



CAMHS and Harvard Law School Helping HLS Students Seek Help

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CAMHS

Counseling and Mental Health Services

Smith Campus Center 4th floor for regular business day services

617- 495-2042

Monday 8am – 6pm

Tuesday-Thursday 8am – 7pm

Friday 8am – 5:00pm

Other locations for regular business day services

CAMHS: The Basics

WHERE 4th floor of HUHS; “satellites” at HLS, HBS, Medical Area;
Urgent Care Center: 3rd floor M-F 8am – 5pm and at HLS Pound Hall on nights/weekends

WHO 37 Clinicians--social workers, psychologists, psychiatrists, nurse prescriber, case management

WHAT Individual counseling, groups, workshops, medication consultation & management

FOR WHOM All enrolled HLS students

COVERED BY “HUHS Health Fee” (BC/BS insurance for outside)

WHAT ELSE WE DO Referrals to MH resources outside of Harvard

OUTREACH Workshops on sleep, mindfulness, perfectionism...and supervision and oversight of peer counseling groups

CAMHS at Pound Hall

- 617-495-4414
- Business day CAMHS services: therapists only
- Marla Allisan JD LICSW
- James O'Rourke PsyD
- Ellen Kane LICSW

What we do...the HUHS Mission is

To Heal, To Care, To Educate

CAMHS is a counseling and mental health support service which seeks to work collaboratively with students and the university to support individuals who are experiencing some measure of distress in their lives.

Our goals are to:

- Respond quickly and in proportion to the student's or administrator's expressed need
- Assess the factors contributing to a student's or administrator's concerns
- Collaborate with the student to create and implement a plan that allows for increased perspective, growth and a return to a level of functioning most likely to promote success at Harvard

Help-seeking is Hard, Facilitating Help-seeking can be Harder.

- Within our Harvard culture, the need for support can often be seen as an anomaly.
- Wide demographics of student population;
- Wide range of issues/challenges/concerns;
- Awareness of particular stresses of each law school year: 1L and first summer, 3L transitions; job search; Bar Exams; loan burden
- Supporting students' development through transitions and adjustment: social challenges, relationship issues, depression, anxiety and substance abuse;
- ...individually challenging situations and stressors...
- ***...importance of increasing comfort and reducing stigma and stress of coming to counseling at CAMHS!***

CAMHS

Destigmatizing & Myth-busting

- Students bring a wide range of concerns to CAMHS for a conversation with a clinician.
- You don't have to have a major mental health issue to see us.
- We do not communicate with agencies, governments, companies, schools, or parents without explicit permission.
- We do not medicate everyone who comes in to CAMHS.
- We do not place students on leave of absence (but HLS can).
- ***CAMHS does NOT and will NOT share information, unless a student requests or authorizes it; exceptions occur only in the rarest of specific circumstances...***

Privacy & Confidentiality

- CAMHS clinicians have both legal and ethical obligations to maintain Privacy & Confidentiality
- When are we legally and ethically obliged to break
- Privacy & Confidentiality?
 - Imminent danger to self and/or others
 - Abuse to child, elderly, or disabled person
 - Inability to care for self
- What (and why) do HLS students worry about re: Privacy & Confidentiality?
- Impact this knowledge might have on others' perceptions of them
 - Perceived interference with applications or sitting for bar exam and security clearances
 - Only Dr. Lewis does clearances...and it is simple and straightforward!

HLS and CAMHS: Collaborating and Coordinating

- Roles and boundaries
- Recognizing when a student is needing more than you can/should provide
- In a crisis, share with and inform the Dean of Students Office; they will also consult with CAMHS!
- Releases of information

Roles and Boundaries with Students

- When you find yourself overwhelmed with a student, you may be noticing MH issues
- Anxiety increases when you move beyond your skill or training and has the potential to create misinformation, misunderstanding, and missed expectations with students
- *Anxiety can be alerting you to a mounting shift in your role, even when you may feel competent.*
- When in doubt, consult with the DoS Office (who may consult with CAMHS), and call HUPD as warranted.

Administrators can help...

- Promote health and help-seeking
- Demystify & destigmatize CAMHS
- Demonstrate concern for health and well-being
- Ask “how are you doing...with self-care... sleep...academics... relationships?”
- Motivate a student to consider CAMHS...
- And promote the importance of reaching for resources and using a safety net when we need it. You can encourage a student to call CAMHS, and provide info, or in an emergency call HUPD to transport a student to CAMHS.

