



# CAPIC and the MHSA Educational Stipend Program for Clinical Psychologists

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## CAPIC Background

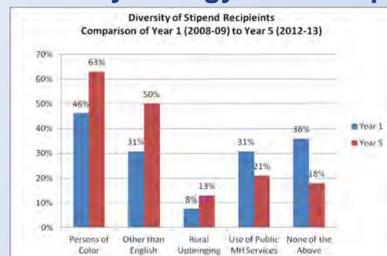
CAPIC was founded in 1991 as a consortium of doctoral programs and internship agencies, adding postdoctoral program members a few years ago. Founders recognized that by working together they could increase the quality of professional psychology training throughout the entire education trajectory, as well as better train psychologists to serve population needs.

## CAPIC/MHSA Stipend Program

This CAPIC/MHSA psychology intern stipend program is funded by the Mental Health Services Act (MHSA/ Prop 63). In September 2008, CAPIC was awarded an MHSA contract by the California Department of Mental Health (CA/DMH) to provide stipends to psychology students serving internships in publicly supported mental health agencies in California, in keeping with MHSA Workforce, Education and Training (WET) goals. Under this MHSA contract, CAPIC has also developed educational materials to train psychologists in the Resiliency-Recovery theoretic approach to treating people with chronic mental health problems.

In 2011, the original CAPIC/MHSA contract was extended an additional five years, allowing for three additional years of stipend awards and opportunities to develop educational materials. In July 2012, MHSA contract responsibilities were shifted from CA/DMH to other state agencies, primarily the Office of Statewide Health Planning and Development (OSHPD), the Department of Healthcare Services (DHS) and the Department of State Hospitals (DSH).

## CAPIC/MHSA Psychology Intern Stipends



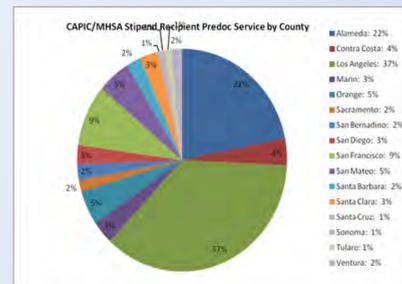
CAPIC has awarded \$3,435,665 in stipends over the past five years to 181 clinical psychology students committed to working in the California public mental health system. Each full-time stipend is \$20,772. During the next year, CAPIC will award an additional 35 FTE stipends (totaling \$727,020) to another cadre of psychology doctoral students committed to working in the California public mental health system.

The next round of CAPIC/MHSA stipend applications will open on the CAPIC website in early 2014, with awards being announced in April or May.

CAPIC/MHSA stipend recipients represent the diversity of California's population, and in particular the unserved and/or underserved mental health client population. Ethnic diversity has increased from 46% in Year 1 (2008-2009) to 63% in Year 5 (2012-2013). The overall diversity (e.g. ethnicity, language competency, and rural upbringing) of the CAPIC/MHSA stipend recipients has also significantly increased since this program began, as indicated in the following chart.

One exception is the stipend recipients' use of public mental health services, which dropped from its high of 51% last year (Year 4, not shown) 21% in Year 5 (shown). CAPIC/MHSA stipend recipients provide their predoctoral and postdoctoral service to a geographic cross-section of California. While service by stipend recipients is naturally clustered in population centers, it does cover a significant geographic area, with placements in 16 counties across the state.

Below is the predoctoral service breakout by county for CAPIC/MHSA stipend recipients from Years 1 – 5.



## Survey of Stipend Recipients

CAPIC has developed a web-based survey, which is administered anonymously to gather stipend recipients' opinions related to whether, and how, their formal coursework and internship training prepared them adequately to work with clients of the California public mental health system. Below is a narrative summary of the surveys results from the previous cadre of CAPIC/MHSA stipend recipients (Year 4: 2011-2012). Stipend recipients/interns reported that:

- Traditional psychological pedagogy such as formal psychological testing, psychodynamic theory, and psychotherapeutic schools of thought were not seen as relevant or helpful as more applied skills such as the impact of sociological factors on clients, ethical and legal issues, client confidentiality, and the impact of trauma.
- Their doctoral programs and internships were slightly insufficient in programs covering included family therapies, recovery process, CB Therapies, co-occurring disorders, and both psychoactive and common non-psychoactive medication.
- Communication skills was the highest ranked skill in terms of importance for a newly graduated doctoral clinical psychologist, followed by development of treatment, intervention, and discharge planning.
- The development of a therapeutic relationship was seen as the most important ability for clinical psychologists, followed closely by cultural competency and maintaining appropriate boundaries. These were also the capabilities that the interns felt they received the most training at their internship and practicum.
- Clinical training was found inadequate in Documentation and charting within Medi-Cal guidelines, as well as some deficits in revising treatment plans and case management
- There was only low to moderate training in advocacy, time management, and strategies to continue learning/maintaining professional growth.
- Diversity education classes were the most helpful didactic and research experiences in which they participated.

