food at its best!

—Nichole Evans

301 N. Neil Street, Champaign
destihlbrewpub.com
217-356-0301

If you're looking to have a really nice dinner in Champaign, Silvercreek is the way to go. They have a great variety of options, and they use fresh, local ingredients. They have an in-house baker who creates fresh artisan breads and delicious desserts every day! My favorites are the grilled salmon or lobster mac and cheese.

—Carla McCowan

402 N. Race Street, Urbana
couriersilvercreek.com
217-328-3402

Suggestions for Lunches Close to Campus

The Illini Union has lots of options for lunch--check out the Colonial Ballroom buffet or Ko Fusion's sushi specials. If you want to venture out to places near campus, here are some good options:

The Bread Company, 706 S. Goodwin Avenue, Urbana
Excellent sandwiches, soups, and salads!

Sakanaya, 403 E. Green Street, Champaign
Some of the best sushi in Champaign-Urbana!

Mia Za's, 629 E. Green Street, Champaign
Choose your own ingredients to make custom pizzas, pastas, salads, and paninis!

Zorba's, 627 E. Green Street, Champaign
Delicious, fast Greek food!

Mashawi Grill, 617 E. Green Street, Champaign
Yummy Mediterranean fare!

Best of C-U

Every year, one of our campus magazines, *Buzz*, puts out a list of the best places to eat in Champaign-Urbana. Here are some of the places that they recommend:

Best Pizza: Papa Del's, 1201 S. Neil Street, Champaign (217-359-5500—They deliver!)

Best New Restaurant and Best Cocktails: Watson's Chicken and Rail, 211 N. Neil Street, Champaign

Best Vegetarian Food: The Dancing Dog, 126 Main Street, Urbana

Best Thai Food: Siam Terrace, 212 W. Main Street, Urbana (217-367-8424—They deliver!)

Best Korean Food: Masijta Grill, 202 N. Race Street, Urbana

Best On-Campus Bar: Murphy's Pub, 604 E. Green Street, Champaign

Best Off-Campus Bar and Best Beer Selection: The Blind Pig, 120 N. Walnut Street, Champaign

Best Indian Food: Sitara, 114 S. Race Street, Urbana

Best Burger: Farren's Pub and Eatery, 308 N. Randolph Street, Champaign

Best Mexican: Maize, 60 E. Green Street, Champaign

Campus Landmarks and Attractions

Arboretum/Japan House

2001 S. Lincoln Avenue, Urbana

arboretum.illinois.edu

japanhouse.art.illinois.edu

Unfortunately, we can't guarantee the Arboretum will look this picturesque when you visit in February, but this is a great place to go to enjoy nature, walk, or run while you're here.

Located on the corner of South Florida and Lincoln Avenues in Urbana, the Arboretum is just minutes from campus. Set on 160-acres of land, the Arboretum has trails, various collections of art and is almost completely maintained by University of Illinois at Urbana-Champaign plant science students.

Also on the property is Japan House, which is dedicated to bringing greater cultural understanding and offer exposure to new perspectives. Every Thursday at 3 pm, they offer a traditional Japanese Tea Ceremony.



Spurlock Museum of World Cultures

600 S. Gregory Avenue, Urbana

spurlock.illinois.edu

Spurlock Museum is located behind Alice Campbell Alumni Center, which is where our banquet will be held on Thursday evening--they're open until 5 pm on weekdays.

Spurlock features nine permanent exhibits, which each showcase artifacts from specific geographic locations throughout the world. In addition, they currently are featuring three rotating exhibits--including one entitled, "Symbols of Identity and Diversity: Judaica from the Permanent Collection," which details the how ethnic groups come into being and in particular, how a Jewish identity formed and how this it has evolved and diversified with the passage of time.

Admission to Spurlock is free, but a \$3 donation is suggested.



Krannert Art Museum

500 E. Peabody Drive, Champaign
kam.illinois.edu

Part of the College of Fine and Applied Arts, Krannert Art Museum is the second largest fine art museum in the state of Illinois.

Current exhibits include photography from the Works Progress Administration (WPA), and in honor of the University's Sesquicentennial Anniversary, *Land Grant*, which considers the university—its founding and history, land use practices, and questions of indigeneity—all while assessing the current status of public higher education in the United States.

Krannert is open weekdays from 9 am to 5 pm. Admission is free, but donations are appreciated. If you're stopping after the conference on Friday, there's also a good café there!

Illini Union Bookstore

809 S. Wright Street, Champaign
bookstore.illinois.edu

Need something to remember your time at Illinois? Want to be kind and get a souvenir for your coworkers holding down the forts while you're at the conference? There are a few things at the Quad Shop in the Illini Union, but for the best selection, we recommend heading over to the nearby Illini Union Bookstore. The bookstore has all manner of Illini merchandise, and is just a short walk from our main conference venue.

Insider tip: If you need a latte and the line at the Illini Union Starbucks is just too long to handle, there's also one in the bookstore that typically has much shorter lines.