Identifying Students in Distress

Observing or being informed of significant or sustained changes in:

- Behavior
- Performance
- Self-care
- Hygiene/sleep

Criteria for considering CAMHS

- Change in baseline behaviors

Academics

Sleep

Appetite

Relationships

Work

Eating Disordered Behavior

Substance Use/Abuse Mood – elevated, depressed, erratic, labile

- Doing less well than hoped in class, project, exam, competition, job search
- Family issues: death, illness, finances
- Distress about a peer or friend: death, illness, finances

Engaging a Student in Distress:

CONTAINMENT

- If at all possible, talk to the student in person.
- *Try not to engage in lengthy or emotionally-charged dialogue over e-mail or txts.*
- Approach in a calm manner and as privately as possible, with consideration of safety.
- Listen patiently and attentively; make eye contact.
- Ask open-ended questions; avoid asking Why?
- Withhold judgment .
- *Refrain from problem-solving too quickly*
- Encourage collaboration and consultation, but avoid promises that may not be possible to keep

Encouraging a Student toward CAMHS

- Help the student understand that a referral to CAMHS does not contradict your (or the HLS's) expression of concern or willingness to provide support.
- Express your desire to assist the student in accessing appropriate University resources.
- If the situation appears concerning, offer to facilitate making an appointment, with the student's permission, while the student is present.
- Remind of immediate access to Urgent Care clinicians at HUHS, if appropriate.

And Continuing Encouragement toward CAMHS

- *Your offer of a referral may be rejected.*
- Should that happen, try to end the conversation in a way that will allow you or the student to take up the subject again.
- It is possible that with time and reflection the student may become more receptive to your suggestions.
- When in doubt about how to proceed, consult with the DoS Office!

Stage I – Concern & Consultation

Getting started at CAMHS

Non-urgent /less-acute referrals

Two options:

- 1) Call 617-495-2042 to schedule an intake appointment through Front Desk Staff, who will make first available appt that matches student schedule. Student will be asked if they have gender preference.
- 2) If student would like to discuss and review concerns/needs/particular requests (e.g., specialty, approach, etc), student can schedule a Phone Consultation with a CAMHS clinician who will assess needs and concerns, provide follow-up recommendations for treatment, schedule one or more visits, and/or make appropriate referrals to a workshop, group, medication consultation or higher level of care. Phone consult can be scheduled by Front Desk Staff or through on-line portal, and usually occurs within 24-48 business hours.

Stage II-Urgent Consultation

- Another student alerted you about their concern for this student
- Or you become aware of Disruptive or Concerning behaviors
 - Extreme behaviors/overt signs of distress: e.g. persistent tearfulness, anger or belligerence
 - Odd behavior: talking to oneself, wearing inappropriate clothing for the season,
- Don't hold onto the information, consult with DoS Office, who can refer!
- Assessment at CAMHS within 24 hours
- Inform CAMHS provider of the concerns about the student
- Be as detailed as possible

Stage II - Urgent Consultation Utilizing the Urgent Care Center(s)

- **UCC always available 24/7/365**
- **Two UCC locations depending on day and timing:**
 - HUHS 3rd floor M-F 8am – 5pm**
 - HLS Pound Hall evenings/nights/weekends**

CALL AHEAD!

- Call CAMHS Urgent Care clinician M-F 8am-5pm: 617-495-2042
- MH providers on-call every evening, weekends, holidays to do both in-person and phone consultations with students via 617-495-5711
- Emergencies may necessitate HUPD transport

Stage III

Emergency Assessment

- Goal is to move the student to higher level of safety or care
- You need to tell someone immediately
- Identify WHO should be contacted first?
 1. HUPD – To escort student to CAMHS or local ER
 2. Dean of Students Office, which calls CAMHS
- Examples of Emergency Situations
 - Emails or texts from a student, or learning about such correspondence from another student – e.g. suggestive of suicide, sense of hopelessness, loss of meaning in life, threats to others
 - Long or grandiose emails that are monologues or don't seem to make much sense
 - Missing student – not been seen recently

In a crisis...

If you have immediate concerns about a student's safety :

Call HUPD 617-495-1212 to come to scene for transport to ER or to escort the student to HUHS CAMHS or Urgent Care. Remain with the student until HUPD arrives. DO NOT WALK OR ATTEMPT TO TRANSPORT A STUDENT WHO IS UNSTABLE, OR IS PSYCHOTIC OR UNCOOPERATIVE, OR WHO HAS MADE ANY KIND OF SUICIDE ATTEMPT OR 'ACCIDENTAL' OVERDOSE.

617-495-2042 weekday office hours to alert CAMHS

617-495-5711 (evenings and weekends) to alert CAMHS On-Call Clinician

A culture that supports self-care, wellness and prevention is more likely to reduce adverse outcomes for students.

Marla Allisan does HLS Outreach through workshops, groups and presentations on such themes/issues as:

- Life in Law/Speaker Series
- Discouragement & Resilience
- Final Exams: Creating Balance & Minimizing Stress
- General Support Group
- Mental Health & The Legal Profession
- ABA Mental Health Day

HLS & CAMHS = Self-Care

- Creating a culture where it is OK to ask for support or help can reduce feelings of shame and the reluctance to access services.
- Your acknowledgement that law school can be rewarding and frustrating, challenging and satisfying, and stressful can reinforce that what law students are experiencing is not an aberration.
- *Frequent reassurance that CAMHS always protects confidentiality & privacy is helpful.*
- Making information about student services and support clearly visible and easily accessible models the message that it is okay to access help.

Thank you for all that you do.

CAMHS Clinicians and Staff