- Hands-on and direct practical experience were the most helpful internship experiences they had in preparing to be a clinical psychologist.
- The most satisfying aspects of working in public mental health to be the impact they had with underserved and marginalized client groups, the diversity of the clients they served, the extent of cross disciplinary collaboration, and supervision.
- The most challenging aspects were the limited agency resources, the "bureaucratic" or "political" restrictions, the extent of paperwork time-commitments, their own balance of self-care and the stigmatization of their clients.

## Survey of Supervisors of Stipend recipients:

CAPIC also developed a web-based survey to be completed by the internship and postdoctoral practice supervisors of stipend recipients to collect their opinions of the training and skill of their CAPIC/MHSA psychology stipend recipient. This is a significantly simpler survey. These supervisors reported that:

- More than 70% of stipend recipients were rated Excellent overall, the remaining interns were rated Good.
- Almost 90% were rated Excellent in their ability to work with other staff, the remaining interns were rated Good.
- More than 90% of the interns were rated Excellent or Good (versus fair or poor) on every question asked.

## Online Training Modules Overview:

In addition to managing this MHSA stipend program, CAPIC has created online training modules which focus on the Resiliency-Recovery theoretic approach to treating people with chronic mental health problems. These online modules, being funded by MHSA, are available to the public free of charge. Each online training module consists of the following components:

- Ψ Module Introduction
- Ψ Goals and Learning Objectives
- Ψ Reading List
- Ψ Video Introduction (5 minutes)
- Ψ Video Lecture (1 hour)
- Ψ PowerPoint Presentation of Lecture Materials
- Ψ Study Questions and Online Discussion Board
- Ψ Course Evaluation and
- Ψ Multiple-Choice Examination

## Online Training Module Curriculum

CAPIC's online training modules focus on the Resiliency-Recovery theoretic approach to treating people with chronic mental health problems. The titles of these training modules and the mental health professionals who created them are given below:

1. *Recovery and Recovery Oriented Care*, Susanna Friedlander, PhD
2. *Homelessness & Poverty: Mental Health Needs and Treatments for the Homeless Mentally Ill*, LaTonya Wood, PhD.
3. *Supportive Employment as an Evidence Based Practice for the Severely and Chronically Mentally Ill*, LaTonya Wood, PhD
4. *Severe Mental Disorders: Treatment and Systems of Care*, Haydee Montenegro, PsyD

5. *Poverty, SES, Health, and Health Care: Epidemiology and the Needs of Public Mental Health Clients*, Haydee Montenegro, PsyD
6. *Advocacy and Public Policy in Professional Psychology*, Gilbert Newman, PhD
7. *Supervision in Professional Psychology*, Gilbert Newman, PhD
8. *Cognitive Behavioral Interventions in the Treatment of Substance Abuse*, Melodie Schaefer, PsyD
9. *Trauma and Substance Abuse: Considerations in Assessment and Treatment*, Melodie Schaefer, PsyD
10. *Substance Abuse and Working with Families: Special Consideration for Treatment*, Melodie Schaefer, PsyD
11. *Health & Mental Health: Assuring Needed Care to All*, Linda Garcia-Shelton, PhD, MHSA, & Katrina Miller, MD
12. *Evidenced Based Practice in Public Mental Health Settings*, Linda Garcia-Shelton, PhD, MHSA
13. *Working Effectively with Culturally Diverse Populations in the Public Mental Health System*, Matthew Mock, PhD
14. *Pharmacology for Clinicians: A CAPIC Workshop*, Patricia Wood, PhD

## Continuing Education (CE) Credits

Beyond their use as training/educational resources, each of these online training modules is approved for 2.0 hours of Continuing Education (CE) credits for California-licensed Mental Health clinicians. There is a \$15 fee for processing these CE credits, which is being managed in partnership with Alliant International University. If one is not seeking CE credits, there is no CE administration fee and no cost for using these online modules.

Participants seeking CE credits must complete all aspects of a module including passing a multiple-choice exam. At the start of the exam, participants are asked for their California license number (if seeking CE credits), as well as basic contact information, in order to properly process the CE credits. Once a participant has successfully completed all aspects of the module, s/he will be contacted regarding CE credits, including payment of the \$15 administrative fee and issuance of the CE completion certificate.

Regardless of whether one is seeking CE credits, we hope the knowledge gained will serve users in their professional endeavors and in the care they provide their clients.

For more info about this CAPIC/MHSA psychology intern stipend program, please visit the CAPIC website at: [www.capic.net](http://www.capic.net) or contact the CAPIC office via phone at 925-969-4550 or via email at [capicadmin@capic.net](mailto:capicadmin@capic.net).

For more info on MHSA and WET, please visit their website at: <http://www.oshpd.ca.gov/HWDD/WET.html>.