



Student Newsletter

Greetings and Farewells

As your 2011-2012 CAPIC student reps we bid farewell to the Board of Directors, and welcome the 2012-2013 CAPIC student representatives!

Heather Cuatok, M.Ed. from CSPP/ Alliant International University- San Diego is starting her full-time CAPIC internship at Juvenile Forensic Services in San Diego. Heather is excited to promote awareness of the strength of CAPIC internships and bolster CAPIC's non-traditional high quality internship route. She states, "I would have missed out on graduate school without CAPIC."

Liz Caine M.A., is from the Institute of Transpersonal Psychology and has started her CAPIC, two-year, part-time internship at Catholic Charities of Santa Clara County in San Jose.

The internship's contemplative approach and vision of compassion, service, and justice resonated with Liz's Buddhist perspective. She feels excited about her presence on CAPIC's Board and is honored to share her unique and diverse skills.

[Representatives can be contacted at www.capic.net](http://www.capic.net)

Kaitlin comments on her experience this past year, "Working with the CAPIC board has served as an invaluable lesson about the importance of ongoing professional advocacy for each and every clinician, and the importance of speaking for clients who cannot be heard. This year has highlighted the continued need for national recognition of CAPIC internships as a credible solution to the internship crisis, and the critical importance of increasing funding to internship

agencies which serve underserved clients. I have truly valued working with these passionate board members and look forward to finding ways to continue this work as I enter my post-doctoral fellowship position at Methodist Rehabilitation Center in Jackson, Mississippi."

Carolina's time with the Board changed her life. She categorizes CAPIC's commitment as miraculous and cherishes the many educational interactions and points of view exchanged during collaborative discussion. She secretly envisions CAPIC-like councils sprouting throughout the U.S. to nurture the imbalance between education and professional training.

In gratitude,

Kaitlin Phelps, M.A., Psy.D.
Northern California

Carolina Van Stone, M.S., P.A.
Southern California

Student Representatives
CAPIC Board. 2011-2012

Summer 2012

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California Psychology Internship Council

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CAPIC on Universal Accreditation (CoA IR D.4-7(b))

CAPIC offers quality training opportunities at 137 California sites (466 internship positions this past year). Applicants to APA-accredited or APPIC-member internships (about 67% are APA accredited) exceed available internships slots. The intended revision to IR D.4-7(b) by the Council on Accreditation (CoA) sets a 50% threshold for Ph.D./Psy.D. student placements at APA accredited internships. While aiming to ensure quality internship training, increasing the threshold potentially increases the existing internship imbalance. CAPIC internships and APA accredited internships differ. Defining characteristics of CAPIC internships may pose limitations on those internships to meet APA accreditation status. Stipends offered at CAPIC sites are often lower or non-existent due to fiscal constraints. Lacking is evidence that stipends actually increase quality of training or distal outcomes such as EPPP pass rate or employability. Although CAPIC has provided over \$5 million in stipend support through state contracts this support is unsustainable. Were the CoA to facilitate the identification and procurement of (see p. 2)

CAPIC on Universal Accreditation (continued from page 1)

sustainable funds for stipends, most sites would be appropriate for “accreditation eligibility.” Estimated APA accreditation application costs range from \$4,000-\$6,000. To promote application by quality internship sites CAPIC suggests that CoA wave or titrate payments over several years. CAPIC offers full-time, two-year half-time and one-year half-time quality internship training positions. Students see the provision of these options as opportunities to be at a quality training site and remain within state or near their current location. Costs of moving, lack of infrastructure, loss of child care arrangements, the inability of a significant other to leave their employment, and the stress of separation are factors influencing candidates choice of an internship placement. To serve culturally diverse clients from underserved communities, to seek training opportunities which provide unique experiences with special populations or clinical interventions, and to give back to their local communities are desires that cause students to select the flexibility offered by CAPIC internship sites.

The CAPIC Board suggests CoA reconsider the intended changes to IR D.4-7(b) and CAPIC hopes CoA seriously evaluates the suggestions recommended in this public comment.

Public Comment on CoA IR D.4-7(b), Melodie Schaefer, Psy.D., Chair, CAPIC Board of Directors.

Summary of Public Comment on CoA IR D.4-7(b), provided by Carolina Van Stone, Student Rep., Southern California.

CAPIC urges that current interns, postdoctoral fellows, and future internship applicants be informed of the present dialogue regarding CoA IR D.4-7 (b), and that they advocate for solutions that enhance the fulfillment of their professional aspirations.

Mental Health Services Act (MHSA) News & Views

Training Modules web access: <http://capic.complexobjex.com/mhsa/stipends/>

The CAPIC/MHSA psychology intern stipend program is funded by the Mental Health Services Act (Prop 63). In September 2008, CAPIC was awarded a 5-year contract for over \$2.6 million from the California Department of Mental Health (CA/DMH) to provide stipends to psychology students completing internships to publicly supported mental health agencies in California. This contract resulted in CAPIC disbursing \$1,981,625 in stipends over the first three years to 106 students. In December 2011, CAPIC’s original contract with CA/DMH was amended to extend the issuance of stipends for three additional years. Over each of these next three years, CAPIC will be awarding a total of \$2,181,060 in stipends, with each Full-Time stipend recipient receiving \$20,772.