Conference Attendees

Eastern Illinois University

Brad Coffey
Eric Davidson
Becky Williams
Lindsay Wilson

Governors State University

Abena Benjamin
Julliette Gray
Katherine Helm
Megan Lynch
Kelly McCarthy
Emily Petkus
Zachary Reindel

Illinois State University

Charles Titus Bordreaux
Sandy Colbs
Allyson Hawkins
Riley McGrath
Manuel Salgado
Jason Vasquez

Indiana University

Laura Conner
Luciana Guardini
Maryjane McNabb
Nancy Stockton
Molly McKelfresh

Michigan State University

Gail Anderson
Scott Becker
Ian Gackowski
Christopher Seeley
Tawa Sina
Bianca Stepanyan
Lindsey Williams Sherd
Sara Marino

Monmouth College

Cindy Beadles

Northern Illinois University

Angela Daigneault
Tao Liu
Megan Noren
Timothy Paquette
Shiraz Tata

Northwestern University

Angel Cheng
John Dunkle
Olivia Hoskins
Romero Huffstead
Joanne Perry
Sean Serluco
Shelly Sheinbein

The Ohio State University

Kate Adkins
Lauren David
Holly Davis
Sadi Fox
Nicole Gabana
Danielle Henn
Kari Hui
Shawn Levstek
Michael Lute
Meera Menon
Gabriel Pagan-Llorens
R. Ryan Patel
Kruti Patel
Kipp Pietrantonio
Shonali Raney
P.J. Rettig
Micky Sharma
Jennifer Smith
Karen Taylor
Numan Turan
Jon Weber
Lauren Wright
Chiaothong Yong

Pennsylvania State University

Paul Carswell
Mary Anne Knapp
Ben Locke
Stephanie Stama
Ashley Stauffer
Nadiya Tucker
Jason Yoder

Purdue University

Alex Colbow
Chris Durbin
Julie Keys
Lauren Patterson
Susan Prieto-Welch
Margaretha Schuerman
Larissa Seltmann
Tatiana Vukotic
Chyrl Wilson

Rutgers—State University of New Jersey

Alice Borodiansky
Michelle Drapkin
Veena Geeban
Lisa Laitman
Villyana Maleva
Siddhi Patel
Jill Richards

University of Illinois at Urbana-Champaign

Arellys Aguinaga
Emily Barnum
Carina Bauer
Theresa Benson
Yuri Choi
Cassandra Colbert
Michelle Diaz
Colin Dietz
Nichole Evans
Halley Farwood
Lisa Fay
Alejandro Gomez
Jeffrey Graham
Kamau Grantham
Marybeth Hallett
Kurt Hegeman
Lucas Henke
Kevin Hiner
Anna Hoffman
Tzu-An Hu
Jiyun Kang
Jungeun Kim
Felicia Li
Yu-Yun Liu
Christopher Lofton
Dynesha Mason Grissom
Carla McCowan
Thomas Miebach
Sarah Miller
Carin Molenaar
Elora Orazio
Patricia Ricketts
Bill Roberts
Nupur Sahai
Deidre Weathersby

University of Iowa

Cari Anderson
Erica Behrens
Kelly Clougher
Layana Ethington
Patrick Galligan
Adam Hinshaw
Paula Keeton
Scott Liu
Barry Schreier
Simone Young

University of Maryland

Allison Asarch
Kimberly Bethea
Noah Matthew Collins
Marisa Gina Franco
Michael Gale
Sharon Kirkland-Gordon
Theodore Pickett, Jr.
Erin Reese

University of Michigan

Christine Asidao
Jamy Banks
Kelly Bickel
Abigail Brown
Amanda Byrnes
Dwayne Campbell
James Dolan
Elizabeth Gonzalez
Victoria Hays
Karen Henry
Kiyana Horton
Edward Huebner
Sheryl Kelly
Michael Kristovic
Rachael Lynch
Katelyn Maddock
Crystal Matti
Latasha Nadasdi
Kulkiran Nakai
Courtney Payne
Asmita Pendse
Tyler Perala
Mishelle Rodriguez
Zanib Sareini
Todd Sevig
Reena Sheth
Matthew Waddell
Laura Wysocki
Min Ji Yang

University of Minnesota

Glenn Hirsch
Michael Butchko
Jenny Dillon
Stephanie Michaels
Lauren Scholder

University of Wisconsin-Madison

Rachel Bitman-Heinrichs
Simone Collins
Brian Drozd
Travis Fox
Danielle Gautt
Lisa Imhoff
Andrea Lawson
Ellen Marks
Jeffrey Peterson
LeAnna Rice
Felix Savino

Unaffiliated

Amy Chew



DIVISION OF
STUDENT AFFAIRS
COUNSELING CENTER

Save the Date

2018 BIG 10
**COUNSELING CENTERS
CONFERENCE**

INNOVATIONS:
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7777 BALTIMORE AVENUE, COLLEGE PARK, MD 20740

LOOKING FORWARD TO SEEING YOU IN 2018!

Conference Chairs:
Theodore Pickett Jr., Ph.D, tpickett@umd.edu
Kimberly Bethea, Ph.D, kbethea@umd.edu



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