For the latest round (Year 4: 2011-2012) CAPIC received over 120 applications and awarded 35 FTE stipends!

In addition to managing the stipend program, CAPIC has created online training modules for use, FREE OF CHARGE, by mental health professionals. These modules focus on the Resiliency-Recovery theoretic approach to treating people with chronic mental health problems.

Modules have 7 components:

Introduction

Goals and Learning Objectives

Reading List

Video Lecture

Power Point Slide Show

Study Questions

Exam and Course Evaluation

These online modules are approved from Continuing Education (CE) credits for any California-licensed mental health professional. The modules are free although there is an administrative fee of \$15.00 for processing and issuing of CE credits.

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The next round of MHSA stipends (Year 5: 2012-2013) will open in early 2013, with awards being announced later that Spring.

Year 4 Stipend Recipients CONGRATULATIONS!

**2012 MHSAs Stipends
Meet 3 of the 35 Awardees:
Kimberly, James, & Jill**

CAPIC contacted Kimberly, James, and Jill, recipients of MHSAs Stipends (with an award of \$20,772 for full-time and \$10,386 for half-time) to share their inspirational stories of service with passion such that others who are nearing the completion of their education and pre-doctoral professional training may become future recipients as well.

Kimberly Grace attends Alliant International University/CSPP-Alhambra/Los Angeles in the Ph.D. program and is finishing her pre-doctoral CAPIC internship at Alafia Mental Health Institute in Los Angeles. Kim immediately expresses her thanks to CAPIC for this amazing stipend. Kim's pre-doc training has been with children and foster care. Her client's range from 4-years old to 17-years old. All clients must have Medi-Cal to qualify for services because Alafia is contracted with Department of Mental Health. Kim's diligence and passion for her work caught the eye of the registered post-doctoral psychologist. Kim says they made a space for her post-doc to work with the new interns Kimberly's reaction to receiving the award, "Oh my goodness. I was so excited. I have been passionate about the underserved my whole career and wanted to know how to put my passion into the community, not just the next year, but continuing on. In this field you get the small wins. This has been so validating. It's great support."

James Cephas also attends Alliant International University/CSPP-Alhambra/Los Angeles. James is days away from being able to use his

titles of Psy.D. and Dr.Cephas. While completing his pre-doctoral internship at Inland Behavioral Health Services in San Bernardino County James heard of the stipend award, was encouraged to apply and was so pleased "to be able to do the work I love." James is continuing on with his post-doctoral work at Inland Behavioral Health Services. His story is similar to Kimberley's mentioned above. His high quality work was valued and appreciated and his pre-doc turned into a post-doc. The stipend funds allow James to continue with the work he loves: perinatal counseling, WIC services, drug recovery rehab and counseling, medical and dental services serving low income and homeless populations. James loves working with his caseload of about 56 clients that are seen over a two-week period. Psychological testing is available when cases come through the courts. James's voice rings compassion as he speaks of how grateful he is for being able to work with low income families otherwise inadequately compensated.

Jill Teagarten is another Alliant doctoral candidate earning her Psy.D. at the Los Angeles CSPP campus. Jill is completing her CAPIC one-year, full-time internship at Tarzana Treatment Centers from 7:30 – 4:00 and has been working at the Youth Center in the mornings. Jill was celebrating her birthday at Disneyland with her best friend, husband, and two daughters when she learned that she was a stipend recipient. She experienced "shock and excitement" and felt it was so appropriate to be at Disneyland, "the happiest place on earth." Jill says she was encouraged to apply by the post-doc at Tarzana. Jill has been professionally employed with developmentally disabled populations. Jill shared how she and her husband became a living example of their deep commitment to the mental health community. Jill and her family, with daughters in first grade and kindergarten, began a three-year odyssey at a group home and day program for developmentally disabled adults. She was in a director/supervisor role and the opportunity came along and she and her family went for it. They lived in their own section of the house and

were responsible 24/7 Monday-Friday. Jill will be continuing her clinical training at Tarzana Treatment Centers as a post-doctoral fellow. She mentions how passionate she is about her work and is happy about being able to work in the Youth Center at Tarzana.

It is CAPIC's hope that as you hear these three MHSAs stipend awardees telling their story that you tap into the common theme in each voice. From each interviewee comes an extraordinary passion that lives in their work and each expressed, with a palpable sense, the gratitude they feel for this work that is being validated through the stipend award.



The CAPIC/MHSAs Clinical Psychology Educational Stipend Program is intended to (a) help support efforts to develop curricula and methods of teaching that appropriately integrate theory and practice, and promote the values of wellness, recovery and resilience as expressed in the Mental Health Services Act; (b) to help support efforts to increase consumer and family member employment in the public mental health workforce; and (c) to help support efforts to contribute to a diverse, culturally sensitive and competent public mental health workforce.

The California Psychology Internship Council (CAPIC)

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